



2021 ACTIVE START

U3 (2018 YOB)
U4 (2017 YOB)
U5 (2016 YOB)

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

The Active Start program will be in most cases a child and parent's first exposure to organized soccer. The important thoughts at this level are to introduce the ball to the player, provide a team environment and a stress free 45 to 60 minutes of fun each week.

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

Under 3 Coed

- Players born in 2018 – will turn 3 years of age during 2021.
- Players are assigned to a team of no more than 9 players with a coach.
- In most cases the coach is a volunteer parent who has participated in an information session.
- Each team has an assigned area which is listed on the team schedule
 - Schedule is available from the coach, PFC website and the team app
- Parents are encouraged to participate with their child in the weekly sessions.
- Activities for each session are created by the PFC's Grassroots Program Director.
 - The activities are age related and involve touches of the ball, physical literacy and fun
 - The activities follow the guidelines of Canada/Ontario Soccer for this age group.
 - Coaches are provided with the weekly activities via email in the week leading up to the session
- PFC has staff on site to set the fields up and to assist the coaches when necessary.
- PFC has scheduled two different nights for parents to select from:
 - Monday at 6:30 pm – Woodlands Park (Dunbarton High School – Whites Rd/Kingston Rd)
 - Wednesday at 6:30 pm – Creekside Park (Pickering Golf Club – 2575 William Jackson Dr)
- The outdoor program consists of two seasons of 7 weeks of sessions plus a year end Festival at Kinsmen Fields on September 11.
 - Season 1 will start, subject to Covid guidelines, week of May 24
 - Season 2 will start, subject to Covid guidelines, week of July 19
 - Parents will have the choice of registering for either Season 1 or Season 2 OR both.
- Registration Fee includes:
 - Jersey, shorts, socks, individual picture, participation medal and all activities
 - All players will receive a Size 3 soccer ball – players bring the ball every week
 - Uniforms and balls are distributed by the coach

Under 4 Coed

- Players born in 2017 – will turn 4 years of age during 2021.
- Players are assigned to a team of no more than 9 players with a coach.
- In most cases the coach is a volunteer parent who has participated in an information session
- Each team has an assigned area which is listed on the team schedule
 - Schedule is available from the coach, PFC website and the team app
- Parents are encouraged to participate in the session with their child
- Activities for each session are created by the PFC's Grassroots Program Director
 - The activities are age related and involve touches of the ball, physical literacy and fun drills
 - The activities follow the guidelines of Canada/Ontario Soccer for this age group



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- Coaches are provided with the weekly activities via email in the week leading up to the session.
- PFC has staff on site to set the fields up and to assist the coaches when necessary.
- PFC has scheduled two nights for the U4 Coed program for parents to select from:
 - Tuesday at 6:30 pm – Woodlands Park (Dunbarton High School – Whites Road/Kingston Road)
 - Thursday at 6:30 pm – Creekside Park (Pickering Golf Club – 2575 William Jackson Drive)
- The outdoor program consists of two seasons of 7 weeks of sessions plus a year end Festival at Kinsmen Fields on September 11.
 - Season 1 will start, subject to Covid guidelines, week of May 24
 - Season 2 will start, subject to Covid guidelines, week of July 19
 - Parents will have the choice of registering for either Season 1 or Season 2 OR both
- Registration fee includes:
 - Jersey, shorts, socks, individual picture, participation medal and all activities
 - All players will receive a Size 3 soccer ball – players bring ball every week
 - Uniforms and balls are distributed by the coach

Under 5

- Players born in 2016 – will turn 5 years of age during 2021.
- Two divisions – Boys Division and Girls Division.
- Players are assigned to a team of no more than 9 players with a coach
- Each team has an assigned area which is listed on the team schedule
 - Schedule is available from the coach, the PFC website and the team app.
- Coaches are either parent volunteers or a high school/university student. Coaches attend an information session prior to the start of the season.
- Activities for each session are created by the PFC's Grassroots Program Director.
 - The activities are age related and involved touches of the ball, physical literacy and fun drills
 - The activities follow the guidelines of Canada/Ontario Soccer for this age group
 - Coaches are provided with the weekly activities via email in the week leading up to each session
- PFC has staff on site to set the fields up and to assist the coaches when necessary.
- The PFC has scheduled two nights for the U5 Boys and the U5 Girls for parents to select from:
 - Monday at 6:30 pm – Woodlands Park (Dunbarton High School – Whites Road/Kingston Road)
 - Wednesday at 6:30 pm – Creekside Park (Pickering Golf Club – 2575 William Jackson Drive)
- The outdoor program consists of two seasons of 7 weeks of sessions plus a year end Festival at Kinsmen Fields on September 11.
 - Season 1 will start, subject to Covid guidelines, week of May 24
 - Season 2 will start, subject to Covid guidelines, week of July 19
 - Parents will have the choice of registering for either Season 1 or Season 2 OR both
- Registration fee includes:
 - Jersey, shorts, socks, individual picture and participation medal
 - All players will receive a Size 3 soccer ball – players bring ball every week
 - Uniforms and balls are distributed by the coach