



Welcome to the 2023 Soccer Season Program Outline for U7 (2016) Girls Program

This document outlines the relevant program details and registration process for families that are returning or joining the NMSC for the first time.

Commitment: The program was designed to support female players and facilitate an easier transition to the Grassroots Development (U8-U12) program. The program runs from January 2023 to September 2023.

League Play: Your player will be registered in the following leagues: NMSC Winter Recreational Program (January to March) and NMSC Summer Recreational Program or PHDL Outdoor League (May to August/September).

Training: The Club will provide your player with two training sessions per week: two indoor turf practices during the indoor season (January to April); one session on grass and one session on turf during the outdoor season (May to September).

From time-to-time, due to holidays observed, facility availability, or special events, the Club may temporarily modify that week's training schedule.

Program Holidays: Unless the team participates in holiday festivals or tournaments the dates below are off days for the club:
Family Day (February 20, 2023)
March Break (March 13 to 17, 2023)
Good Friday (April 7, 2023)
Victoria Day (May 22, 2023)
Canada Day (July 1, 2023)
Labour Day (September 4, 2023)

Program Fees: \$1,390.00 inclusive

Registration due no later than January 8, 2023

Payment is available by one-time payment or 3-equal instalments

Payment Schedule: Instalment #1 \$490 due on registration – no later than January 8, 2023
Instalment #2 \$450 due February 15, 2023
Instalment #3 \$450 due March 22, 2023



Online Registration: Please register online here: <https://nmsc.powerupsports.com>
A three percent (3%) surcharge applies when paying by credit card.

What's Included: Training twice (2x) a week (Tuesday and Thursday from January to April)
Training twice (2x) a week from May to September:

- If the team participates in the NMSC Recreational league (game day TBD – Mon/Tue), training will be on Thursday and Friday
- If the team participates in PHDL league, the games are on Saturday, and training will be on Tuesday and Thursday
- NMSC will determine, at its discretion, which league the team will join.

Recreational Program Uniform (two jerseys, shorts and socks)

Indoor Recreational League Fee

Outdoor Recreational League Fee

Certified female staff coach

Goalkeeper Training

Training facility (turf, grass)

Communication Tools (i.e. TeamSnap)

Player Insurance (via Ontario Soccer)

Technical Standards: Qualified female Head Coaches assigned by Director of Football
Coaches follow age specific curriculum
Curriculum is provided by Grassroots manager
Team Officials must complete Mandatory Coach Education courses:
Making Ethical Decisions, Making Headway in Soccer, Respect in Sport
Programs align with Ontario Soccer's LTPD

Refunds: All refunds/cancellations are subject to the NMSC Refund Policy available on the website. (Updated January 1, 2023)

Fee Assistance: Fee assistance is available through several sources including:

KidSport - <https://kidsportcanada.ca/ontario/toronto/>

Canadian Tire Jumpstart -

<https://jumpstart.canadiantire.ca/pages/individual-child-grants>

Additional Notes: Information contained in this document is subject to change at the discretion of North Mississauga Soccer Club at any time.