



### **To all Parents and Players:**

I would like to welcome all new and returning players to the **U4-U5 Fall Session**. This document compiles the most frequent questions I've received from parents during the season. I've tried to cover all the basics and any other relevant information pertaining to the Spring Program. If you still have questions please feel free to email me back at **cassiealbionfc@gmail.com**

## **U4-U5 Grassroots I Program FAQ's**

### **What is the U4-U5 Parent Participation Program?**

AFC Parent & Player program follows the guidelines of the Canadian Soccer Association (CSA) Long Term Player Development guidelines for Active Start (U4 to U5). Our U4/U5 Grassroots I program teaches age specific physical literacy and soccer technical skills through fun oriented exercises and small sided games. Through these exercises and games, players develop necessary movement skills that will provide the foundation for learning fundamental sports skills at older ages. Parents are expected to participate in each session guiding and playing with their child during the program content. The program will be delivered using a best practice station based teaching methodology whereby the child and parent will be assembled into small manageable groups. We will follow a Game, Activity, Game (GAG) format and all sessions will be conducted by the AFC Technical Staff.

### **Does my son/daughter need previous soccer experience to participate?**

Not at all. At this age all players registered are beginner level with little or no experience. Our Technical Staff will make the sessions fun and educational to help the players build their soccer skills and confidence.

### **When does the program start and end?**

The U4-U5 Grassroots I sessions will start August 20 until November 5 (10 sessions in total). Please note there will be **no sessions** on:

- Labour Day weekend (September 3)
- Thanksgiving weekend (October 8)

**\*\*We are planning a Festival for Thanksgiving weekend - more details to come\*\***

**Where will the session take place?**

The Sunday sessions will always take place at UPPER Albion Park located at 24460 104th Ave . The optional Wednesday sessions will take place at Albion Sport Complex (Field # 1)

**At what time of the day will the session take place?**

The **U4-U5** Sunday sessions will take place at **10am or 11am** depending on which group your child is placed. The optional Wednesday session will take place from 5:30 to 6:15pm for all groups.

**If I can't make it to our scheduled session can I attend another session on the same day?**

Ideally players must only attend the session assigned to their group each day. We like to maintain a low ratio of tech staff to players therefore we might not be able to accommodate last minute changes. Please talk to Cassie if you have special circumstances.

**Are younger siblings allowed to participate?**

Only parents/helpers and registered players are allowed on the field. Due to insurance and liability reasons younger siblings cannot participate during the program.

**What equipment does AFC supply?**

All participants will receive a jersey and socks.

**What equipment does my child need?**

Shin guards, cleats and any black shorts (or long black pants)

**Where can I find/buy shin guards and cleats (soccer shoes)?**

We've partnered with **Soccer Express**. All our membership gets a 10% discount at the superstore location (#10 - 75 Blue Mountain Street, Coquitlam) You can also buy the shin guards and cleats at any sport store or department store. Also, check out "Sport Traders" and other second hand stores.

**What to bring for the session?**

It is recommended you bring water bottle, sunscreen, program uniform, cleats and shin guards.

**When will we receive the uniform?**

All players will receive their program uniform the first day.

**What happens if it is raining?**

Please dress for the weather. Soccer can and will be played in the rain. Field closures are usually due to standing water on the field or poor field conditions where further use will destroy the field making it unusable for weeks. To protect the fields, they are closed when they may be damaged.

**How will I know if the session is cancelled due to field closure?**

During inclement weather we suggest you check our website Saturday night / morning before your scheduled session. We will be contacting everyone if a session is cancelled (by email). We encourage all parents to check our website first for Field Updates at [www.albionfc.ca](http://www.albionfc.ca) as email can be unreliable at times. Field closures will be mentioned on the main page and on the “Fields” section of the website.

**Is there going to be a mid-week session for the U4-U5’s?**

Yes, there is an **optional** practice on Wednesdays at Albion Sports Complex (Field # 1) from 5:30 to 6:15 pm. This is completely optional for all players.

**When will I know what group my child will be on?**

Your group name will be mentioned together with this email. See second attachment.

**The times for each group are as follow (please see second attachment for group assignment):**

10 am Groups	11 am Groups
Cheetahs	Lions
Jaguars	Thunder
Lightning	Tigers

**Can I get the list of players contact information that my son/daughter will be playing with?**

Unfortunately we are not able to give this information out to the other parents. Player information is private and kept confidential.

**What should I do if I have any questions about team placement for my child or a special request?**

Please contact me ([cassiealbionfc@gmail.com](mailto:cassiealbionfc@gmail.com) ) with your question and/or request and I will do my best to help.

**What happens the first day (August 20)?**

On the first day please arrive 10-15 minutes early prior your scheduled time to find your group and receive your uniform.

**When will I know who is our Coach?**

At this level the groups do not have a Coach. Our Technical staff will be there to organize and get the ball rolling with games, drills and lots of fun activities. Our program coordinator is Cassie Hammer and she will be able to assist you with any questions you might have. Please feel free to reach out to her before or after the session or you can email her at [cassiealbionfc@gmail.com](mailto:cassiealbionfc@gmail.com).

**We will not be able to attend the first day, what should we do?**

Hopefully we will see you the following week! We will also have your uniform for those who couldn't make it.

**I have another question not listed here!**

Please contact us at [info@albionfc.ca](mailto:info@albionfc.ca) or [cassiealbionfc@gmail.com](mailto:cassiealbionfc@gmail.com)