

Outdoor May-June 2024



Grassroots Program Details
U7 (2017-2018 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

Grassroots Objectives

- Provide a safe and fun introduction to the sport of soccer
- Develop physical literacy and movement ABC's (Agility, Balance, Coordination)
- Help players to develop confidence and enjoyment with the ball
- Ignite a passion and love for the game





Why ASTRA Grassroots Programs?

- Nationally certified coaches who use a player-centred approach
- ASTRA is recognized by the Canadian Soccer Association as a National Youth Club Licence holder, meaning that our programs adhere to developmental "best practices" as set by Canada Soccer
- FUN is the top priority
- Age appropriate content
- A focus on individual skills and development to increase confidence and ball mastery
- Grassroots players train and play in a format specifically designed for this age
- A clear and proven pathway for player development: [ASTRA Player Pathway](#)





Under 7 Coed - 2017/2018 Born

- Season Length: May-June
- Training Frequency: 1 Training + 1 Game per week (House League with teams shuffled each session)
- Session Duration: 45 mins
- Game Format: 3v3 (no GK)
- Contact Hours: 12.75 hours (17 Sessions)
- Training Days & Times & Locations:
- **Group #1- UMEA GROUP (North end)**
 - Training on Mondays 6:45pm-7:30pm @ UMEA #6 South (Lawson Heights)
 - Game Day on Wednesdays 6:45pm-7:30pm @ UMEA #6 South (Lawson Heights)
- **Group #2 - James Anderson Group (Eastside)**
 - Training on Tuesdays 6:45pm-7:30pm @ James Anderson (Eastside)
 - Game day on Thursdays 6:45pm-7:30pm @ James Anderson(Eastside)
- Program Fee:
 - Early bird price: \$225 (February 1 - February 29)
 - Regular Price: \$250 (March 1 - March 31)
 - Late Registration: \$275 (April 1- April 30)





Required Clothing

Please note that the training uniform is **NOT** required for ASTRA U7 programs. If you would like to purchase a training uniform, tracksuit, or backpack, please visit our online [ASTRA Store](#)



Training Jersey



Training Shorts



Training Socks

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



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](#)

