

# Indoor 2022/2023



**Grassroots** Program Details  
U4 to U7 (2016-2020 born)





# Mission, Vision, Values



## Our Mission

To provide an enjoyable and professionally run soccer experience for athletes who aspire to reach their full potential

## Our Vision

To be the #1 environment in Saskatchewan for player progression, advancement, and opportunity

## Our Values

Professionalism, Growth Mindset, Family







# Philosophy: The ASTRA Way

In recent years, ASTRA staff have been tasked with thinking differently about the players that they coach. Players cannot be thought of as an endless supply of resources, helping to achieve the personal goals and ambitions of a coach chasing personal accolades. When coaches recognize and acknowledge that every player is a person first, it becomes exponentially easier to develop meaningful and lasting relationships which in turn will help drive developmental success. This connection allows us to increase our expectations and demands as players get older because the athletes can sense that their coaches truly do care about them as people first.

ASTRA's technical philosophy has always been heavily rooted in ball mastery and dominating 1v1 and 2v2 situations. Focusing on these skills at a young age ensures our players are comfortable in possession and have the ability to impact the game in a positive way. With the acquisition of these difficult skills comes a sense of self-confidence and bravery, both of which are required in order to take risks and make the big plays that get ASTRA players noticed. Even as players grow and progress through the different stages of development, our focus always comes back to the individual and their personal development.



# Grassroots Objectives

- Provide a safe and fun introduction to the sport of soccer
- Develop physical literacy and movement ABC's (Agility, Balance, Coordination)
- Help players to develop confidence and competence with the ball
- Ignite a passion and love for the game







# Why ASTRA Grassroots Programs?

- Nationally certified coaches who use a player-centred approach
- ASTRA is recognized by the Canadian Soccer Association as a National Youth Club Licence holder, meaning that our programs adhere to developmental "best practices" as set by Canada Soccer
- FUN is the top priority
- Age appropriate content
- A focus on individual skills and development to increase confidence and ball mastery
- Grassroots players train and play in a **facility** specifically designed for this age
- A clear and proven pathway for player development: **ASTRA Player Pathway**.







# **Ages 2 & 3 - 2019/2020 Born**

- Training Frequency: Once weekly
- Training Duration: 30 mins
- Training Days: Various days available
- Training Times: Various times available
- Training Locations: Various locations available
- Season Length: Blocks of 5-6 weeks
- Game Day: No game day at these ages
- Program Fee: \$63 or \$75

Visit [www.HappyFeetSask.ca](http://www.HappyFeetSask.ca)  
for current program offerings







# **Ages 4 & 5 - 2017/2018 Born**

- Training Frequency: Once weekly
- Training Duration: 40 mins
- Training Days: Various days available
- Training Times: Various times available
- Training Location: Various locations available
- Season Length: Blocks of 5-6 weeks
- Game Day: Seasonal leagues available
- Program Fee: \$63 or \$75



Visit [www.HappyFeetSask.ca](http://www.HappyFeetSask.ca)  
for current program offerings





# Under 7 Coed - 2016/2017 Born

- Training Frequency: 1 Training + 1 Game
- Training Duration: 45 mins
- Contact Hours: Approximately 30 hours
- Training Days & Times:
  - Group #1 Saturdays (9:00am-9:45am)
  - Group #2 Saturdays (9:45am-10:30am)
  - Group #3 Wednesdays (6:00pm-6:45pm)
- Training Location: ASTRA Facility 630 56th Street East
- Season Length: October 17th - March 30th
- 3v3 In-House League: Sunday mornings (between 9am & 11am)
- Program Fee: \$500 (split payments available)
- Registration Deadline: September 30th, 2022







# Financial Assistance

The following programs can be used to help cover or offset program fees:



KidSport Program



Canadian Tire JumpStart





# Refund Policy

- In the case of serious injury or illness, athletes are eligible to receive a full refund\* for the number of training sessions missed. A medical note is required within 7 days of injury or illness. This only applies in situations where the athlete will miss more than 30 consecutive days of training.
- Families who relocate more the 50km away and can no longer attend training will receive a full refund\* for the remaining training sessions.
- A full refund\* of registration fees will be returned if there are insufficient player or team registrations to offer the program, league, camp, or clinic.
- Registration for a program is commitment to attend the program. Cancellations more than 14 days prior to the start of the program will be offered a 50% refund\*.
- Less than 14 days before the program start date: 25% of the fees paid will be refunded\*.
- After the program starts, no refunds will be issued unless the family relocates or there is a serious injury or illness with medical note which requires the player to miss more than 30 consecutive days.
- \*All refunds done online by credit card will be minus a 5% transaction fee charge.





# Frequently Asked Questions

Please visit the following link for a list of Frequently Asked Questions:

[ASTRA FAQ's](#)

