

UPP 2023/2024



University Preparation Program

Details

U17/U18 (2006-2008 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, Growth Mindset, Family





Philosophy: The ASTRA Way

ASTRA's philosophy has always been heavily rooted in ball mastery and dominating 1v1 and 2v2 situations. Focusing on these skills at a young age ensures our players are comfortable in possession and have the ability to impact the game in a positive way. With the acquisition of these difficult skills comes a sense of self-confidence and bravery, both 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.

UPP Objectives

- Provide a professional training environment for players to grow and improve as people and soccer players
- Assist players with achieving their goals beyond youth soccer
- Prepare players for the expectations of university or college soccer and academics
- Retain players in the sport of soccer and help them transition into adult soccer opportunities or other roles within the game





What is the University Preparation Program?

The University Preparation Program (UPP) is an athlete's final step in their youth soccer experience at ASTRA. Although referred to as a University Preparation Program, it is not a requirement that players are setting their sights on playing at that level or even attending post-secondary education. If a player does choose to pursue soccer at a post-secondary level then it is our job to assist the player and their family with the necessary steps involved in connecting with prospective coaches and programs. This process is largely spearheaded by the athlete but ASTRA coaches will support players along this journey and answer any questions that may come up.

For players who are unsure of what they want to do after youth soccer, the UPP provides a competitive and professional environment to continue to grow and develop and ultimately enjoy the sport of soccer at a good level.



UPP Selection Process

- This is a 9-month full-time training program that requires players to commit to all training and scheduled competitions with ASTRA. The training phase will run from November 2023 until the end of July, 2024. If the PSL team qualifies for Nationals, the training season will be extended by 5-weeks in September in preparation for Nationals in October.
- Note that players born in 2006 are eligible to train if they are in Grade 12, but might not be eligible for certain competitions (U17).
- All players registered for the UPP Program will train together as a group unless the number is too large or if ASTRA technical staff determine it's developmentally appropriate to have two groups, in that case, another training time will be offered. This would be determined after evaluations.
- All players will be required to attend an evaluation on August 28th and 29th from 7:30pm-9:00pm at the Umea #5 Field.
- Players that reach out after the evaluations may train with the UPP group after completing a successful trial period but will only be placed on a team roster if there are spots available.
- Players that attend the assessments will either be placed on the UPP 1 or UPP 2 team (if numbers allow for two teams) for the indoor season. If numbers do not allow for a second team, players will be notified after the evaluation and a full refund will be offered to players who we are unable to place on a team. These players are still welcome to train with ASTRA but we cannot guarantee they will play in competitive matches. Players will be notified no later than Friday, September 8th, regarding their placement.
- If there is more than one team, both teams will aim to attend the same events, but may choose to enter different divisions.
- ASTRA intends to enter a U17 PSL Team (2007/2008 born) during the Outdoor 2024 Season (May - July). The team will be announced no later than February 15th. Players that are not selected to the 2024 PSL team are free to evaluate with another Member Organization's PSL Program and ASTRA will release these players by March 31st provided they are in good standing.
- *ASTRA reserves the right to move a player up or down an age group if it is determined that it would be a more beneficial environment to develop in.



UPP Boys 2006-2008 Born

- Training Frequency: 3 Sessions per week
- Training Duration: 90 mins
- Training Hours: Approximately 150 hours (does not include classroom sessions or games)
- Season Length: Nov 1 - July 28th
- Training Days & Times: November - mid April
 - Tuesdays (6:00am-7:30pm) - @ ASTRA Training Centre
 - Wednesdays (6:00am-7:30am) - @ Saskatoon Soccer Centre
 - Sundays (5:00pm-6:30pm) - @ ASTRA Training Centre
- Training Days & Times: May - July
 - 3 sessions per week - 90 mins at Umea - Days & Times TBD
- Required Clothing: Tracksuit, backpack, travel polo shirt, training uniform





UPP Boys 2006-2008 Born

- Program Training Fees:
 - \$2650 (early bird up to August 15th)
 - \$2675 (August 16th to Sept. 30th)
 - \$2700 (\$25 late fee added Oct. 1st)
 - 1st payment - \$425 within 24 hours of registration
 - Remaining payments of \$250 on the 1st of each month from October 1st - June 1st
 - NOTE - early bird fee discount is noted on very last fee payment for program
- Scheduled Competitions: U17/U18 Indoor 11v11 League (Nov - Mar, 8 games), FCR Cup (Dec), PA Club Day (Feb), SSA Provincials (March), BTB Spring Cup (mid April), PSL (May - July)
- Potential 11v11 indoor matches in Sherwood Park, AB (January)
- All competition fees and associated costs will be determined by team fees once the group is formed
- Assessment Dates: August 28th & 29th 7:30pm-9:00pm @ Umea #5 Field
- Registration Deadline: August 21st
- 2006 born players will have aged out of PSL, but will be eligible for the 11v11 Indoor League, Friendlies/Club Days, and Western Shield Matches with our U23 Teams in May-July



UPP Girls 2006-2008 Born

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- Training Duration: 90 mins
- Training Hours: Approximately 150 hours (does not include classroom sessions or games)
- Season Length: November 1st - July 28th
- Training Days & Times: November - mid April
 - Wednesdays (6:00am-7:30am) - @ Saskatoon Soccer Centre
 - Thursdays (6:00am-7:30am) - @ ASTRA Training Centre
 - Fridays (4:00pm-5:30pm) - @ ASTRA Training Centre
- Training Days & Times: May - July
 - 3 sessions per week - 90 mins at Umea - Days & Times TBD
- Required Clothing: Tracksuit, backpack, travel polo shirt, training uniform





UPP Girls 2005-2007 Born

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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)



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*.
- 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](#)

