

# LFC Outdoor Program 2023



Official Network Partner of the  
Vancouver Whitecaps Football Club



# High Performance Pathway (Supplemental)

Whitecaps Academy U10-14

C2C

## Competitive Pathway

LFC Development  
U10, U11 & U12

LFC  
U13, U15, U17 & U19

Senior  
Soccer  
& AMSL

## Recreational Pathway

LSA House  
U11, U13, U15 & U17

Timbits  
U4, U5,  
U6

LSA  
House  
U7 & U9

# LSA Player Pathway



## **Boys & Girls**

### **Ages**

U9 (2014)

U10 (2013)

U11 (2012)

U12 (2011)

### **Season**

April to August,

### **Field-Time**

2 x 75 mins sessions per week,

2 Travel Tournaments,

1 Home Tournament,

Whitecaps Professional Coaches Camp,

**LFC Development**





- All practices will follow the 'Whitecaps Way' curriculum,
- Session aim to have 75% ball rolling,
- Practice is players safe place where they can express themselves and try things,
- Emphasis on ball mastery and building players with solid technical foundations,
- Players should be a positive influence on the practice environment,
- An open-mind to learning is required at all times,
- Players will give a minimum of 100% effort to every practice,
- Everyone will follow the LFC codes of conducts at all times.

## LFC Development Philosophy - Practice





- Emphasis is player development and not results;
- Advanced development of individual player;
- Allowing players to be creative, understanding that mistakes are a critical part of learning,
- No compromise on playing style, encouraging positive solutions & freedom to play,
- Challenge players to be problem solvers in the face of obstacles,
- Players should be open to try a multitude of positions and challenges within a game,
- Time on the field will be as close to equal as possible,
- Players will be a positive influence on the team at all times.
- Everyone will follow the LFC codes of conducts at all times.

## LFC Development Philosophy - Gameplay



## **Boys & Girls**

### **Ages**

U13 (2010)

U15 (2009 and 2008)

U17 (2007 and 2006)

### **Season**

April to August,

### **Field-Time**

2 x 90 mins sessions per week,

2 Travel Tournaments,

1 Home Tournament,

Whitecaps Professional Coaches Camp,

LFC





- All practices will follow the 'Whitecaps Way' curriculum,
- Session aim to have 75% ball rolling,
- Practice is players safe place where they can express themselves and try things,
- Emphasis on enhancing technical skills in new tactical situations,
- Players should be a positive influence on the practice environment,
- An open-mind to learning is required at all times,
- Players will give a minimum of 100% effort to every practice,
- Some practices will take place in a classroom environment,
- Everyone will follow the LFC codes of conducts at all times.

## LFC Philosophy - Practice





- Winning mindset, focused on performance outcomes,
- Continuing to allow players to be creative, understanding that mistakes are a critical part of learning,
- Players should be set specific objectives each game, individually and as a team,
- Incorporating new tactical elements into each game,
- Challenge players to be problem solvers in the face of obstacles during the game,
- Time on the field will 'fair-play' based around performance with the minimum being 30% game-time,
- Openness to experience different tactical situations,
- Players will be a positive influence on the team at all times.

## LFC Philosophy - Gameplay







Every player, coach and manager in LFC and LFC Development is to adhere to the non-playing 'LFC Expectations' that allows us to build a culture of respect to ourselves, others and our environment.

When as a team or individual when representing LFC:

- Appropriate dress only (no hats or non-LFC clothing)
- Clean up after ourselves (dressing rooms & benches)
- Show good manners at all times (hold doors open for other etc)
- Respect all officials, committee members, teams, referees & spectators
- No phones/game devices allowed at meal times, in the dressing rooms or pitchside, players are asked to sit with teammates

We should all be proud to represent LSA, LFC & the City of Lethbridge

## LFC Expectations



All LFC Coaches will strive to improve their coaching ability in order to benefit players under their guidance.

To do this they will be open to receiving feedback from the Technical Director during practices, exhibitions and tournaments. They will also attend coaches clinics aimed at improving knowledge and understanding of the game whilst also building a LFC coaches network.

Coaches will be CSA Licensed, or look to obtain as soon as possible, and must possess a minimum certification of:

- Respect In Sport
- Making Ethical Decisions
- Making Headway
- Learn To Train / Soccer For Life

And hold a valid Criminal Record Check.

All coaches are volunteers who give countless hours free of charge to develop LFC players and will make mistakes over the course of the season, parents are encouraged to remember this at all times.

## Coaching



The LFC philosophy is a player centered approach based around Canada Soccer Associations (CSA) '4 Corner Model'. It is aimed at creating freethinking gamechangers that can recognize & adapt to any situation, enabling maximum on-field performance.

### **Technical**

*Developing players with the best possible technical abilities*

- Ball Mastery
- Dribbling
- Passing
- Shooting
- Aerial
- Defending

### **Psychological**

*Equipping players with mental skills to excel and overcome*

- Social Skills
- Passion
- Accepting mistakes / resilience
- Healthy Competitiveness (accepting of wins and losses)
- A desire to improve

### **Tactical**

*Educate players in order to understand modern game strategies*

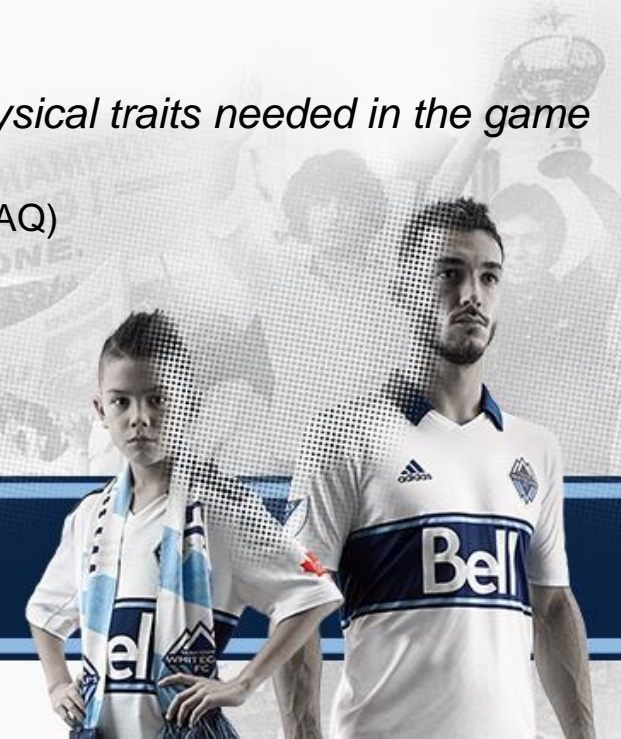
- Formations
- Phases of play
- Positional play
- Set pieces
- Attack/Defense

### **Physical**

*Building players with physical traits needed in the game*

- Speed/Agility/Quickness (SAQ)
- Stamina/Endurance
- Injury Prevention
- Injury Rehabilitation
- Balance/Coordination

## How We Develop Players





U13, U15 and U17 Tier 1 and Tier 2 sides will be entered into the Calgary Minor Soccer Association League (CMSA).

*(Other teams entered at Technical Directors approval).*

This provides vital game experience and opportunities for our LFC players to compete on a weekly basis.

- Games are played in Calgary over the weekend.
- Possible double-headers to reduce travel.
- Carpool's are advised to minimize parent travel.
- We are working on providing live streams for all games.
- Fees to be discussed at later date.

**CMSA League**





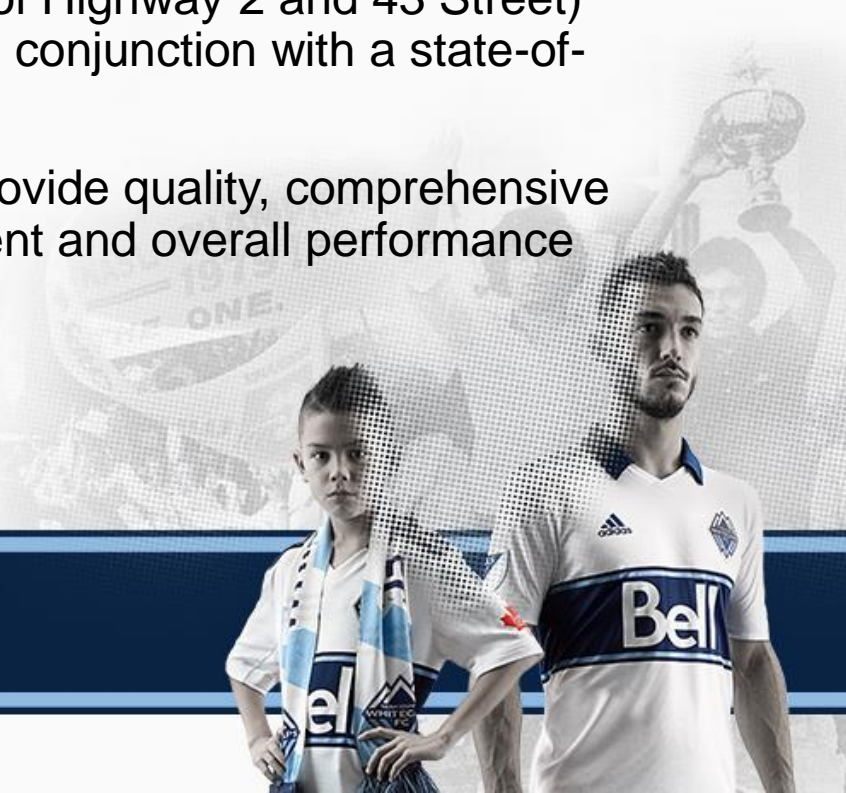
We have partnered up with The Bridge Sports Therapy and Training to provide us with a program on improving performance, preventing injury and providing injury care as needed to our club.

Depending on the team's age, needs and ideal training location, they will design a specific program to help LFC athletes improve their movement quality, strength, power, speed, agility and quickness.

They have a new 7,600 square foot location in east Lethbridge (its just off of Highway 2 and 43 Street) and houses physiotherapy, chiropractic (future), and massage therapists in conjunction with a state-of-the-art performance training center and highly trained performance staff.

We are excited to offer this program to our teams as it is our intention to provide quality, comprehensive treatment and training to our athletes for injury prevention, efficient treatment and overall performance gains.

**Sports Therapy & Training**





LSA are a proud technical partner with the Vancouver Whitecaps Football Club. Through our partnership we are able to offer the Lethbridge Whitecaps Academy and Caps to College programs.

This is a step on the pathway to Boys MLS Prospects and the Girls Rex Prospects. BMO Academy players earn opportunities to showcase their talent, including events like the High-Potential Player (HPP) program. BMO Academy players also have the opportunity to be invited to the Prospects program training in Vancouver and a connection to the clubs Girls Elite and Boys MLS academies in Vancouver.

### **BMO Academy**

The BMO Academy is for players aged between 10 years old and 14 years old. The focus of all sessions is providing supplementary individual training to enhance and maximize the players development.

All sessions are conducted by nationally qualified staff and follow 'The Whitecaps Way' curriculum used throughout all Whitecaps Academy Centres.

### **Caps To College (C2C)**

The C2C program is for players aged 15+ wishing to continue their soccer careers into collegiate environment and beyond. As well as working on the technical aspects of the players game, this program also works on soccer education, fitness, self-promotion & recruitment.



# Lethbridge Whitecaps Academy

**It is important that we find the correct environment for your child to enjoy and develop in soccer. LSA offers 2 excellent pathways which caters both the competitive and recreational player, ensuring everyone in LSA receives the best possible soccer experience.**

## **LFC**

### *Competitive Pathway*

- Assessment based selection,
- Practice based learning,
- Commitment to learning and development,
- Gameplay will come via exhibition or tournament play,
- Players placed in tiers suitable to their level,
- Tournaments & exhibitions, travel commitment needed,
- Qualified coaches who attend coach development sessions,
- Advanced curriculum devised by Vancouver Whitecaps FC.

## **LSA House**

### *Recreational Pathway*

- All players welcome, no selection process,
- Relaxed environment,
- Building essential skills needed for the beautiful game,
- Most sessions include gameplay against other team,
- Wide variety of ability levels,
- Volunteer coaches,
- Staff coach support,
- Curriculum devised by Vancouver Whitecaps FC.

**LFC or LSA House Program?**



Parents will follow the parental code of conduct at all times.

Sideline Coaching of any type of absolutely prohibited, including:

- Passing instructions to players on the field,
- Challenging officials calls,
- Acting negatively towards opposition groups,
- Bringing noise makers (such as cowbells and air-horns) to any soccer facility,

There will be a zero tolerance policy on:

- Unsavory language such as any racist remarks or homophobia,
- Any physical altercations,

Anyone in breach of these rules will have their details passed to the disciplinary committee.

We encourage all spectators to relax, find a comfy spot and enjoy the game.

Cheering and applauding good play is encouraged.

All the coaches, players and managers will perform much better if you do, we promise 😊

## Parents & Sideline Behavior







Age Group	LFC FEE without CMSA League FEE	LFC FEE with CMSA League FEE
U9	\$540	N/A
U10	\$540	N/A
U11	\$550	N/A
U12	\$550	N/A
U13	\$750	\$900
U15	\$750	\$930
U17	\$750	\$950

Each player must pay an initial registration fee to the LSA, these payments may be made at the LSA Office located at the Soccer Centre building.

***Failure to complete payments before deadlines will result in player suspensions. If suspended, a player will not be permitted to practice or compete in any games with the LFC or house league until payment is made.***

***Note: Any tournament in addition to the outlined program must come to the Technical Director for approval and will be at the team's expense.***

## Player Fees





- Lethbridge FC is a **non-profit organization** with fundraising being required for the financial operation of the club.
- The club mandates that every player/family be committed to fundraising policies and participation in these activities is expected from everyone.
- We are working on different fundraising opportunities to help keep costs down for all members of the Lethbridge Football Club.
- We will be asking all Parents, players and coaches to participate with Club Fundraisers brought forth from the club during indoor season.

## Club Fundraising





**KidSport** is a national not-for-profit organization that provides financial assistance for registration fees and equipment to kids aged 18 and under.

KidSport Lethbridge & Taber provides financial support up to \$300 per child, per calendar year towards sport registration fees.

**Canadian Tire Jumpstart** is a registered charity dedicated to removing financial barriers so kids across Canada have the opportunity to get off the sidelines and get into the game. Jumpstart's core purpose is to enrich the lives of kids in need through sports and physical activity.

*Arrangements for applications to KidSport and Jumpstart can be made through the LFC.*

*Please contact Kristy **PRIOR** to time of registration to apply*

*[kristy@lethbridgesoccer.com](mailto:kristy@lethbridgesoccer.com)*



**Kidsport / Canadian Tire Jumpstart Funding**



### **When is practice?**

Practices will be Tuesdays and Thursdays

### **How long is the season?**

Outdoor sessions will be during April, May, June, July and August at Lethbridge Sports Park Fields.

### **Who coaches the sessions?**

All sessions will be run by certified LFC coaches, who follow a specific curriculum & will be overseen by our TD.

### **Who goes to provincials?**

All teams U13 upwards will be entered into Provincials, their tiering and location will not be known until after declarations.

### **Will there be any goalkeeper training?**

Yes, there will additional positional specific sessions offered throughout the session.

### **Where are tournaments held?**

The large majority of tournaments are held in Alberta, on the very rare occasion some LFC teams have also travelled to SK or BC for tournaments. All tournaments need to be approved by our TD.



# Frequently Asked Questions

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