

## **What is First Kix?**

This program is based on the concept of "giving the kids back the game" by providing free play, skill development and small-sided games with minimal rules. First Kix is endorsed by the North Shore Soccer Development Centre (NSSDC) and it is in line with the Mini Soccer program promoted by BC Soccer on small sided games. The Canadian Soccer Association recommends this type of program as their grassroots soccer model. This program has already been implemented in clubs across the Lower Mainland with excellent results.

## **Who is this program for?**

For the season starting September 2009, who will be 5 years old as of Dec 31, who live in North Vancouver.

## **Will there be teams?**

Yes, there will be teams. A manager will be assigned to each team to handle information distribution, uniforms and sign-in procedures etc.

Teams will be formed by combining kids from 2-3 schools with consideration given to parental requests so that girls can play with friends and parents can carpool.

Please list the girls your daughter would like to play with on the registration form to provide us with input to the process of team formation. Teams will consist of approximately 10 to 12 players and will be mixed into different playing groups of 5-6 girls for Saturday or Sunday mini-games.

## **What is the format?**

The U6 players First Kix Soccer program consists of one hour sessions on Saturday or Sunday afternoons.

Players will come to their assigned Saturday sessions, sign in with their manager and pick up their colored bib. We encourage players to get to know all the players on their squad and feel comfortable playing with any of them.

## **When does the season start?**

Girls will be called after Labor Day by their team manager. The season will start mid September and go until late November (no session on Thanksgiving weekend). After a break for Christmas and inclement weather, the sessions will start up again late January and run until Spring Break (no session on spring break weekends) and then spring session will run until the end of May. (no sessions on Easter or Victoria Day weekends) We celebrate the soccer program with a final Pee Wee Jamboree and medal ceremony.

## **Where do the girls play?**

U6 teams will practice and play once every 3 to 4 weeks at Norgate Field Saturdays at 2:30 to 3:30 pm. Norgate field is a grass field and has washroom facilities and there is plenty of parking available. The field changes for the April May period to Inter River, also a grass field with washroom facilities and plenty of parking.

When the teams are not at Norgate or Inter River they will follow a NSGSC league schedule at other assigned fields.

## Who will be coaching?

The Norgate and Inter River sessions will be conducted by professional NSSDC coaches and will take the basic format of a warm up, a skill drill and then small sided games. When the teams are not at Norgate or Inter River they will follow the same formula with the exception that the parent team coaches have the opportunity to do it on their own following a pre-determined lesson plan. When it comes time to play a game each team is broken up into 2 groups and they play two simultaneous 3 versus 3 games.

## What will be the role of parents?

The First Kix program needs parents interested in coaching and managing the squads. NSGSC will provide training and support. All volunteers will be required to complete a Risk Management Form. If you can help, please check the volunteer box on your registration form. NSGSC is a volunteer-run organization – we have a position for you.

**Managers:** Responsible for providing information to players and parents, distribution and return of NSGSC uniforms, sign-in at First Kix sessions, assigning team parents to odd jobs such as parking marshals, snacks, sign-in, first aid, and Jamboree planning.

**Coaches:** Responsible for overseeing drills, teaching soccer skills, rules of the game and sportsmanship, facilitating the small-sided games, equipment management and providing the girls with a fun, supportive environment.

**First aid helpers:** Responsible for players' medical forms, carrying, stocking and maintaining squad first aid kits and being able on site to tend to injuries. First Aid certification would be beneficial but is not required.

**All parents are invited to stay at all sessions and support their children.**

## What does my daughter need?

All players will be provided with a uniform: NSGSC jersey, shorts and socks (you get to keep the socks). \$ 50.00 post dated Uniform deposit required – the league charges for lost uniforms.

Please ensure your daughter has shin pads, soccer cleats, a labeled water bottle and the desire to play soccer. For cold wet weather, a hat and gloves are recommended to keep the little ones warm.

## Who do I talk to if I want to volunteer for other club positions ?

The Club is always looking for volunteers. We are looking for board members, equipment coordinators and age group coordinators. Parents interested in helping should check the volunteer box on the registration form or contact the league by phone or email.

## How do I register?

- Go to our website, register online
- [www.nsgsc.ca](http://www.nsgsc.ca)