

Outdoor May-July 2024



U13 Performance Program
(2011-2012 born)



Mission, Vision, Values



Our Mission

To provide an enjoyable and professionally run soccer experience for athletes who aspire to reach their full potential

Our Vision

To be the #1 environment in Saskatchewan for player progression, advancement, and opportunity

Our Values

Professionalism, Quality, Growth Mindset, Family





Philosophy: The ASTRA Way

ASTRA's philosophy is heavily rooted in ball mastery and dominating 1v1 and 2v2 situations. Focusing on these skills at a young age ensures our players are comfortable with the ball and have the ability to impact the game in a positive way. With the acquisition of individual technical skills comes a sense of self-confidence, creativity, and bravery, all of which are required in order to take risks and make the big plays that get ASTRA players noticed. Even as players grow and progress through the different stages of development, our focus always comes back to the individual and their personal development within a team environment.

If as a parent you value any of the following behaviours, then ASTRA Soccer Academy is **NOT** the best environment for your player:

- Coaches constantly micro-managing every action and decision on the field during games and training
- Specializing in one position at U7, U9, U11, and U13
- Telling players to kick the ball away when faced with defensive pressure
- Winning at all costs (playing only the strongest players, low risk kick-and-chase soccer, etc.)

U13 Program Objectives

- Provide a safe and fun environment while introducing players to the standards of High Performance sport
- Develop soccer specific movements and train speed, agility, and coordination
- Learn team tactical concepts related to the attacking and defending principles of play
- Refinement of individual technical skills and decision making





Why ASTRA U13 Performance Program?

- Nationally certified coaches and age-group specialists who understand the developmental needs of the groups they are coaching
- 3 Sessions per week allows for greater skill acquisition and more touches on the ball
- A chance to be seen by SSA staff for possible trial opportunities in the EXCEL Pathway
- Train and compete with like-minded players
- A clear and proven pathway for player development: **ASTRA Player Pathway**





U13 Performance Stream: Selection Process

- This is a full-time training program that requires players to commit to all training and scheduled competitions with ASTRA. A reduced training schedule may be considered for out of town players provided they have a training environment in which they can supplement their ASTRA training.
- All players registered for the U13 Performance Program will train together as a group
- Evaluations for the Performance Stream will take place on Saturday, February 3rd and successful candidates will be rostered for the 2024 Provincial Soccer League (PSL) season.
- Players will be notified with the results of the evaluation within 7 days and will be given 3 days to confirm their spot and register for the program
- Players cannot represent more than one team in the PSL
- Players who are not selected for the PSL team will automatically be accepted into the U13 Developmental Stream provided they are of the appropriate level
- It is possible that a player may evaluate and be accepted after February 3rd, however, the player will only be permitted to train with the Performance Stream as the PSL roster will be locked
- In the event of injuries or absences, a player may be moved from the U13 Developmental Group or Performance Stream Training program into the Performance Stream PSL team at the discretion of the coaching staff



Tournaments & Competitions

- The U13 Performance Stream Program competes in the Saskatchewan Soccer Association Provincial Soccer League (PSL)
- The PSL season runs from the 2nd week in May until the 2nd week in July and typically includes 10-12 matches during that timeframe.
- The PSL is a province wide league, meaning that matches may be played in Regina, Yorkton, Saskatoon, Prince Albert, North Battleford, or other communities with PSL teams.
- The PSL entry fee, travel, and accommodations are additional expenses over and above ASTRA's training fees. Typically, the PSL fee is approximately \$150-\$175 per player in a roster of 16. Team fees are established by the team manager and approved by ASTRA staff. These team fees cover possible accommodations (when applicable) and mileage for coaching staff when traveling outside of Saskatoon, as well as the PSL entry fees.
- The PSL schedule is typically released in early to mid April, once the schedule is set we will determine if any other out of province tournaments are feasible.



Under 13 Boys Performance - 2011/2012 Born

- Season Length: May - July
- Training Frequency: 3 Training sessions per week
- Session Duration: 75 or 90 mins
- Contact Hours: 43.75 hours
- Training Days & Times & Locations:
 - Tuesdays 5:30pm-6:45pm @ UMEA (Lawson Heights)
 - Wednesdays 4:00pm-5:30pm @ UMEA (Lawson Heights)
 - Thursdays 5:30pm-6:45pm @ UMEA (Lawson Heights)
- Program Fee:
 - Early bird price: \$800 (February 1 - February 29)
 - Regular Price: \$825 (March 1 - March 31)
 - Late Registration: \$850 (April 1- April 30)
- Tournaments/Competitions:
 - Provincial Soccer League (PSL)
 - Calgary Cup (July 12-14) - TBD





Under 13 Girls Performance - 2011/2012 Born

- Season Length: May - July
- Training Frequency: 3 Training sessions per week
- Session Duration: 75 or 90 mins
- Contact Hours: 43.75 hours
- Training Days & Times & Locations:
 - Tuesdays 5:30pm-6:45pm @ UMEA (Lawson Heights)
 - Wednesdays 4:00pm-5:30pm @ UMEA (Lawson Heights)
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Required Clothing

The following items are required by all U13 Performance Stream Players:



Training Jersey



Training Shorts



Training Socks



Travel Polo



Tracksuit



Backpack

All items can be purchased online through our ASTRA Store

Orders placed prior to the start of the season will be brought to the training field in preparation for the first day of training. Orders placed during the season will be brought to the field within 5 days of the order being placed. If you would like to pick your order up from the office, please contact chris@astrasoccer.ca to arrange a pickup time.



Financial Assistance

The following programs can be used to help cover or offset program fees:

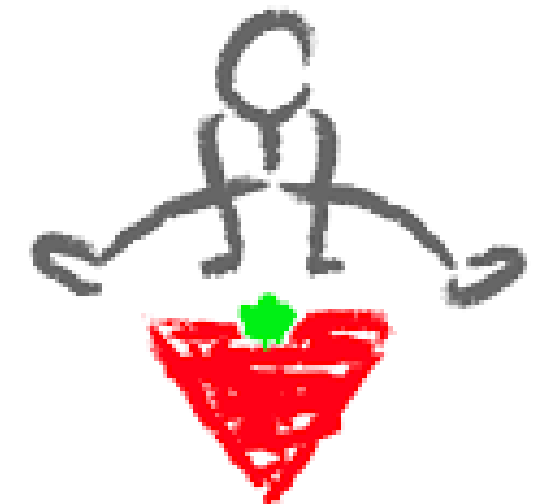


KidSport Program



Sask Soccer

Athlete Assistance Program
(Performance Stream Only)



Jumpstart

Giving kids a sporting chance.

Canadian Tire JumpStart



Refund Policy

- In the case of serious injury or illness, athletes are eligible to receive a full refund* for the number of training sessions missed. A medical note is required within 7 days of injury or illness. This only applies in situations where the athlete will miss more than 30 consecutive days of training.
- Families who relocate more the 50km away and can no longer attend training will receive a full refund* for the remaining training sessions.
- A full refund* of registration fees will be returned if there are insufficient player or team registrations to offer the program, league, camp, or clinic.
- Registration for a program is commitment to attend the program. Cancellations more than 14 days prior to the start of the program will be offered a 50% refund*. 100% of fees paid can be kept as a credit for use at a later date.
- Less than 14 days before the program start date: 25% of the fees paid will be refunded*.
- After the program starts, no refunds will be issued unless the family relocates or there is a serious injury or illness with medical note which requires the player to miss more than 30 consecutive days.
- *All refunds done online by credit card will be minus a 5% transaction fee charge.



Frequently Asked Questions

Please visit the following link for a list of Frequently Asked Questions:

[ASTRA FAQ's](#)

