

PROGRAM GUIDE



CLUB OVERVIEW • 2025 OUTDOOR SEASON • APRIL TO OCTOBER

CMSA OVERVIEW

Calgary Minor Soccer Association
U9 - U19 Players
Program Overview
Key Dates



HIGH PERFORMANCE

Alberta Player Development League
WinSport Training & Testing
Key Dates
Yearly Breakdown

PROGRAMMING

Academy Sessions
Rangers' Skill Centre
Goalkeeper Academy
Evaluations



KEY INFORMATION

Volunteering
Team Management
Gear Requirements
Registrations and Payment

PROGRAM GUIDE



CLUB OVERVIEW • 2025 OUTDOOR SEASON • APRIL TO OCTOBER

OUTDOOR PROGRAM OVERVIEW

Calgary Rangers Soccer Club is 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.

Joining the Calgary Rangers' CMSA program is perfect for any aspiring athlete who would like to play on a team. The team atmosphere is a great place to develop social skills, learn vital life skills, and meet lifelong friends. We try to match players of similar potential and commitment together.

Calgary Rangers teams are traditionally hardworking and well known for being respectful and honourable teams. These traits are valued by our coaches, technical staff, and club management.



**CMSA
REGISTRATION
DEADLINE
MARCH 16TH,
2025**

\$50 late fee applied after this date

KEY DATES

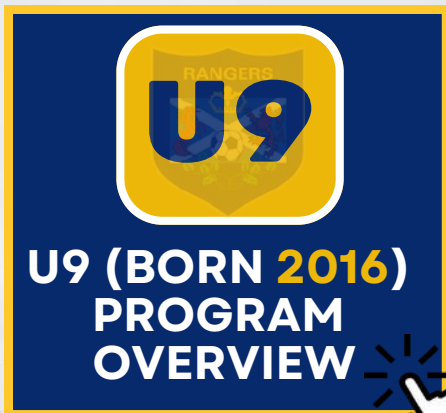
- Calgary Rangers programming begins April 7th and runs through October.
- CMSA games begins April 26th.
- Rangers Academy Fees due May 15th (if applicable).
- No Rangers sessions:
 - May 16th-19th
 - June 27th to July 1st.
- Summer break:
 - July 28th to September 2nd.

TABLE OF CONTENTS

CLUB OVERVIEW • 2025 OUTDOOR SEASON • APRIL TO OCTOBER

OUTDOOR PROGRAM OVERVIEW

CLICK THE BELOW LINKS FOR MORE INFORMATION



U9
U9 (BORN 2016)
PROGRAM
OVERVIEW

A blue square card with a yellow rounded rectangle at the top containing the text 'RANGERS U9'. Below it, the text 'U9 (BORN 2016) PROGRAM OVERVIEW' is displayed in white. A white hand icon with a pointing finger is at the bottom right.



U10
U10 (BORN 2015)
PROGRAM
OVERVIEW

A blue square card with a yellow rounded rectangle at the top containing the text 'RANGERS U10'. Below it, the text 'U10 (BORN 2015) PROGRAM OVERVIEW' is displayed in white. A white hand icon with a pointing finger is at the bottom right.



U11
U11 (BORN 2014)
PROGRAM
OVERVIEW

A blue square card with a yellow rounded rectangle at the top containing the text 'RANGERS U11'. Below it, the text 'U11 (BORN 2014) PROGRAM OVERVIEW' is displayed in white. A white hand icon with a pointing finger is at the bottom right.



U12
U12 (BORN 2013)
PROGRAM
OVERVIEW

A blue square card with a yellow rounded rectangle at the top containing the text 'RANGERS U12'. Below it, the text 'U12 (BORN 2013) PROGRAM OVERVIEW' is displayed in white. A white hand icon with a pointing finger is at the bottom right.



U13
U13 (BORN 2012)
PROGRAM
OVERVIEW

A blue square card with a yellow rounded rectangle at the top containing the text 'RANGERS U13'. Below it, the text 'U13 (BORN 2012) PROGRAM OVERVIEW' is displayed in white. A white hand icon with a pointing finger is at the bottom right.



U14/15
U14/U15
(BORN 2011/2010)
PROGRAM
OVERVIEW

A blue square card with a yellow rounded rectangle at the top containing the text 'RANGERS U14/15'. Below it, the text 'U14/U15 (BORN 2011/2010) PROGRAM OVERVIEW' is displayed in white. A white hand icon with a pointing finger is at the bottom right.



U16/U17
U16/U17
(BORN 2009/08)
PROGRAM
OVERVIEW

A blue square card with a yellow rounded rectangle at the top containing the text 'RANGERS U16/U17'. Below it, the text 'U16/U17 (BORN 2009/08) PROGRAM OVERVIEW' is displayed in white. A white hand icon with a pointing finger is at the bottom right.



U18/U19
U18/U19
(BORN 2007/06)
PROGRAM
OVERVIEW

A blue square card with a yellow rounded rectangle at the top containing the text 'RANGERS U18/U19'. Below it, the text 'U18/U19 (BORN 2007/06) PROGRAM OVERVIEW' is displayed in white. A white hand icon with a pointing finger is at the bottom right.



U23/Adults
U23/ ADULTS
(AGED 16+)
PROGRAM
OVERVIEW

A blue square card with a yellow rounded rectangle at the top containing the text 'RANGERS U23/Adults'. Below it, the text 'U23/ ADULTS (AGED 16+) PROGRAM OVERVIEW' is displayed in white. A white hand icon with a pointing finger is at the bottom right.

TABLE OF CONTENTS

CLUB OVERVIEW • 2025 OUTDOOR SEASON • APRIL TO OCTOBER

OUTDOOR KEY INFORMATION

CLICK THE BELOW LINKS FOR MORE INFORMATION



**EVALUATIONS
& GEAR
REQUIREMENTS**



**VOLUNTEER/TEAM
MANAGEMENT/
FACILITY FEE**

U9/U11

**U9-U11
DEVELOPMENT PLUS+
& DEVELOPMENTAL
PROGRAMMING**

Dev+

**DEVELOPMENTAL+
TIER 1/2 ACADEMY
SESSIONS & RANGERS
SKILL CENTRES**

U12+

**CMSA U12-U19
LEAGUE**

U13+

**ACADEMY
U13-U20**



**GOALKEEPING
ACADEMY &
NATIONAL YOUTH
CLUB LICENCE**



**APDL PLAYERS
& WINSPORT
TRAINING**



**REGISTRATION
& PAYMENT**



DEVELOPMENT PLUS+ PROGRAM

Dates:

- Team schedule available late April
- Rangers program runs April – October
- CMSA Season Dates
 - May 3rd – July 27th
- Summer Break July 28th to September 2nd

Program: (Minimum Delivery)

- Practices: **15 sessions**
- Rangers Skill Centre: **5 x 60 min. sessions**
- Rangers Academy: **15 x 60 min. sessions**
- Rangers Match Days **(July): 4**
- **7 CMSA Match Days:** Saturdays at Flames Community/Central Memorial Field, 5 v. 5 format

Registration:

- Registration Fee: \$375 + Mandatory Academy/Skills Fee \$250
- Registration Fee Early Bird 10% off before Feb. 15th

DEVELOPMENT PROGRAM

Dates:

- Team schedule available late April
- Rangers program runs April – June 22nd.
- **No CMSA Games**
 - In House Games

Program: (Minimum Delivery)

- Practices: **8 sessions (Thursdays)**
- Rangers Skill Centre: **5 x 60 min. sessions**
- 7 Match Days: Sundays at Coach Hill Field, 5 v. 5 format
- Matches In-House (no CMSA games)

Registration:

- Registration Fee: \$375
- Registration Fee Early Bird 10% off before Feb. 15th

PROSKILLZ PROGRAM

(OPTIONAL & SEPARATE OF MANDATORY RANGERS ACADEMY)

- Skills program designed to develop and master individual skills and techniques to improve attacking creativity with an emphasis on developing technically gifted players.
- 10 x 60 min sessions per season
- Fridays at Christie Park
- May 2nd, 9th, 23rd, 30th; June 6th, 13th, 20th; July 4th, 11th, 18th.
- Fee: \$230

[Home](#)



DEVELOPMENT PLUS+ PROGRAM

Dates:

- Team schedule available late April
- Rangers program runs April – October
- CMSA Season Dates
- April 26th - July 27th
- Fall Series September 12th - 14th
- Summer Break July 28th to September 2nd

Program: (Minimum Delivery)

- Practices: **15 sessions**
- Rangers Skill Centre: **5 x 60 min. sessions**
- Rangers Academy: **15 x 60 min. sessions**
- **14 CMSA Match Days:** Any day during the week; 7 v. 7 format

Registration:

- Registration Fee: \$455 + Mandatory Academy/Skills Fee \$330
- Registration Fee Early Bird 10% off before Feb 15th

DEVELOPMENT PROGRAM

Dates:

- Team schedule available late April
- Rangers Program runs April – July 13th
- CMSA Season Dates May 3rd – July 13th

Program: (Minimum Delivery)

- Practices: **10 sessions**
- Rangers Skill Centre: **5 x 60 min. sessions**
- **10 CMSA Match Days:** Any day during the week; 7 v. 7 format

Registration:

- Registration Fee: \$455
- Registration Fee Early Bird 10% off before Feb 15th

PROSKILLZ PROGRAM

(OPTIONAL & SEPARATE OF MANDATORY RANGERS ACADEMY)

- Skills program designed to develop and master individual skills and techniques to improve attacking creativity with an emphasis on developing technically gifted players.
- 10 x 60 min sessions per season
- Fridays at Christie Park
- May 2nd, 9th, 23rd, 30th; June 6th, 13th, 20th; July 4th, 11th, 18th.
- Fee: \$230

[Home](#)



DEVELOPMENT PLUS+ PROGRAM

Dates:

- Team schedule available late April
- Rangers program runs April – October
- CMSA Season Dates
- April 26 - July 27
- Fall Series Sept 12-14
- Summer Break July 28th to September 2nd

Program: (Minimum Delivery)

- Practices: **15 sessions**
- Rangers Skill Centre: **5 x 60 min. sessions**
- Rangers Academy: **15 x 60 min. sessions**
- **14 CMSA Match Days:** Any day during the week; 7 v. 7 format

Registration:

- Registration Fee: \$550 + Mandatory Academy/Skills Fee \$435
- Registration Fee Early Bird 10% off before Feb 15th

DEVELOPMENT PROGRAM

Dates:

- Team schedule available late April
- Rangers Program runs April – July 13th
- CMSA Season Dates May 3rd – July 13th

Program: (Minimum Delivery)

- Practices: **10 sessions**
- Rangers Skill Centre: **5 x 60 min. sessions**
- **10 CMSA Match Days:** Any day during the week; 7 v. 7 format

Registration:

- Registration Fee: \$550
- Registration Fee Early Bird 10% off before Feb 15th

PROSKILLZ PROGRAM

(OPTIONAL & SEPARATE OF MANDATORY RANGERS ACADEMY)

- Skills program designed to develop and master individual skills and techniques to improve attacking creativity with an emphasis on developing technically gifted players.
- 10 x 60 min sessions per season
- Fridays at Christie Park
- May 2nd, 9th, 23rd, 30th; June 6th, 13th, 20th; July 4th, 11th, 18th.
- Fee: \$230

[Home](#)



TIERS 1 AND 2

Dates:

- Team schedule available late April
- Rangers program runs April – October
- CMSA Season Dates
- April 26 - July 27
- Fall Series Sept 12-14
- Summer Break July 28th to September 2nd

Program: (Minimum Delivery)

- Practices: **15 sessions**
- Rangers Skill Centre: **5 x 60 min. sessions**
- Rangers Academy: **15 x 60 min. sessions**
- **14 CMSA Match Days:** Any day during the week; 9 v. 9 format

Registration:

- Registration Fee: \$600 + Mandatory Academy/Skills Fee \$435
- Registration Fee Early Bird 10% off before Feb 15th

TIERS 3 AND 4

Dates:

- Team schedule available late April
- Rangers Program runs April – July 13th
- CMSA Season Dates April 26th – July 13th

Program: (Minimum Delivery)

- Practices: **10 sessions**
- Rangers Skill Centre: **5 x 60 min. sessions**
- **14 CMSA Match Days:** Any day during the week; 9 v. 9 format

Registration:

- Registration Fee: \$600
- Registration Fee Early Bird 10% off before Feb 15th

PROSKILLZ PROGRAM

(OPTIONAL & SEPARATE OF MANDATORY RANGERS ACADEMY)

- Skills program designed to develop and master individual skills and techniques to improve attacking creativity with an emphasis on developing technically gifted players.
- 10 x 60 min sessions per season
- Fridays at Christie Park
- May 2nd, 9th, 23rd, 30th; June 6th, 13th, 20th; July 4th, 11th, 18th.
- Fee: \$230

[Home](#)



SEASON DATES

- Team schedule available late April
- CMSA Season Dates:
- Tiers 1-3: **April 26th – July 27th**
- Tier 4: **April 26th – July 13th**
- Fall Series: **September 12th – 14th**
- Rangers Program runs: **April – October**
- Summer Break: **July 28th – September 2nd**

EARLY BIRD REGISTRATION

- Early Bird 10% off Base registration before **Feb 15th**

[Register Now](#)

TIER 1

Program: (Minimum Delivery)

- Practices: **15 sessions**
- Rangers Academy: **20 x 60 min. sessions**
- WinSport Performance Training: **10 x 60 min. sessions**
- **14 Games:** CMSA league format; games played any day during the week; 9 v. 9 format

Registration:

- Registration Fee: \$700 + Mandatory Academy Fee \$725

TIER 2

Program: (Minimum Delivery)

- Practices: **15 sessions**
- Rangers Academy: **20 x 60 min. sessions**
- **14 Games:** CMSA league format; games played any day during the week; 9 v. 9 format

Registration:

- Registration Fee: \$700 + Mandatory Academy Fee \$500

TIER 3

Program: (Minimum Delivery)

- Practices: **15 sessions**
- Rangers Academy: **10 x 60 min. sessions**
- **14 Games:** CMSA league format; games played any day during the week; 9 v. 9 format

Registration:

- Registration Fee: \$700 + Mandatory Academy Fee \$270

TIER 4

Program: (Minimum Delivery)

- Practices: **10 sessions**
- **14 Games:** CMSA league format; games played any day during the week; 9 v. 9 format

Registration:

- Registration Fee: \$700

[Home](#)

U14 /15

BORN 2011/10



C A L G A R Y R A N G E R S S O C C E R C L U B

SEASON DATES

- Team schedule available late April
- CMSA Season Dates:
 - Tiers 1-3: **April 26th – July 27th**
 - Tier 4: **April 26th – July 13th**
- Fall Series: **September 19th – 21st**
- Rangers Program runs: **April – October**
- Summer Break: **July 28th – September 2nd**

EARLY BIRD REGISTRATION

- Early Bird 10% off Base registration before **Feb 15th**

[Register Now](#)

TIER 1

Program: (Minimum Delivery)

- Practices: **15 sessions**
- Rangers Academy: **20 x 60 min. sessions**
- WinSport Performance Training: **10 x 60 min. sessions**
- **14 Games:** CMSA league format; games played any day during the week; 11 v. 11 format

Registration:

- Registration Fee: \$700 + Mandatory Academy Fee \$750

TIER 2

Program: (Minimum Delivery)

- Practices: **15 sessions**
- Rangers Academy: **20 x 60 min. sessions**
- **14 Games:** CMSA league format; games played any day during the week; 11 v. 11 format

Registration:

- Registration Fee: \$700 + Mandatory Academy Fee \$525

TIER 3

Program: (Minimum Delivery)

- Practices: **15 sessions**
- Rangers Academy: **10 x 60 min. sessions**
- **14 Games:** CMSA league format; games played any day during the week; 11 v. 11 format

Registration:

- Registration Fee: \$700 + Mandatory Academy Fee \$280

TIER 4

Program: (Minimum Delivery)

- Practices: **10 sessions**
- **14 Games:** CMSA league format; games played any day during the week; 9 v. 9 format

Registration:

- Registration Fee: \$700

U16 /17

BORN 2009/08



C A L G A R Y R A N G E R S S O C C E R C L U B

SEASON DATES

- Team schedule available late April
- CMSA Season Dates:
 - Tiers 1-3: **April 26th – July 27th**
 - Tier 4: **April 26th – July 13th**
- Fall Series - **September 19th - 21st**
- Rangers Program runs: **April – October**
- Summer Break: **July 28th – September 2nd**

EARLY BIRD REGISTRATION

- Early Bird 10% off Base registration before **Feb 15th**

[Register Now](#)

TIER 1

Program: (Minimum Delivery)

- Practices: **15 sessions**
- Rangers Academy: **20 x 60 min. sessions**
- WinSport Performance Training: **10 x 60 min. sessions**
- **14 Games:** CMSA league format; games played any day during the week; 11 v. 11 format

Registration:

- Registration Fee: \$700 + Mandatory Academy Fee \$750

TIER 2

Program: (Minimum Delivery)

- Practices: **15 sessions**
- Rangers Academy: **20 x 60 min. sessions**
- **14 Games:** CMSA league format; games played any day during the week; 11 v. 11 format

Registration:

- Registration Fee: \$700 + Mandatory Academy Fee \$525

TIER 3

Program: (Minimum Delivery)

- Practices: **15 sessions**
- Rangers Academy: **10 x 60 min. sessions**
- **14 Games:** CMSA league format; games played any day during the week; 11 v. 11 format

Registration:

- Registration Fee: \$700 + Mandatory Academy Fee \$280

TIER 4

Program: (Minimum Delivery)

- Practices: **10 sessions**
- **14 Games:** CMSA league format; games played any day during the week; 9 v. 9 format

Registration:

- Registration Fee: \$700

U18 /19

BORN 2007/06



C A L G A R Y R A N G E R S S O C C E R C L U B

SEASON DATES

- Team schedule available late April
- Tiers 2-3: **April 26th – July 27th**
- Tier 4: **April 26th – July 13th**
- Fall Series: **September 19th – 21st**
- Rangers Program runs: **April – October**
- Summer Break: **July 28th – September 2nd**

EARLY BIRD REGISTRATION

- Early Bird 10% off Base registration before **Feb 15th**

[Register Now](#)

TIER 2-4

Program: (Minimum Delivery)

- Practices: 15 sessions
- Games: CMSA league format; games played any day during the week; 11 v. 11 format

Registration:

- Registration Fee: \$700

ADULTS PROGRAM

Interested in our Mens and Women's Program?

Reach out to your Academy Director for options.

Girls U13+ Academy Director: Will Feria - wferia@calgaryrangers.com

Boys U13+ Academy Director: Alistair Clarke - aclarke@calgaryrangers.com

[Home](#)



SEASON DATES

- Team schedule available Mid April
- CUSA Season Dates: **May 1st – September**
- Rangers Program runs: **April – September**

EARLY BIRD REGISTRATION

- Early Bird 10% off Base registration before **Feb 15th**

[Register Now](#)

CUSA

U23

Program: (Minimum Delivery)

- Practices: **15 sessions**
- Academy: **20 sessions**
- Games: CUSA league format; games played any day during the week; 11 v. 11 format

Registration:

- Registration Fee: \$650
- Academy Fee \$400

CWSA

U23

Program: (Minimum Delivery)

- Practices: **15 sessions**
- Academy: **20 sessions**
- Games: CUSA league format; games played any day during the week; 11 v. 11 format

Registration:

- Registration Fee: \$650
- Academy Fee \$400

PREM/DIV 2/3

Program:

- Games: CUSA league format; games played any day during the week; 11 v. 11 format

Registration:

- Registration Fee: \$350

PREM/DIV 2/3

Program:

- Games: CWSA league format; games played any day during the week; 11 v. 11 format

Registration:

- Registration Fee: \$350

[Home](#)

EVALUATIONS

Calgary Rangers have a very thorough evaluation process, all players will be evaluated for the Outdoor 2025 season based on a combination of:

ALL NEW RANGERS PLAYERS will be evaluated at the New Player Assessment and during Pre-season training:

- Indoor 24/25 season evaluations completed by the technical team.
- Indoor 24/25 season evaluations completed by coaches and technical team.
- Historical data from previous seasons.
- Historical data on where players have played before.
- New Player Assessment and Orientation Sessions March 17th - 20th 2025.
- Pre-season age group training sessions April 2025.

We strive to build the best possible teams based on long-term development rather than short-term success.

Calgary Rangers understands the stress caused by traditional mass evaluation sessions and also understands that a one-off evaluation session is not necessarily the most productive way to assess players. We assess players in the comfort of their own groups within our pre-season program which will also prepare our players for the outdoor season.

Pre-season age group training, practices and games will take place during April 8th-21st. All new players will be assessed in groups and evaluated during this period in pre-season rosters.

GEAR REQUIREMENTS

Players in U9 - U20 will be required to have a Rangers practice shirt, game shorts, game socks, shin pads, and outdoor soccer cleats. Game jerseys are provided for each player. At the time of registration, you will be required to pre-authorize a \$100 jersey bond. This bond will only charge if the jersey is not returned at the end of the season.

- **U9 to U12 players are required to have a size 4 soccer ball**
- **U13 to U20 players are required to have a size 5 soccer ball**

Club wear is available for purchase year-round from [Kicks Sports North & South Locations](#) (4625 Varsity Dr. NW & 9737 Macleod Trail SW).

VOLUNTEER/TEAM MANAGEMENT FEE

We require our families to volunteer each season. Volunteers are extremely important to the operation of the club and allow us to provide a quality soccer program. We are proud to have an exceptional group of parents committed to helping our club provide their children the best soccer experience available.

At the time of registration, you will be required to pre-authorize a \$150 Volunteer/Team Management Bond. This bond will be charged unless you volunteer for a club shift or as a rostered team official during the season.

Teams that do not have sufficient parent volunteers to coach or manage the team will have their volunteer fee cashed regardless of whether parents of the team have signed up for club shifts.

Teams are primarily volunteer driven with the support of the Calgary Rangers Technical Team.

FACILITY FEE

A \$35 facility fee will be added to all registrations. Our long-term plan is to grow and develop better facilities for our players. This fee will only be used for facility development purposes.

Calgary Rangers have secured space at the Shane Homes Soccer Dome and now Webber Academy Athletic Park and our brand new Home Field so that our players are able to train on turf to enhance their training experience consistently. Our vision is to have our own field and facility where our players have the option and experience of playing on turf in an indoor facility year-round. We thank all our members for helping us get closer to this dream.

Thanks to our new partnership with Webber Academy we have a clear vision and plan to secure our very own Indoor Facility one day.

All our fundraising efforts and sponsorship opportunities help us reach our ultimate goal of raising enough capital to build our own Indoor Facility.

DEVELOPMENT PLUS+ & DEVELOPMENTAL PROGRAMMING U9-U11

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, number of contacts per week, and proximity of their matches. Developmental Plus+ will play in a city-wide division and have a longer, split season. Developmental will have regionalized play within a shorter season.

In this player-first model, clubs are encouraged to evaluate players based on their levels of interest and commitment in soccer and soccer maturity as a key factor in forming teams. Calgary Rangers advocates for equal playing time for all players and trying all positions on the pitch. No scores or standings are kept in the Developmental Plus+ or Developmental stream.

Developmental Plus+ Stream

This stream is appropriate for players and families interested in:



Soccer as their primary activity

For players who LOVE soccer, are very interested & likely to participate year-round



Longer Season, City-Wide

For players looking for a longer season and are comfortable with city-wide play



More activity each week

For players looking for increased play/training opportunities within their club environment

Developmental Stream

This stream is appropriate for players and families interested in:



A variety of sports or activities

For players who may be multi-sport, have a variety of different interests/commitments, looking for 'part-time soccer'



Shorter Season, Quadrant-based

For players looking for a shorter season and want games closer to home



Less activity each week

For players looking for less soccer activity to make time for other interests/family time

U9-U11 DEVELOPMENTAL PLUS+ & U12 T1/2 ACADEMY SESSIONS

The Development Academy will develop the players' fundamental skills & techniques which will help them execute the weekly themes key phase and principles of play. Each station allows coaches to focus on a particular, game scenario (1v1, 2v1, 2v2s etc) and get the players to explore solutions. Skills will be explored and broken down by the coach to teach players to master the ball whilst challenging players to use their bodies in different ways and explore different movements.

Each session will begin with a 10-minute ball mastery/technical warm up. After this, players will rotate between the 2 stations which will be 25 minutes each.

Development Plus+ academy players will receive age group academy sessions with a focus to improve each individual's technical ability and in-game decision making.

For tiers that have mandatory additional academy fees, the payment deadline for academy fees is May 15th, 2025.

RANGERS SKILLS CENTRE U9-U12

Conditioned Games, Small Sided Games, Game Related Practises

The Skills Centre will challenge players to overcome different constraints in the various small-sided games and game related practises (pitch dimensions, scoring methods, opposition size etc).

Although each station will have a different constraint/condition, they will all relate to the weekly theme. Guided Discovery and problem-solving methods will be used to allow players to think critically and make their own decisions in games.

Benefits include:

- Ball contact time will be high
- Training will look like the game
- Training will be fun for everyone

CMSA U12-U19 LEAGUE

CMSA’s league offering for U12-U19 includes quality programming for youth at all ages, stages of development, and interest/commitment levels. CMSA welcomes experienced and novice players into any of our clubs to continue or begin their soccer journey. CMSA U12-U19 leagues operate in alignment with Long-Term Player Development (LTPD) Standards and would be a part of Stage 7 - Active for Life or Competitive for Life.

A balance of skill level and commitment should be considered when tiering players. CMSA recommends the following considerations to ensure that players and families are placed accordingly (see chart on following page).

Tier I and Tier II Considerations



More developed players

For players who are more developed and experienced in the game of soccer



Year-round soccer participation

For players who are more likely to play year-round and/or have soccer as their primary activity



Increased weekly commitment*

For families committed to 3 or more soccer activities each week (training and a match)

Tier III and Tier IV Considerations



More entry-level players

For recreational players and/or players who are entering the sport for the first time



Seasonal or multi-sport athletes

For multi-sport athletes interested in seasonal participation or a variety of activities



Decreased weekly commitment*

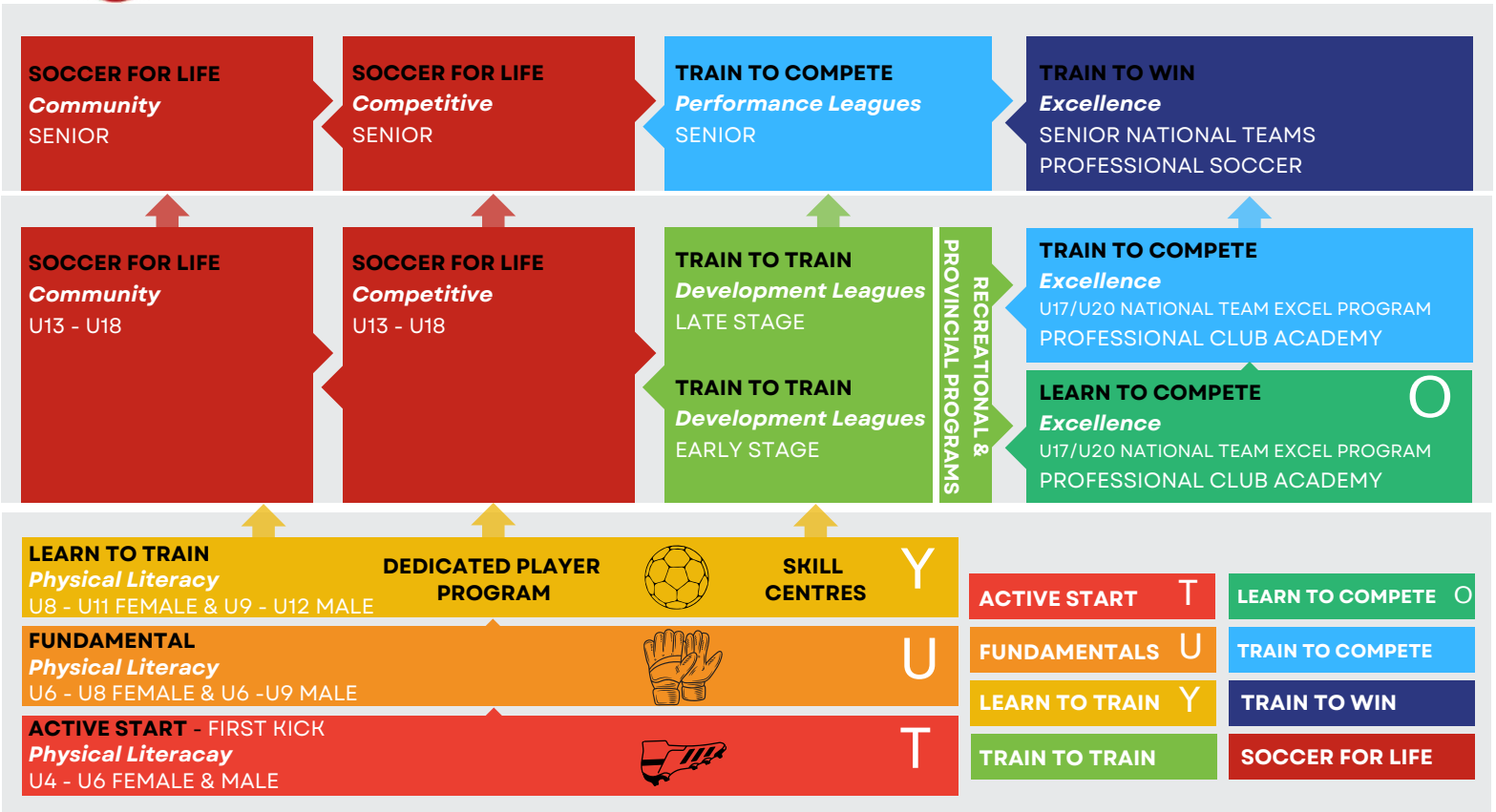
For families committed to less than 3 soccer activities each week (training and a match)

ACADEMY U13-U20

Technical/Tactical – Physical – Social/Emotional – Psychological

Calgary Rangers academy sessions are delivered by trained, certified, and knowledgeable technical staff to individual teams following an age specific curriculum and game model. By taking a structured, long-term approach to player development—based around the principles of Long-Term Player Development (LTPD)—our young players will develop skills required to succeed at whatever level of the game they aspire to reach.

These sessions will challenge the players both individually and as a team in the four corners of the game following the Calgary Rangers Game Model.



RANGERS GOALKEEPING ACADEMY

Being a goalkeeper is a unique position and Rangers Goalkeeper Academy provides goalkeepers with the position-specific training they need. It provides keepers with the latest up-to-date training methods and also teaches the core foundation of goalkeeping techniques. Our program allows goalkeepers of all ages and abilities to receive high quality, professional training in a fun, intense, and enthusiastic environment.

Jordan Santiago and Summit Goalkeeping operate our Keeper Academy program. Summit Goalkeeping is a comprehensive training academy that aims to improve goalkeepers in every component of their game. Our goal is to train and develop Calgary Ranger's goalkeepers and equip them with leadership skills and resiliency to become lifelong goalkeepers.

NATIONAL YOUTH CLUB LICENSE

Calgary Rangers Soccer Club was one of only seven clubs in Alberta, and one of the first 39 clubs nationally, to be awarded the National Youth Club License by Canada Soccer in August of 2019.



Alberta Player Development League (APDL) started outdoor 2021 for the U15 age group (players born in 2006) with the planned implementation of one new birth year annually at the U14 level until the full league is now running from U14 to U17 in 2024. The league is limited to clubs that have achieved the National Youth Club License.

The rollout for the APDL 2012 groups will continue this outdoor season (Aug). Future age group rollouts include 2013 groups in August 2026.

The Canada Soccer National Youth Club License recognizes the highest achieving organizations from across Canada and rewards them with the Canada Soccer Approved Youth Soccer Club endorsement. Organizations achieving this license display characteristics and demonstrate behaviours aligned with the highest expectations of governance, administration, infrastructure, and technical. They support their PTSO club license and Canada Soccer Pathways and participate in the highest level of competition in Canada: the Canada Soccer Player Development Program.

PLAYER DEVELOPMENT PROGRAM - APDL PLAYERS

Alberta Soccer has fully launched its standards-based Alberta Player Development League (APDL) designed for performance-level players. All league standards are approved by Canada Soccer and include full-year periodized technical training plans, minimum coaching licenses, video analysis, and organizational excellence.



The goal of the program is to create the best training and competition environments for each individual player. Canada Soccer's Regional Excel Director and U15 National Team Head Coach will scout the league through regularly scheduled visits.

We strive to provide our players with the best possible program. Our periodized training program will include an approved technical plan, licensed coaches, strength and conditioning, mental performance, nutrition, and video analysis.

Players in the Player Development Program and playing in the APDL will be required to pay an additional APDL fee due towards the end of the season.

WINSPORT™ **PERFORMANCE TRAINING**

WinSport strives to deliver practical, evidence-based training to enhance youth athlete performance.

WinSport's Performance Training Centre (PTC) houses premier training facilities and multi-sport centres. Their Athlete Development programs are designed for athletes aged 11-17 who are seeking a competitive edge. The Strength & Conditioning team at the PTC will educate all athletes in areas of efficient movement patterns, work capacity, strength, explosive speed, power, and agility to achieve sustainable peak performances.

U13–U17 APDL and Tier 1 players will have WinSport training included in their training packages. Optional packages are available for all teams with a fee.

Our outdoor soccer specific testing day is scheduled for **April 13th**.

REGISTRATION

To register for a program, please create an account profile using our [Rangers Member Zone website](#).

You only need one account per family. This account is used to sign up for programs and camps that Rangers offers. If you already have an account and have registered previously, you do not need to create a new account.

Players must be registered to participate in any pre-season age group training sessions or games.

All new players to the club are required to submit Proof of Age in the form of a birth certificate, Alberta Health Care card or Passport to: proofofage@calgaryrangers.com.

Registration for Outdoor 2025 will close on March 16th, 2025.

PAYMENT

At time of registration, you will be required to pay the base registration fees. Following pre-season and player placement, additional fees for Academy, Skills Centres and Sports Science programs will be required to be paid by June 1st, after this date an additional \$50 late fee will be charged. If you require additional information, please contact the club at dronsky@calgaryrangers.com.

Players born in 2011, 2010, 2009, and 2008 who are selected to participate in the National Youth Club Licence League (APDL) will be subject to the yearly fee schedule laid out in the APDL program guide, including mandated league fees from Calgary Minor Soccer Association and Alberta Soccer Association.

Any Tier 3 teams that are moved to Tier 4 based on CMSA pre-season results will still be required to participate in the Academy program. Any Tier 4 team that wishes to participate in a Tier 3 Academy program will be subject to pay the associated fees.

Any players playing in the Development CMSA Festival League but on the Development Plus+ Academy programming will be subject to pay the fee associated with that program.