

A blue-tinted photograph of a girls' soccer team celebrating with their trophy. The players are wearing blue jerseys and shorts, and are gathered around a trophy, reaching up to touch it. The background shows a tent with the club's crest and some text.

# PROGRAM GUIDE

## 2025-2026

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*Nº 04 • Registration & Payment*

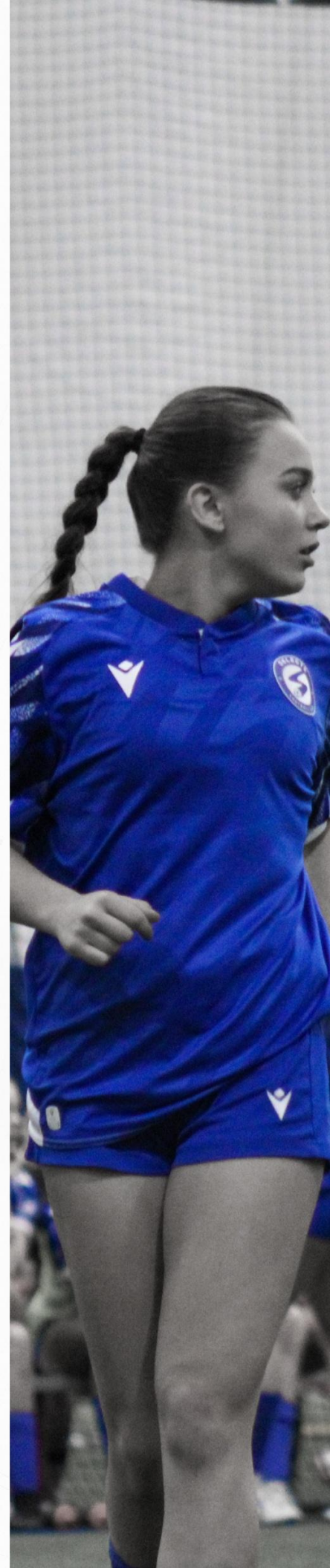
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# DIRECTORS MESSAGE

“The connection and network with staff, players and supporters has been natural these past 2 seasons, and we have shared many great moments together. The collective ambition is there to see now, there is the desire to become stronger. With this collective momentum and energy, the intent to push forward to the next stage is imminent. In every part of the organisation, everyone has their own part to play, and we are all aligned. Looking forward to what the future brings. One Association, one program, one philosophy. *Unrivalled Passion 1989*”

– *Kyle Denam* EMSA SOUTH PROGRAM DIRECTOR



# REGISTRATION

To register for SELECTS FOOTBALL CLUB please visit [emsasouth.com](https://emsasouth.com) and navigate to "Club Program" or scan the QR code below.

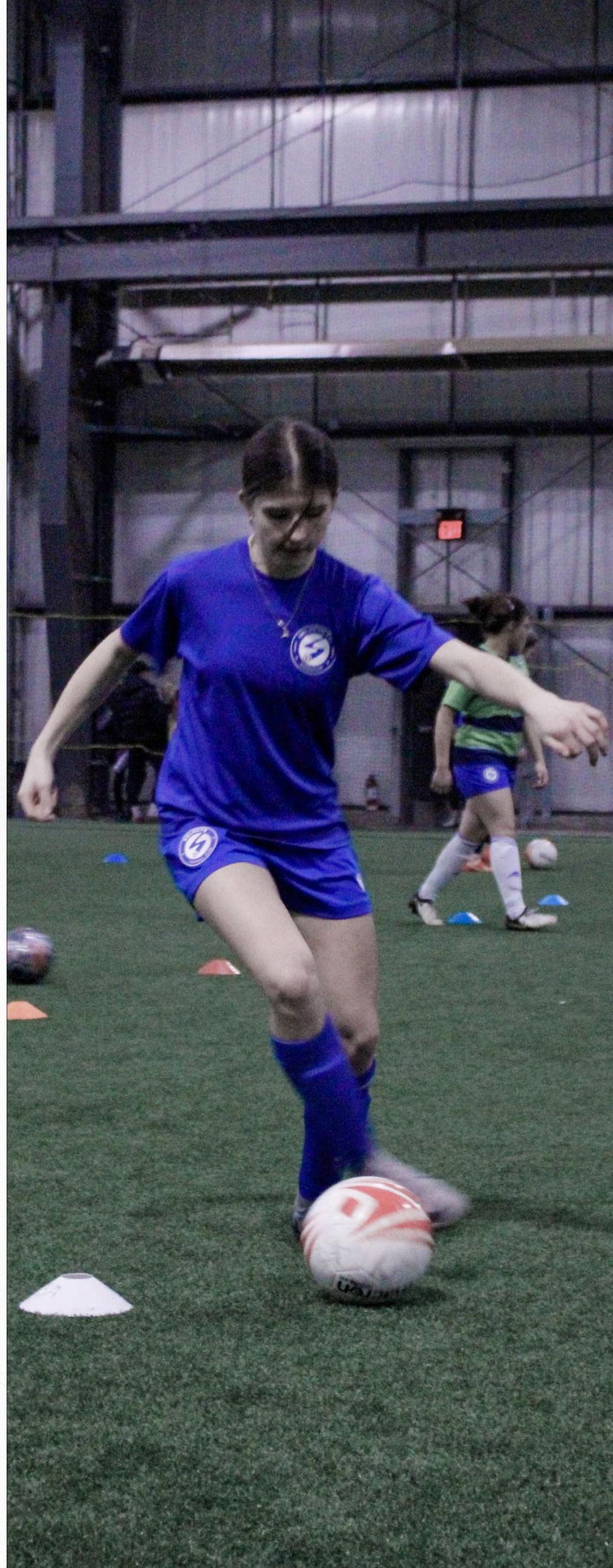


Please have players registered in the portal before attending evaluations

# PAYMENT

Payment is due following evaluations -- in addition players are required to make a \$200 deposit for jerseys.

For payment options or funding please contact [admin@emsasouth.com](mailto:admin@emsasouth.com)



# JOIN OUR COMMUNITY



Register for tryouts  
at [selectsfc.com](https://selectsfc.com)  
**@selects\_fc**



**@mwselects**



**@selectsfc**



STEP UP  
STAND OUT  
MAKE HISTORY

Learn more about why  
we are the perfect fit for  
you at [selectsfc.com](https://selectsfc.com)

LS • PETTIGREW  
LVER  
PROVINCIALS U15G TIER 1

“

The players have matured which has translated to a higher field IQ. There have been some changes to the roster and they have all turned out well. The team is quite deep now and I think that helps push them individually to achieve more. They have all bought into the act that in order to reach the next level there is expectations to work on their own as well. Whether that is all skills or conditioning. Any player I have coached can tell you that I push conditioning very hard.

MIKE PETTIGREW  
Head Coach U15G Tier 1

PROVINCIALS SCHEDULE  
PETTIGREW/T1 • RED DEER

# CLUB ROADMAP

## PAST 3 YEARS

**Macron x Selects FC** • Our new partnership with Macron Ontario began last season with the debut of our new kits and more. This collaboration is set to support the continued growth of the club.

**New Badge & Brand** • Its a new era at Selects Football Club, featuring a fresh look across all mediums, inspired by the world's top clubs, including a reimagined badge.

**Training +** • The club is committed to enhancing our athletes' development. Selects FC teams/players now benefit from access to video analysis, as well as tailored fitness and nutrition programs.

*Other mentions: Increased Coach Support • Brand new website • Community Camps • POTM Award*

## NEW THIS YEAR

**Selects NEXT** • A new program tailored to the next generation of club players. More about this brand new U7 program can be found in our programs section.

**No Home Like the Dome** • EMSA South/Selects FC have signed a long-term deal with the Edmonton Soccer Dome, giving Selects FC teams regular access to the Dome and its world-class facilities.

**Invicta Performance** • Selects FC is proud to partner with Invicta to provide our players with fitness and strength training sessions, along with premier health and wellness services!

*Other mentions: Increased Community Support, Revamped Drill Library*

## IN THE WORKS

**National Youth License** • The club is enhancing its programming with the long-term goal to apply for the CSA National Youth License, which will open new pathways for player development.

**Increased Coach & Team Support** • With the purchase of more Veo cameras the club is working on fleshing out our coaches & team resources with more video content and analysis.



We are committed to making education accessible to our coaches. All coaches will receive the required certifications for their age groups and ongoing support from our technical team through training sessions. They also have full access to a comprehensive drill library, equipment, and more!

## COACH SUPPORT



## FULLY COVERED

- ACTIVE START(U4-U8)
- FUNDAMENTALS(U9)
- LEARN TO TRAIN(U11)
- SOCCER FOR LIFE(U13+)
- MAKE ETHICAL DECISIONS
- RESPECT IN SPORT
- MAKING HEADWAY
- EMERGENCY ACTION PLAN
- RULE OF TWO

COACH AT SELECTS FC:  
[selectsfc.com/coach-application](https://selectsfc.com/coach-application)

CONCACAF COURSES MAY  
BE COVERED UPON REQUEST

# TEAM TRAINING

**Video Analysis** • Leveraging Veo's cutting-edge technology, all of our teams gain access to advanced match recording and detailed analysis tools. Coaches and players can harness these resources to enhance tactical understanding and create more comprehensive learning opportunities.

**Fitness/Sport Nutrition** • At our club, we prioritize player health and development. Players<sup>(U13+)</sup> can sign up for fitness sessions throughout the season to enhance their performance. Additionally, they have access to comprehensive nutrition plans and a variety of educational resources to support their growth both on and off the field.

**Technical Training** • Each week, teams will participate in training sessions led by our certified club trainers. Our technical staff is committed to fostering both individual and team development in every session. Discover more about our experienced and diverse team at [selectsfc.com/our-people](https://selectsfc.com/our-people)

**Practice Makes Perfect** • Throughout the season, teams will participate in 1-2 coach-led sessions per week. These practices will focus on team development, with our certified coaches working to enhance player skills, refine tactics, and foster team cohesion as they progress through the season.





2018  
U8

## EMSA SEASON

Our club teams compete in EMSA Developmental League during both the indoor(Oct-Feb) and outdoor(May-Jul) seasons. The amount of matches can vary each season, the amount of players fielded are adjusted based on age and field size. For more info visit [emsamain.com](http://emsamain.com)

## CLUB PROGRAM

Teams will take part in at least one coach-led session, one technical session, and one league game each week (weather permitting). If conditions cause a cancellation, EMSA (for matches) and Selects FC (for training) will make every effort to reschedule. Winter sessions are held indoors, and additional training resources are available to our teams—see page 7 for details.

## LOCATION

Outdoor - League matches are played city-wide, Selects FC teams train on city fields in the southeast. Indoor - League matches are played in boarded facilities across the city. Selects FC teams train in the Edmonton Soccer Dome.

## COACHES

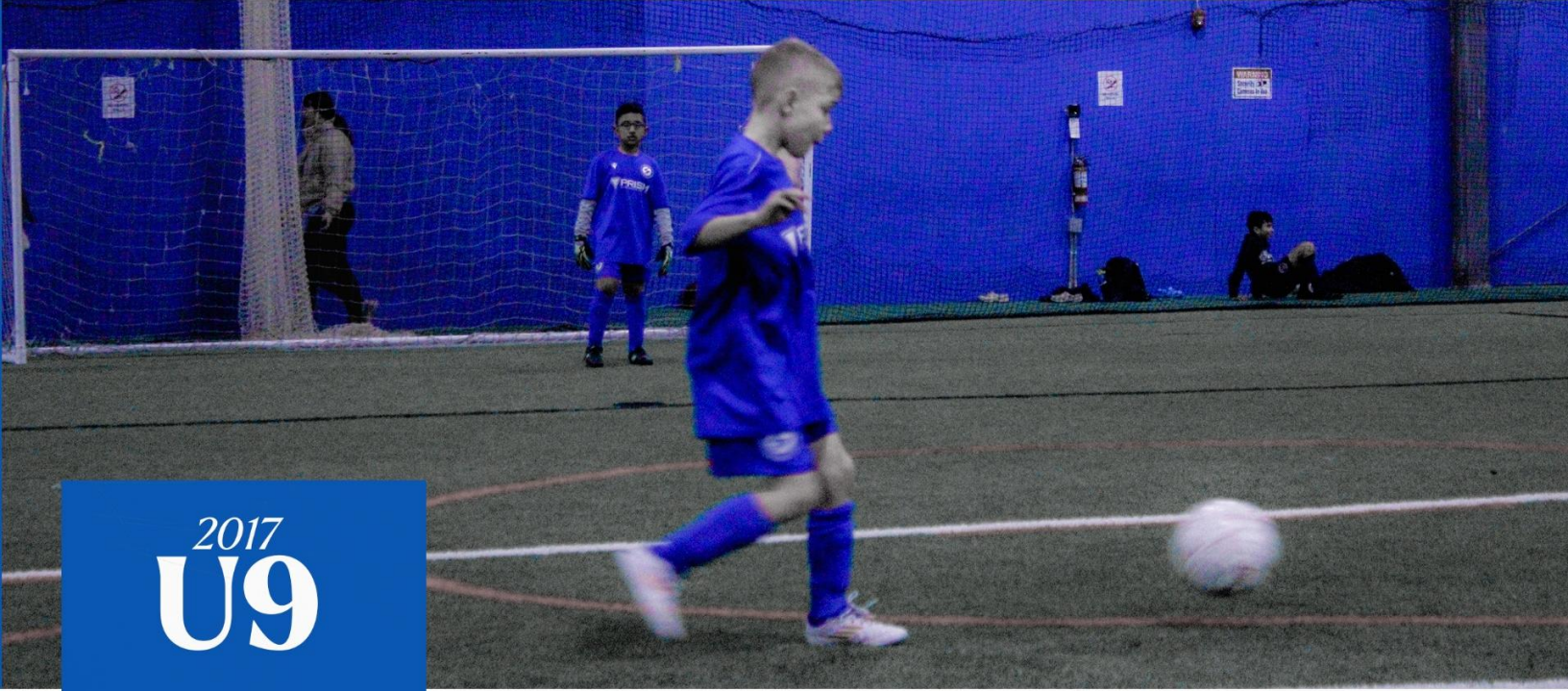
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## GEAR

The club will provide teams with custom Macron home and away jerseys. Players will be required to purchase shorts, socks(x2), and any additional attire they wish.

## PLAYER PLACEMENTS

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2017  
**U9**

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2016  
**U10**

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2015  
**U11**

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# 2014 U12

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2013  
**U13**

**EMSA SEASON**

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2012/2011  
**U15**

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2010/2009  
**U17**

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2008/2007  
**U19**

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