

# Program Guide

INDOOR 2024/25 SEASON  
OCTOBER TO MARCH



"WE STRIVE TO GET THE BEST OUT OF EVERY RANGER"



**CALGARY MINOR  
SOCCER ASSOCIATION  
U7 TO U8 BOYS & GIRLS  
PROGRAM OVERVIEW**

**YOUNG RANGERS  
GRASSROOTS PROGRAM  
U4 TO U8**



**DEVELOPMENT TRAIN TO  
PLAY PROGRAM VS.  
DEVELOPMENT PLUS CMSA  
FESTIVAL PROGRAM**



- VOLUNTEERING
- COACHING INITIATIVE
- KEY DATES
- REGISTRATION & PAYMENT



## Program & Registration

INDOOR 2024/25 SEASON  
OCTOBER TO MARCH



"WE STRIVE TO GET THE BEST OUT OF EVERY RANGER"

### GRASSROOTS PROGRAM

Joining the Young Rangers program is perfect for any aspiring athlete who would like to play or try the sport of soccer. With the priority around having fun and learning new skills, the atmosphere is a great place to develop social skills, learn life skills, and meet new friends. Our grassroots program is a volunteer ran program, overseen by our grassroots manager, technical staff, and junior coaches.

### CALGARY RANGERS SOCCER CLUB

We are dedicated to providing a safe environment and creating a positive learning atmosphere for players of all ages and abilities. As a club, it is our responsibility to allow players, regardless of ability level, to push themselves to their desired level.

Recognized as one of the highest achieving organizations across Canada, we hold a **Canada Soccer National Youth Club Licence**. Awarded in August 2019, we are one of seven clubs in Alberta and one of the first 39 clubs nationally to receive this endorsement.



INDOOR  
REGISTRATION  
DEADLINE  
OCTOBER 8, 2024

### DETAILS

- 15 week program from Oct. 21st to Feb. 23rd
- U4 to U6 - One session per week
- U7 to U8 - Two program streams available
  - Young Rangers
  - Young Rangers Plus+
- Optional Friday academy sessions available for all U5 to U8 players (extra fee)

### KEY DATES

- Indoor Grassroots Wrap up Feb. 22nd & 23rd (final weekend)
- No sessions Feb. 14th to 17th

# Table of Contents



INDOOR 2024/25 SEASON  
OCTOBER TO MARCH

“WE STRIVE TO GET THE BEST OUT OF EVERY RANGER”

## INDOOR PROGRAM OVERVIEW:

Click the Below Links for More Information



**U4 (BORN 2021)  
PROGRAM  
OVERVIEW**



**U5 (BORN 2020)  
PROGRAM  
OVERVIEW**



**U6 (BORN 2019)  
PROGRAM  
OVERVIEW**



**U7 (BORN 2018)  
PROGRAM  
OVERVIEW**



**U8 (BORN 2017)  
PROGRAM  
OVERVIEW**



**TRAINING/ GAME  
FORMATS, RANGERS  
ACADEMY.**



**DEVELOPMENT VS.  
DEVELOPMENT  
PLUS+ &  
VOLUNTEERING  
/COACHING**



**CMSA MATCH DAYS,  
GEAR REQUIREMENTS,  
CANADA SOCCER  
STANDARDS**



**GRASSROOTS  
PROGRAM  
OVERVIEW & KEY  
DATES**

# YOUNG RANGERS

## U4

[Register Now](#)

To register: You will need a Teamsnap account. Click the link and continue with registration as the screen instructs.

### 2021 BORN PLAYERS

**When:** Saturday 9:00 AM - 9:45 AM

**Dates:** Oct. 26th; Nov. 2nd, 9th, 16th, 23rd, 30th; Dec. 7th, 14th, 21st; Jan. 11th, 18th, 25th, Feb. 1st, 8th, 22nd.

**Where:** Calgary French & International School

**Who:** Boys & girls are on the same team

**Fee:** \$240

**Gear:** Players will receive a Young Rangers jersey



[HOME](#)

To register: You will need a PowerUp account. Please create or login to your account and continue with registration as the screen instructs.

# BORN 2020

# U5

[Register Now](#)

To register: You will need a Teamsnap account. Click the link and continue with registration as the screen instructs.

Young Rangers Indoor Registration and Young Rangers Academy Registration will need to be purchased through TeamSnap.

Please note, you will need to register for each program individually by following the links on the page.

## 2020 BORN PLAYERS

**When:** Saturdays  
U5 Girls 10:00 - 11:00 AM  
U5 Boys 11:00 - 12:00 PM

**Dates:** Oct. 26th; Nov. 2nd, 9th, 16th, 23rd, 30th;  
Dec. 7th, 14th, 21st; Jan. 11th, 18th, 25th,  
Feb. 1st, 8th, 22nd.

**Where:** Calgary French & International School

**Who:** Players born in 2020; boys and girls separate

**Fee:** \$300

**Gear:** Players will receive a Young Rangers jersey

**Rangers Academy (optional):** U5 players can sign up for an additional session per week. Academy sessions are run by Calgary Rangers Technical Staff.

## YR ACADEMY (OPTIONAL)

**When:** Fridays  
U5 Girls 6:00 PM - 7:00 PM  
U5 Boys 6:00 PM - 7:00 PM

**Dates:** Oct. 25th; Nov. 1st, 8th, 15th, 22nd, 29th; Dec.  
6th, 13th, 20th; Jan. 10th, 17th, 24th, 31st; Feb.  
7th, 21st.

**Where:** Calgary French & International School

[REGISTER NOW](#)

**15 SESSIONS**

**\$240**

[HOME](#)

To register: You will need a PowerUp account. Please create or login to your account and continue with registration as the screen instructs.

# BORN 2019

# U6

[Register Now](#)

To register: You will need a Teamsnap account. Click the link and continue with registration as the screen instructs.

Young Rangers Indoor Registration and Young Rangers Academy Registration will need to be purchased through TeamSnap.

Please note, you will need to register for each program individually by following the links on the page.

## 2019 BORN PLAYERS

**When:** Saturdays

U6 Girls 10:00 AM - 11:00 AM

U6 Boys 12:00 PM - 1:00 PM

**Dates:** Oct. 26th; Nov. 2nd, 9th, 16th, 23rd, 30th; Dec. 7th, 14th, 21st; Jan. 11th, 18th, 25th, Feb. 1st, 8th, 22nd.

**Where:** Calgary French & International School

**Who:** Players born in 2019; boys and girls separate

**Fee:** \$300

**Gear:** Players will receive a Young Rangers jersey

**Rangers Academy (optional):** U6 players can sign up for an additional session per week. Academy sessions are run by Calgary Rangers Technical Staff.

## YR ACADEMY (OPTIONAL)

**When:** Fridays

U6 Girls 6:00 PM - 7:00 PM

U6 Boys 6:00 PM - 7:00 PM

**Dates:** Oct. 25th; Nov. 1st, 8th, 15th, 22nd, 29th; Dec. 6th, 13th, 20th; Jan. 10th, 17th, 24th, 31st; Feb. 7th, 21st.

**Where:** Calgary French & International School

[REGISTER NOW](#)

**15 SESSIONS**

**\$240**

[HOME](#)

To register: You will need a PowerUp account. Please create or login to your account and continue with registration as the screen instructs.

# U7

## BORN 2018

### [Register Now](#)

### CMSA FESTIVAL PROGRAM DEVELOPMENT PLUS +

**Games:** Saturdays  
Shane Homes West Soccer Dome

**Practice:** U7 Boys Mondays 7:00 PM - 8:00 PM  
U7 Girls Mondays 6:00 PM - 7:00 PM

**Start:** Oct. 21st  
**End:** Feb. 22nd

**Where:** Calgary French & International School

**Who:** Players born in 2018; boys and girls separate

**Fee:** \$435

**Gear:** Players will receive a Young Rangers jersey

### TRAIN & PLAY PROGRAM DEVELOPMENT

**When:** Sundays  
U7 Boys 10:00 AM - 11:00 AM  
U7 Girls 11:00 AM - 12:00 PM

**Dates:** Oct. 27th; Nov. 3rd, 10th, 17th, 24th;  
Dec. 1st, 8th, 15th, 22nd; Jan. 12th,  
19th, 26th; Feb. 2nd, 9th, 23rd.

**Where:** Calgary French & International School

**Who:** Players born in 2018; boys and girls separate

**Fee:** \$300

**Gear:** Players will receive a Young Rangers jersey

### YR ACADEMY (OPTIONAL)

**When:** Fridays  
U7 Girls 7:00 PM - 8:00 PM  
U7 Boys 7:00 PM - 8:00 PM

**Dates:** Oct. 25th; Nov. 1st, 8th, 15th, 22nd, 29th; Dec.  
6th, 13th, 20th; Jan. 10th, 17th, 24th, 31st; Feb.  
7th, 21st.

**Where:** Calgary French & International School

[REGISTER NOW](#)

15 SESSIONS

\$240

[HOME](#)

**To Register:** You will need a Teamsnap account. Click the link and continue with registration as the screen instructs.

Young Rangers Indoor Registration and Young Rangers Academy Registration will need to be purchased through TeamSnap.

Please note, you will need to register for each program individually by following the links on the page.

# U8

## BORN 2017

### [Register Now](#)

### CMSA FESTIVAL PROGRAM DEVELOPMENT PLUS +

- Games:** Saturdays  
Shane Homes West Soccer Dome
- Practice:** U8 Boys Tuesdays 7:00 PM - 8:00 PM  
U8 Girls Tuesdays 6:00 PM - 7:00 PM
- Start:** Oct. 22nd  
**End:** Feb. 22nd
- Where:** Calgary French & International School
- Who:** Players born in 2017; boys and girls separate
- Fee:** \$435
- Gear:** Players will receive a Young Rangers jersey

### TRAIN & PLAY PROGRAM DEVELOPMENT

- When:** Sundays  
U8 Boys 9:00 AM - 10:00 AM  
U8 Girls 11:00 AM - 12:00 PM
- Dates:** Oct. 27th; Nov. 3rd, 10th, 17th, 24th;  
Dec. 1st, 8th, 15th, 22nd; Jan. 12th,  
19th, 26th; Feb. 2nd, 9th, 23rd.
- Where:** Calgary French & International School
- Who:** Players born in 2017;
- Fee:** \$300
- Gear:** Players will receive a Young Rangers jersey

### YR ACADEMY (OPTIONAL)

- When:** Fridays  
U8 Girls 7:00 PM - 8:00 PM  
U8 Boys 7:00 PM - 8:00 PM
- Dates:** Oct. 25th; Nov. 1st, 8th, 15th, 22nd, 29th; Dec.  
6th, 13th, 20th; Jan. 10th, 17th, 24th, 31st; Feb.  
7th, 21st.
- Where:** Calgary French & International School

[REGISTER NOW](#)

15 SESSIONS

\$240

HOME

**To Register:** You will need a Teamsnap account. Click the link and continue with registration as the screen instructs.

Young Rangers Indoor Registration and Young Rangers Academy Registration will need to be purchased through TeamSnap.

Please note, you will need to register for each program individually by following the links on the page.

## TRAINING/GAME FORMATS

### Development (Train & Play)

#### One session per week

- **U4 to U6**
  - Players will train for the first part of the session and play games against other groups in the same age group at the end of the session.
- **U7/U8**
  - Train & Play players will train for the first part of the session and play games against other groups in the same age group at the end of the session.

### Development Plus+ (CMSA Festival)

#### Two sessions per week

- U7 to U8 CMSA festival players
- One x practice – midweek practice with team coach
- One x CMSA Match Day - Saturday match day with team coach and technical staff
- Games vs. other CMSA clubs
- All practices and games will be managed by volunteer coaches and technical staff
- All teams will follow the Rangers curriculum and session plans

### Young Rangers Academy (Optional)

- **U5 to U8** players may register for an additional academy skills session by adding the option to their Powerup registration basket.

## WAITING LIST

- If registration is full, players will be placed on a waiting list.
- If there are enough age-appropriate players, an additional group may be created depending on capacity.

## GROUPINGS

- Groups will be no more than 10 players per team
- Players will be grouped based on age/gender
- Friend requests are allowed. We do our best to accommodate one friend request per player
- Multiple friend requests will not be guaranteed
- All requests must be entered on the player form at registration

## DEVELOPMENT (TRAIN & PLAY) & DEVELOPMENT PLUS+ (CMSA FESTIVAL)

Both streams offer a quality experience for players and their families. Neither stream is based on ability, but on the needs, interests, and motivations of the child.

The determining factors in evaluating whether to place your child in the Developmental Plus+ or Developmental streams are the length of the season, the number of contacts per week and proximity of their matches.

Development Plus+ will play in CMSA festival games at the Shane Homes West Soccer Dome and practice once a week at Calgary French & International School.

Development players will play once a week on a set schedule at Calgary French & International School.

Both streams can sign up for the Rangers Academy sessions on Friday evening.



 Calgary French & International School



## VOLUNTEERING

- To ensure our Young Rangers program runs efficiently we rely on volunteer support to help coach.
- **Each team will require two parent volunteer coaches** to help run practices and manage games for the season.
- Coaches are provided everything they need to be successful including: session plans, equipment, and an item of Rangers gear to wear during their sessions.

## VOLUNTEER COACH INITIATIVE

- Registration fees for a volunteer coach's child will be **reimbursed in the form of a credit** at the end of the season; if the coach attends the start-of-season coaches clinic, has all required certifications, is available for at least 80% of the season sessions & games and completes all coaching requirements.
- If you are interested in coaching, please indicate during the registration process and complete the **Team Official form in your Teamsnap registration account.**

## YOUNG RANGERS ACADEMY

- Academy sessions are ran by the Rangers technical staff and are designed to develop footwork skills, and a better understanding of the game for the individual.
- 

## CMSA MATCH DAYS

- Calgary Minor Soccer Association (CMSA) Grassroots League U7 to U9 is modelled after national best practices and [Canada Soccer Grassroots Standards](#). The league strives to provide children with a developmentally appropriate playing environment that allows expression, creativity, and development to flourish.
- 

## GEAR REQUIREMENTS

- Each player will be required to have their own shinpads, size three ball, and appropriate footwear (indoor soccer cleats or regular runners).
  - Jerseys will be provided to each player for the season, which they will be able to keep.
  - Required soccer equipment as well as additional club gear is available for purchase at [Kicks Sports North & South Locations](#) (4625 Varsity Dr. NW & 9737 Macleod Trail SW).
- 

## PROGRAMMING STANDARDS

Calgary Rangers have successfully undertaken training and implemented Canada Soccer Grassroots Standards in accordance with the Long-Term Player Development Plan and Preferred Training Model as supported by Alberta Soccer Association.

