



**International
Academy**
Mississauga

Program Outline

2026 Grassroots March Break Camp (U6-U13 Boys & Girls)

PROGRAM OVERVIEW

LFC IA Mississauga's co-ed Competitive March Break Camp offers young players a balanced mix of high-intensity technical development and fun, engaging activities. The camp features a wide variety of drills and skill-building exercises designed to keep players challenged and motivated.

Led by our staff coaches, this camp provides players with the opportunity to develop their technical skills, learn key principles of the game, build confidence, and form new friendships, all within a positive, supportive, and engaging environment.

KEY ELEMENTS OF THE PROGRAM

1. **Format:** This program is designed for co-ed players aged U6 to U13 who are focused on skill development and forward development. Sessions place a clear emphasis on **technical skill development**—such as ball control, passing, and dribbling—within game-based activities that support long-term player development.
2. **Focus:** The program focuses on refining **technical skills** such as ball control, passing, dribbling, and finishing through purposeful, game-based activities. Training sessions support development across the four corners of the LTPD while maintaining an enjoyable and motivating learning environment. The goal is to help players transfer improved technical confidence and decision-making back into their competitive teams and matches.
3. **Curriculum:** Curriculum is built to maximize individual technical skill development, giving every player the confidence, creativity, and tools to express themselves with the ball in real game situations.

WHAT IS INCLUDED

- Depending on level of registration
- Full week (4 day camp) or daily (1 day camp) registration
- Communication Tools -Playmetrics
- Turf playing surface

STANDARDS

- Age Specific Curriculum
- Qualified Coaches
- All Coaches 18+ with valid VSC
- Programs align with age-specific Ontario Soccer Standards

SCHEDULED DATES

Age Group	Dates/Location
U6-13 Full Camp Registration \$275 (Full 4 Days)	March 16th - March 19th (Full 4 day registration) 9:00am to 3pm <i>Mattamy Sports Park Dome (5320 Ninth Line)</i>
U6-13 Day Camp Registration \$90 (Per day)	Choose either dates between March 16th - March 19th 9:00am to 3pm <i>Mattamy Sports Park Dome (5320 Ninth Line)</i>

PROGRAM FEE

PROGRAM	FEE
2026 March Break Camp	Full 4 Day Camp - \$275
2026 March Break Camp	Day Camp - \$90 per day

EQUIPMENT AND OTHER REQUIREMENTS

Players are required to bring their own soccer cleats and shin pads or they will not be allowed to participate due to safety reasons. Also, jewellery and casts of any kind are not allowed. Ensure to pack snacks, lunch and plenty of water.

REGISTRATION

To secure your place in the program, all registrations are completed online on Playmetrics through the link on our LFC IA website. Spots are limited.



SIBLING DISCOUNTS

Register 2 or more siblings to receive a 10% discount.

PAYMENT METHODS

The Club has transitioned to a cashless system through PlayMetrics. Families can pay with Visa, Mastercard, American Express, or Visa Debit without additional fees. E-transfers are not accepted.

REFUNDS

All refunds/cancellations are subject to the **Refund Policy** available on the website. Cancellations due to inclement weather are not eligible for refunds. Please see the following link for full Policy details.

<https://nmsc.net/wp-content/uploads/2025/09/NMSC-Refund-Policy-July-2025.pdf>

ADDITIONAL NOTES

The information contained in this document is subject to change at the discretion of LFC IA and its partners in order to meet established standards. The Club reserves the right to change date, location, day, and time based on field availability registration numbers.

Daily Schedule Overview (9:00 AM – 3:00 PM)

Time	Activity	Focus
9:00 – 9:15	Drop-off	Arrival + Parent Sign In
9:15 – 9:30	Dynamic Warm-up	Agility, balance, and coordination

9:30 – 10:30	Session 1	Theme of the day Game - Activity - Small sided Game
10:30 – 11:00	Snack Break	Rehydrate and refuel
11:00 – 12:00	Session 2	Theme of the day Game - Activity - Small sided game
12:00 – 1:00	Lunch & Recovery	Rest and decompress
1:00 – 2:45	World Cup Tournament	Matches (4v4 to 7v7)
3:00	Dismissal	Parent sign out
