



# OUTDOOR 2025 PROGRAM DETAILS



**Register before  
Mar 1 and  
save \$50!**

## U16 (2009)

### » Tier 1/2/3 (Competitive) & Tier 4/5 (Recreational)

#### Season

- Pre-season group training begins mid March
- Tier 1/2/3 game season April 26 - July 27
- Tier 4/5 game season April 26 - July 13
- Post season options:
  - Challenge Cup July 25-27
  - Fall Series Sept 12-14

#### Training

- 2 weekly team practices
- Girls Mon/Wed, Boys Tues/Thurs
- All players will receive 4 **1UP Soccer Skills** sessions included in the Base Price
- **Goalkeeper** Academy available weekly (Fridays)
- **Enrichment** program available (WHU staff attend team practices)
- SW fields (or gyms) for practices
- Regular intra-club scrimmages scheduled

#### Competitive Package (for Tier 1/2/3 teams)

- **NEW** \*All players will pre-authorize a **\$195 competitive fee package\***, charged May 15 only to those players rostered to Tier 1/2/3 teams
- Includes **WEEKLY 1UP Soccer** skills sessions
- Includes weekly sports **Fitness** sessions

#### Games

- 11v11 match format with goalkeeper
- 14 total 90-minute matches with referee
- May play any day of the week (schedules released by CMSA April 21)
- City-wide opponents (Rec teams more likely to be based in SW-quadrant)

**\$695** \*Base Price

#### GEAR

- Jerseys provided for the season (pre-auth deposit)
- Black shorts/socks required
- Shin guards and cleats required
- **\*NEW\*** Additional club gear available through Macron or Play it Again Sports

**Volunteer fee credits  
available for team helpers  
and club shifts**