

# OUTDOOR 2025 PROGRAM DETAILS



**Register before  
Mar 1 and  
save \$25!**

## U9 (2016)

### » WHU House League

#### Season

- Training: mid-late April - late June
- Wrap-Up Tournament/Party - June 21
- Girls: Mon/Wed
- Boys: Tues/Thurs
- Weeknight session start times ranging from 5:30-7:30pm
- SW fields for practices/games (primarily Signal Ridge)

#### Training

- Minimum 1 weekly team practice
- 3 WHU Academy skills sessions included
- Goalkeeper Academy available weekly (Fridays)
- Enrichment program available

#### Games

- 7v7 match format with goalkeeper
- 1 x 50-minute match per week with referee
- Weeknights + final game on Sat June 21
- Minimum of 8 total match days vs WHU teams and local community teams

### » CMSA League (Developmental Plus+)

#### Season

- Training: early-mid April - late June
- WHU Wrap-Up Tournament/Party & CMSA rally - June 21
- Girls: Mon/Wed
- Boys: Tues/Thurs
- Weeknight session start times ranging from 5:30-7:30pm
- SW fields for practices

#### Training

- Minimum 2 weekly team practices
- **Weekly 1UP Soccer** skills sessions included
- Goalkeeper Academy available weekly (Fridays)
- Enrichment program available

#### Games

- 5v5 match format with goalkeeper
- 2 x 25-minute matches per week (coach-guided, no ref)
- Saturdays @ Flames Community fields (times TBA by CMSA)
- 7 total match days vs various CMSA club teams

**\$330**

**No hidden  
program fees!**

**\$510**

#### GEAR

- Jerseys, shorts, and socks provided for all players to keep
- 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**