



2021 SOCCER FOR LIFE

U13 (2008 YOB)

U15 (2007/2006 YOB)

U18 (2005/2004/2003 YOB)

Women's Rec (2001 and earlier YOB)

1975 Clements Rd
Pickering, Ontario
905-831-9803
www.pickeringfc.ca

The Soccer for Life program is open to all players in U13 to Women's age divisions regardless of experience and skill level. The programs offered by the Pickering FC are designed to best suit the needs of the player and encourage players to enjoy and play soccer for life.

Here is what the Soccer for Life program at Pickering FC looks like! For more information email admin-rec@pickeringfc.ca

Under 13

- Players born in 2008 – will turn 13 years of age during 2021.
- Two Divisions – Boys Division and Girls Division – Divisions will be offered if there is sufficient registration – players may be assigned to U15 (2007/2006 YOB) should a U13 division not be feasible.
- Both divisions may include teams from West Rouge SC
- Provides players with the opportunity to move from a 9 v 9 format to a full field 11 v 11 format.
- Players are assigned to a team of no more than 17 players with a coach.
- In most cases the coach is a volunteer parent or a university/high school student who has participated in an information session.
- Teams will have a game and a practice scheduled each week during the season.
 - Games are at 6:30 pm
 - Teams are assigned a set practice field for the season and all practices are at 6:30 pm
 - Schedule is available from the coach, PFC website and the team app
- Coaches will design and run the practices. The PFC's Director of Soccer Operations is available to assist coaches in designing practices.
- PFC has scheduled one division for the U13 Boys:
 - Thursday game/Tuesday practice – games and practices at Bev Morgan Park (Pine Ridge High School – Liverpool Rd)
 - Practices are 1 hour
- PFC has schedule one division for the U13 Girls:
 - Monday game/Wednesday practice – games Bev Morgan Park (Pine Ridge High School – Liverpool Rd) & practices at St Mary's High School (Whites Road)
- Games are 11 players v 11 players (which includes a goalkeeper for each team).
 - Halves are 2 x 35
 - Match Officials assigned to games – all have completed the Ontario Soccer Small Sided Game Clinic
- The outdoor program consists of two 7 weeks seasons – game and practice each week plus the Year End Festival at Kinsmen Park on September 18.
 - Season 1 starts, subject to Covid guidelines, week of May 24
 - Season 2 starts, subject to Covid guidelines, week of July 19
 - Parents have the choice of registering for either Season 1 or Season 2 OR for both seasons.
- Registration fee includes:
 - Home and Away Jersey in the PFC colours, shorts, socks, individual picture, participation medal and all activities – Uniforms are distributed by the coach
 - Coaches are provided with game and practice balls



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Under 14/15

- Players born in 2007 & 2006 – will turn 14 or 15 years of age during 2021.
- Two Divisions – Boys Division and Girls Division – both divisions may include teams from West Rouge SC
- Players are assigned to a team of no more than 17 players with a coach.
- In most cases the coach is a volunteer parent or a university/high school student who has participated in an information session
- Teams will play one game a week and will have one practice a week.
 - Games are at 6:30 pm or 8 pm Schedule is available from the coach, PFC website and the team app
 - Teams will be assigned to a practice field for the season – practices at 6:30 pm
 - Practices are 1 hour
- Coaches will design and run the practices. The PFC's Director of Soccer Operations is available to assist coaches in designing practices.
- U14/15 Boys Game and Practices
 - Tuesday game/Thursday Practice
 - Games at Dunmoore (Whites Rd – Petticoat Creek Conservation) St) & practices at St Marys High School (Whites Road)
- U14/15 Girls Games and Practices
 - Thursday game/Tuesday Practice
 - Games at Dunmoore (Whites Rd – Petticoat Creek Conservation) & practices at St Mary's High School (Whites Road)
- Games are 11 players v 11 players (11 v 11 including a goalkeeper for each team).
 - Halves are 2 x 45
 - Match Officials assigned to games – all have completed the Ontario Soccer Small Sided Game Clinic
- The outdoor program consists of two 7 weeks seasons – game and practice each week plus the Year End Festival at Kinsmen Park on September 18.
 - Season 1 starts, subject to Covid guidelines, week of May 24
 - Season 2 starts, subject to Covid guidelines, week of July 19
 - Parents have a choice of registering for either Season 1 or Season 2 OR for both seasons.
- Registration fee includes:
 - Home and Away Jersey in the PFC colours, shorts, socks, individual picture, participation medal and all activities. Uniforms are distributed by the coach.
 - Coaches are provided with game and practice balls.



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Under 16/17/18

- Players born in 2005, 2004 & 2003 – will turn 16, 17 or 18 years of age during 2021.
- Two Divisions – Boys Division and Girls Division – both divisions may include teams from West Rouge SC
- Players are assigned to a team of no more than 18-19 players with a coach.
- In most cases the coach is a volunteer parent or a university/high school student who has participated in an information session
- Teams will play one game a week and will have one practice a week.
 - Games are at 6:30 pm or 8:15 pm Schedule is available from the coach, PFC website and the team app
 - Teams will be assigned to a practice field for the season – practices at 6:30 pm
- Coaches will design and run the practices. The PFC's Director of Soccer Operations is available to assist coaches in designing practices.
- U16/17/18 Boys Game and Practices
 - Monday game/Wednesday Practice
 - Games at Dunmoore (Whites Rd – Petticoat Creek Conservation) St) & practices at Dunbarton High School (Whites Rd & Finch)
- U16/17/18 Girls Games and Practices
 - Wednesday game/Monday Practice
 - Games at Dunmoore (Whites Rd – Petticoat Creek Conservation) & practices at Dunbarton High School (Whites Road & Finch)
- Games are 11 players v 11 players (11 v 11 including a goalkeeper for each team).
 - Halves are 2 x 35
 - Match Officials assigned to games – all have completed the Ontario Soccer Small Sided Game Clinic
- The outdoor program consists of two 7 weeks seasons – game and practice each week plus the Year End Festival at Kinsmen Park on August 28.
 - Season 1 starts, subject to Covid guidelines, week of May 24
 - Season 2 starts, subject to Covid guidelines, week of July 19
 - Parents have a choice of registering for either Season 1 or Season 2 OR for both seasons.
- Registration fee includes:
 - Home and Away Jersey in the PFC colours, shorts, socks, individual picture, participation medal and all activities. Uniforms are distributed by the coach.
 - Coaches are provided with game and practice balls.



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Women's Rec

- Players born after 2001– players will be 18 or over during 2021
- Teams and individual registrations accepted – team registration rate is available.
 - Individual registrations will be assigned to a team and/or made available to existing teams should a team require additional players.
- Teams will play one game a week and will have the option to request one practice field a week.
 - Games are at 6:30 pm or 8:15 pm Schedule is available from the team captain, PFC website and the team app
- Women's Rec Games and Practices
 - Sunday games
 - Games at Kinsmen Park (Sandy Beach Rd, south of Bayley)
 - Practices
 - Upon request by teams – subject to field availability
- Games are 11 players v 11 players (11 v 11 including a goalkeeper for each team).
 - Halves are 2 x 45
 - Match Officials assigned to games – all have completed the Ontario Soccer Small Sided Game Clinic
- Season consists of a 14 game season – game and practice each week plus the Year End Playoffs (minimum 2 games) at Kinsmen Park on September 26.
 - Season starts, subject to Covid guidelines, week of May 24
- Standings are kept for the 14 game season to determine game assignments for Year End Playoffs
- Team Registration fee:
 - Teams provide own jerseys and balls
 - Includes all Club, DRSA and Ontario Soccer fees as well all game costs.
- Individual Registration fee where players are assigned to teams created by individual registrations include:
 - Jersey, shorts, socks, all Club/DRSA/Ontario Soccer fees as well as all game costs. Uniforms are distributed by the captain.
 - Teams are provided with game and practice balls.