

U14-U16 SELECT TEAM **ACADEMY**



**Only \$199
for this fall
program!**

U14-U16 FALL TEAM PROGRAM:

This team program will include specialized individual technical training along with dynamic group training. Led by our appointed Head Coach for each team, and supported by our TD and Staff Coaches, this program will focus on team development, but include individual technical skill development to build player skills within a team environment. Games are a big part of this age group, and this program includes exhibition games and a tournament.

- Training = Boys on Mon+Wed nights / Girls on Tues+Thurs nights
- Third training session at team option (Friday nights)
- Groups = U14 (2012), U15 (2011), U16 (2010)
- Program runs September 1 through October 13
- Minimum 3 exhibition games included
- Includes Thanksgiving weekend tournament (4 games)
- Includes WYSA game kit (shirt/short/socks) and training shirt

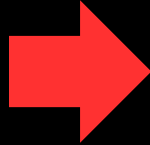
2025-26 / U14-U16 PROGRAM

34 WEEK DEVELOPMENT PLAN



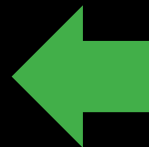
DEVELOPMENT BLOCK 1

Sept 1 - Oct 13
(6 weeks)



- * CNB grass training = M/W boys and T/Th girls
- * Head Coach w/staff support sessions = 12 in total
- * Third training session at team's discretion (Fri night)
- * Games on Saturday (minimum 3)
- * Thanksgiving tournament (4 games)
- * Players receive game kit and training shirt
- * Registration fee = \$199

- * Dome training = M/W boys and T/Th girls
- * Head Coach w/staff support sessions = 12 in total
- * Third training session at team's discretion (early AM)
- * Games on Saturday (minimum 2)
- * Sessions include individual skills and game play
- * New players can buy game kit and training shirt
- * Registration fee = \$239

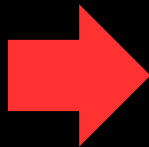


DEVELOPMENT BLOCK 2

Nov 1 - Dec 12
(6 weeks)

DEVELOPMENT BLOCK 3

Jan 5 - Mar 15
(10 weeks)



- * Dome training = M/W boys and T/Th girls
- * Head Coach w/staff support sessions = 20 in total
- * Third training session at team's discretion (early AM)
- * Games on Saturday (minimum 3)
- * Sessions include individual skills and game play
- * New players can buy game kit and training shirt
- * Registration fee = \$299

- * CNB grass training = M/W boys and T/Th girls
- * Head Coaches w/staff support run sessions = 24
- * Third training session at team's discretion (Fri night)
- * Games in spring league (approx 8 games)
- * Includes 1 tournament
- * New players can buy game kit and training shirt
- * Registration fee = \$319



DEVELOPMENT BLOCK 4

Mar 30 - Jun 21
(12 weeks)

The Select Team program is a player-centric development program with appointed Head Coaches with Staff Coach support, providing an age & development appropriate training curriculum in an exciting, fun & challenging environment. This all-inclusive team program provides players an opportunity to belong to the highest level of team development before possibly moving into the BCSPL level of play.

We have made this program very cost-effective, allowing parents to budget their children's participation over time, and with no yearly up-front fees.