

Dear Members,

As summer is quickly approaching and registration for our Grassroots and Recreational Programs is now open, we are reaching out to provide details on this year's program structure and improvements. Below you find information on the following:

1. Grassroots (U4-U8) and Recreational (U9-U21) Programs;
2. Technical U8 CDC & TAPS Programs;
3. Program improvements 2024;
4. Registration.

1. GRASSROOTS & RECREATIONAL PROGRAMS

PROGRAM	PRIOR YEAR	SUMMER 2024	RATIONALE
Grassroots (U4-U6) Born 2020 to 2018	- 1 weekday game ran by team coaches; - 1 weekend practice ran by technical staff.	- 1 weekday practice ran by team coaches - 1 weekend game ran by technical staff (35 minutes of drills, 25 minutes of scrimmage)	- Guaranteed structured and format-appropriate game day experience; - Provides more flexibility for coaches to run practices based on player attendance
Grassroots (U7) Born 2017	- 1 weekday game ran by team coaches on 7 aside fields; - 1 weekend practice ran by technical staff, with players rotating through multiple stations.	- 1 weekday practice ran by team coaches; - 1 weekend game ran by technical staff (15 minutes of warmup, 45 minutes of scrimmage).	Same as above

Grassroots (U8) Born 2016	- 1 weekday game ran by team coaches on 7 aside fields, with referees; - 1 weekend practice ran by technical staff, with players rotating through multiple stations.	- 1 weekday practice ran by team coaches; - 1 weekend game ran by technical staff and referees.	Same as above
Recreational (U9-U21) Born 2015 to 2003	- 1 weekday practice ran by team coaches; - 1 weekend game ran by team coaches and referees.	- 1 weekday practice ran by team coaches; -U9-U18 only: 1 weekend game ran by team coaches and referees; - U19-U21 are recommended to join Senior Metro leagues.	- Based on the number of registered U17/U18 players, the teams might be entered to LLQ; - U19-U21 players can join LSC teams that participate in Senior Metro leagues.

**Each team will be assigned a day, time and field for their practices; coaches can choose to run drills or scrimmages with the other teams present at the field.*

2. TECHNICAL PROGRAMS

PROGRAM	STRUCTURE	OBJECTIVE
U8 (born 2016) CDC	- An alternative to the U8 Grassroots program; - 2 practices on weeknights ran by technical staff; - 8-10 exhibition games versus other clubs; - Spots are limited.	- Open to players of all level; - Focus is on players' technical development to ensure smooth transition to the competitive U9-U12 CDC program.

<p>TAPS U5-U7 and U9-U12 Born 2019 to 2017 & 2015 to 2012</p>	<ul style="list-style-type: none"> - Skill-development program designed for players registered for Grassroots (U5-U7) and Recreational (U9-U12) program; - Once a week on Wednesday; - Ran by technical staff; - Spots are limited. 	<ul style="list-style-type: none"> - Designed for players interested in continuing their technical development with the club's technical staff; - Allows staff to view U9 – U12 players and potentially invite them to join the U9-U12 Competitive CDC.
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3. PROGRAM IMPROVEMENTS 2024

IMPROVEMENT	STRUCTURE	OBJECTIVE
<p>U4 to U12 Player/team requests are limited to coach/manager volunteers only.</p>	<ul style="list-style-type: none"> - Only parents/guardians who volunteer as a coach, assistant coach or manager will be provided with an opportunity to submit request on who they would like to coach with; - Request can be submitted during their child's registration; - Their children will be rostered in the same team accordingly; - Parents MUST request the first and last name of another parent who has also registered themselves as a coach, assistant coach or manager. There can be a maximum of 3 parent volunteers on each team. Requests that do not meet these requirements will be accommodated. 	<ul style="list-style-type: none"> - Offer a program that promotes inclusivity and equitable opportunities for participation by welcoming new players and reducing the predominance of static-over-years groups vs. teams composed only of newly registered players. - Provide opportunity to the program's participants to develop social skills and meet new friends; - Follow Canada Soccer recommendation on allowing fixed rosters only on competitive level and allow player movement on other programs' levels.

<p>U8 to U12 balancing games</p>	<ul style="list-style-type: none"> - Rebalancing games will take place before the program's start date; - Preliminary teams will be announced in advance; - Each group will be assigned a field and opponent; - Each team will play one game throughout the weekend; - Technical staff will be present to evaluate the games and determine whether any teams need balancing; - If any adjustments need to be made, they will be completed and announced before the first week of the regular program. 	<ul style="list-style-type: none"> - Since the program registration is open to players of all level, the club needs to evaluate the players to ensure fair competition throughout the season.
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Registration is currently open on [the Lakeshore Soccer website](#), so be sure to sign up! If you have any questions about the technical aspects of the program, please do not hesitate to reach out!