

# Outdoor May-June 2024



**U13 Developmental 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 Developmental Program?

- Nationally certified coaches and age-group specialists who understand the developmental needs of the groups they are coaching
- 2 Sessions per week allows for greater flexibility with other soccer or sports programs
- A chance to develop your skills to be in a stronger position to evaluate for the Performance Stream
- Train and compete with like-minded players
- A clear and proven pathway for player development: **ASTRA Player Pathway**







# Tournaments & Competitions

- Saskatoon Youth Soccer does not allow ASTRA Soccer Academy teams to enter the SYSI Leagues. For this reason, ASTRA teams rely on tournaments, exhibition games, and in-house leagues for regular matches during the indoor season.
- U13 ASTRA Developmental teams will enter two local tournaments during the Outdoor 2024 season. These tournaments include the Hollandia Cup (May) and SUSC Tournament (June). Teams may also participate in arranged exhibition matches or Club Day events.
- These tournaments are used as developmental benchmarks to showcase the individual skills and team concepts that are being trained each week.
- Rosters are selected based on the availability of players. Once the program has started, we will be asking for availability for these tournaments.





# Under 13 Boys Dev. - 2011/2012

- Season Length: May - June
- Training Frequency: 2 Training sessions per week
- Session Duration: 75 mins
- Contact Hours: 21.25 hours
- Training Days & Times & Locations:
  - Tuesdays 5:30pm-6:45pm @ UMEA (Lawson Heights)
  - Thursdays 5:30pm-6:45pm @ UMEA (Lawson Heights)
- Program Fee:
  - Early bird price: \$400 (February 1 - February 29)
  - Regular Price: \$425 (March 1 - March 31)
  - Late Registration: \$450 (April 1- April 30)
- Tournaments/Competitions:
  - Hollandia Cup (May - TBA)
  - SUSC Tournament (June 14-16)







# Under 13 Girls Dev. - 2011/2012

- Season Length: May - June
- Training Frequency: 2 Training sessions per week
- Session Duration: 75 mins
- Contact Hours: 21.25 hours
- Training Days & Times & Locations:
  - Tuesdays 5:30pm-6:45pm @ UMEA (Lawson Heights)
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# Required Clothing

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



Training Jersey



Training Shorts



Training Socks



Tracksuit

**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](mailto: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



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 than 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](#)

