



**COCHRANE
WOLVES FC**

PROGRAM GUIDE

OUTDOOR 2025

APRIL 2025 – SEPTEMBER 2025



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PROGRAM GUIDE

OUTDOOR 2025

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OUTDOOR PROGRAM COACHING

Coach Development

WELCOME

At Cochrane Wolves FC we believe in creating the best environments possible for all our members, providing equal opportunity and access to programming regardless of your age or level of play. Our program is designed to engage, empower, and excite the young athletes.

COACHING

Our dedicated team of staff and coaches aim to provide an age and stage appropriate program for every child. We are proud of the growth and development of the Club and look forward to creating many more memorable experiences for all our Wolves.

Currently the Club has over 35 coaches and we are looking for more! Are you interested in coaching with the Wolves? We are seeking enthusiastic, passionate people to help lead and support our players.

If you are interested please either contact our coaching team at matt@cochranewolvesfc.ca or complete this [form](#).





FUNDING

Cochrane Wolves FC

FINANCIAL SUPPORT PROGRAMS

If you require financial assistance to participate in our programs, you can apply for funding through KidSport or Jumpstart. If you apply for funding through either organization, please then contact us at info@cochranewolvesfc.ca to inform us of your application so we can secure a spot in the program for you.

[KidSport](#)
[Jumpstart](#)

If you do not qualify for financial support but require financial assistance, please contact us at info@cochranewolvesfc.ca to set-up a financial plan.

COCHRANE CONNECT CARD

If you have a Cochrane Connect Card, you will receive a 25% discount. When you complete your registration, you will need to select that you have the Connect Card. You will be required to send a picture of your card to our Registrar (info@cochranewolvesfc.ca) who will apply the discount to your account.

[Connect Card](#)

PAYMENT PLAN

When you reach the check-out stage of registration you will have the option to set-up a payment plan or pay the amount in full. The payment plan allows you to make manageable payments over a set period of time, which can be manually edited if needed by the Club. For more information contact info@cochranewolvesfc.ca



U4-U6 MINI WOLVES PROGRAM

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MINI-WOLVES PROGRAM OVERVIEW U4-U6 Community Stream

Criteria	U4	U5	U6
Ages/Birth Year	<ul style="list-style-type: none"> 2021 	<ul style="list-style-type: none"> 2020 	<ul style="list-style-type: none"> 2019
Practice Locations	<ol style="list-style-type: none"> Bow Ridge Matt Krol Gleneagles Park 	<ol style="list-style-type: none"> Bow Ridge Matt Krol Gleneagles Park 	<ol style="list-style-type: none"> Bow Ridge Matt Krol Gleneagles Park
Program Options	Choose 1-2 times from any location	Choose 2 days a week that best suits your schedule	Choose 2 days a week that best suits your schedule
Bow Ridge Practice Days/times	<ul style="list-style-type: none"> Mon, Tue, Wed 4-4:50pm OR 5-5:50pm Saturday 8-8:50am 	<ul style="list-style-type: none"> Mon/Wed 4-4:50pm OR 5-5:50pm Tue/Thur 4-4:50pm OR 5-5:50pm. Saturday 8-8:50am 	<ul style="list-style-type: none"> Mon/Wed 4-4:50pm OR 5-5:50pm Tue/Thur 4-4:50pm OR 5-5:50pm. Saturday 8-8:50am
Matt Krol (Girls) Practice Days/times	<ul style="list-style-type: none"> Monday/Wednesday 5-5:50pm 	<ul style="list-style-type: none"> Monday/Wednesday 5-5:50pm 	<ul style="list-style-type: none"> Monday/Wednesday 5-5:50pm
Gleneagles Park Practice Days/Times	<ul style="list-style-type: none"> Tuesday/Thursday: 5-5:50pm 	<ul style="list-style-type: none"> Tuesday/Thursday: 5-5:50pm 	<ul style="list-style-type: none"> Tuesday/Thursday: 5-5:50pm
Regular Program	<ul style="list-style-type: none"> 1 or 2 Session Per Week 	<ul style="list-style-type: none"> 2 Sessions Per Week 	<ul style="list-style-type: none"> 2 Sessions Per Week
Academy Session	<ul style="list-style-type: none"> N/A 	<ul style="list-style-type: none"> N/A 	<ul style="list-style-type: none"> 1 Academy Session (Optional)
Kit/Uniform	<ul style="list-style-type: none"> Tim Bits Jersey, Shorts, Socks FREE – Collect at fields 	<ul style="list-style-type: none"> Tim Bits Jersey, Shorts, Socks FREE – Collect at fields 	<ul style="list-style-type: none"> Tim Bits Jersey, Shorts, Socks FREE – Collect at fields
Playing Format	<ul style="list-style-type: none"> 3v3 	<ul style="list-style-type: none"> 3v3 	<ul style="list-style-type: none"> 3v3
Coaching Requirements	<ul style="list-style-type: none"> NCCP Coach Training (Active Start) Respect in Sport 	<ul style="list-style-type: none"> NCCP Coach Training (Active Start) Respect in Sport 	<ul style="list-style-type: none"> NCCP Coach Training (FUNDamentals) Respect in Sport
Practice Format	<ul style="list-style-type: none"> 60% Practice 40% Game 1. Physical Literacy 2. Skill Building Activity 3. Fun Game 4. 3v3 Game 	<ul style="list-style-type: none"> 60% Practice 40% Game 1. Physical Literacy 2. Skill Building Activity 3. Fun Game 4. 3v3 Game 	<ul style="list-style-type: none"> 60% Practice 40% Game 1. Physical Literacy 2. Skill Building Activity 3. Fun Game 4. 3v3 Game
Practice Duration	<ul style="list-style-type: none"> 50 Minutes 	<ul style="list-style-type: none"> 50 Minutes 	<ul style="list-style-type: none"> 50 Minutes
Program Dates	<ul style="list-style-type: none"> Season Block: Apr 28 to Sep 30 Spring: Apr 28 to Jun 22 Summer: Jul 7 – Aug 17 Fall: Sep 2-30 	<ul style="list-style-type: none"> Season Block: Apr 28 to Sep 30 Spring: Apr 28 to Jun 22 Summer: Jul 7 – Aug 17 Fall: Sep 2-30 	<ul style="list-style-type: none"> Season Block: Apr 28 to Sep 30 Spring: Apr 28 to Jun 22 Summer: Jul 7 – Aug 17 Fall: Sep 2-30
Cost	<ul style="list-style-type: none"> Season Pass: \$200 Spring: \$90-\$135 Summer: \$60-\$85 Fall: \$50 	<ul style="list-style-type: none"> Season Pass: \$300 Spring: \$175 Summer: \$130 Fall: \$90 	<ul style="list-style-type: none"> Season Pass: \$300 Spring: \$175 Summer: \$130 Fall: \$90



MINI-WOLVES PROGRAM U4-U6 *Community Stream*

OUTLINE

Our Mini Wolves Programs are designed to provide a FUN introduction to the sport where children can learn at their own pace, and play with friends. We aim to provide a positive environment that fosters a love of the sport.

DETAILS

SEASON DATES

- **SPRING** runs April 28 to June 22
- **SUMMER** runs July 7 to August 17
- **FALL** runs September 2 to September 30

LOCATIONS

This outdoor our skill-centre program will run in 3 locations.

1. Bow Ridge Field
2. Matt Krol Park
3. Gleneagles Park

KIT / UNIFORM

- ☐ FREE Tim Bits Uniform

ROSTERS

Players will be placed in set rosters for the program. Players will be grouped based on age and gender.

GIRLS ONLY OPTION

This outdoor season we will be running a dedicated girls program at Matt Krol.

COACHING

All teams will have a dedicated coach who will have completed [NCCP Training](#)

VOLUNTEER COACHES

If you are interested in an Assistant or Lead coaching role please complete this [form](#).

PRACTICE FORMAT

- Sessions will be delivered in 4 parts.
- Physical Literacy > Skill Building > Fun Game > 3v3 Game
- 60/40 Ratio Practice | Game

REGISTRATION

Goes live on January 15

Early Bird Pricing runs until February 2



U7-U13
SKILL CENTRE
PROGRAM

COCHRANE WOLVES FC

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SKILL-CENTRE PROGRAM OVERVIEW U7-U13 Community Stream

Criteria	U7/U8	U9/U10	U11-U13
Ages/Birth Year	<ul style="list-style-type: none"> 2018 & 2017 	<ul style="list-style-type: none"> 2016 & 2015 	<ul style="list-style-type: none"> 2014, 2013, 2012
Practice Locations	<ol style="list-style-type: none"> Bow Ridge Matt Krol Gleneagles Park 	<ol style="list-style-type: none"> Bow Ridge Matt Krol Gleneagles Park 	<ol style="list-style-type: none"> Bow Ridge Matt Krol Gleneagles Park
Program Options	Choose 1 or 2 practices per week + Game-Day	Choose 1 or 2 practices per week + Game-Day	Choose 1 or 2 practices per week + Game-Day
Bow Ridge Practice Days/times	<ul style="list-style-type: none"> Monday/Wednesday 5-6pm Or 6:15-7:15pm Tuesday/Thursday 5-6pm OR 6:15-7:15pm 	<ul style="list-style-type: none"> Monday/Wednesday 5-6pm Or 6:15-7:15pm Tuesday/Thursday 5-6pm OR 6:15-7:15pm 	<ul style="list-style-type: none"> Monday/Wednesday 5-6pm Or 6:15-7:15pm Tuesday/Thursday 5-6pm OR 6:15-7:15pm
Matt Krol (Girls) Practice Days/times	<ul style="list-style-type: none"> Mon/Tue/Weds 5-6pm OR 6:15-7:15pm 	<ul style="list-style-type: none"> Mon/Tue/Weds 5-6pm OR 6:15-7:15pm 	<ul style="list-style-type: none"> Mon/Tue/Weds 5-6pm OR 6:15-7:15pm
Gleneagles Park Practice Days/Times	<ul style="list-style-type: none"> Tuesday/Thursday 5-6pm 	<ul style="list-style-type: none"> Tuesday/Thursday 5-6pm 	<ul style="list-style-type: none"> Tuesday/Thursday 5-6pm
Regular Program	<ul style="list-style-type: none"> 1 or 2 Practices Per Week 1 x Game Per Week 	<ul style="list-style-type: none"> 1 or 2 Practices Per Week 1 x Game Per Week 	<ul style="list-style-type: none"> 1 or 2 Practices Per Week 1 x Game Per Week
Academy Session	<ul style="list-style-type: none"> 1 Academy Session (Optional) 	<ul style="list-style-type: none"> 1 Academy Session (Optional) 	<ul style="list-style-type: none"> 1 Academy Session (Optional)
Coaching Requirements	<ul style="list-style-type: none"> NCCP Coach Training (FUNdamentals) Respect in Sport 	<ul style="list-style-type: none"> NCCP Coach Training (Learn to Train) Respect in Sport 	<ul style="list-style-type: none"> NCCP Coach Training (Learn to Train) Respect in Sport
Coaching Roles	<ul style="list-style-type: none"> Head Coach Assistant Coach 	<ul style="list-style-type: none"> Head Coach Assistant Coach 	<ul style="list-style-type: none"> Head Coach Assistant Coach
Roster Size (max)	<ul style="list-style-type: none"> 9 	<ul style="list-style-type: none"> 10 	<ul style="list-style-type: none"> 11
Kit/Uniform	<ul style="list-style-type: none"> Tim Bits Jersey, Shorts, Socks OR Macron Jersey, Shorts, Socks 	<ul style="list-style-type: none"> Tim Bits Jersey, Shorts, Socks OR Macron Jersey, Shorts, Socks 	<ul style="list-style-type: none"> Tim Bits Jersey, Shorts, Socks OR Macron Jersey, Shorts, Socks

Cochrane Wolves Spring Skill-Centre League

Game-Day	<ul style="list-style-type: none"> Saturday AM 	<ul style="list-style-type: none"> Saturday AM 	<ul style="list-style-type: none"> Saturday AM
Game-Time	<ul style="list-style-type: none"> 9am-10am OR 10:15-11:15am Times may rotate each week 	<ul style="list-style-type: none"> 9am-10am OR 10:15-11:15am Times may rotate each week 	<ul style="list-style-type: none"> 9am-10am OR 10:15-11:15am Times may rotate each week
Game-Field	<ul style="list-style-type: none"> Bow Ridge Field 	<ul style="list-style-type: none"> Bow Ridge Field 	<ul style="list-style-type: none"> Bow Ridge Field
Game Format	<ul style="list-style-type: none"> 5V5 	<ul style="list-style-type: none"> 6V6 	<ul style="list-style-type: none"> 7V7
Spring Season	<ul style="list-style-type: none"> 6 Regular Games + End of Season Wrap-Up Tournament 	<ul style="list-style-type: none"> 6 Regular Games + End of Season Wrap-Up Tournament 	<ul style="list-style-type: none"> 6 Regular Games + End of Season Wrap-Up Tournament
Game Length	<ul style="list-style-type: none"> 60 Minutes 25 Minute Halves 	<ul style="list-style-type: none"> 60 Minutes 25 Minute Halves 	<ul style="list-style-type: none"> 60 Minutes 25 Minute Halves
Cost	<ul style="list-style-type: none"> Season Block: \$425 Spring: \$250-\$300 (8 Weeks) Summer: \$185 (6 Weeks) Fall: \$115 (4 Weeks) 	<ul style="list-style-type: none"> Season Block: \$425 Spring: \$250-\$300 (8 Weeks) Summer: \$185 (6 Weeks) Fall: \$115 (4 Weeks) 	<ul style="list-style-type: none"> Season Block: \$425 Spring: \$250-\$300 (8 Weeks) Summer: \$185 (6 Weeks) Fall: \$115 (4 Weeks)



SKILL-CENTRE PROGRAM U7-U13 Community Stream

OUTLINE

Our Skill-Centre program provides an opportunity for players of all abilities to participate in a fun, safe, inclusive and accessible program no matter their experience or level. This Spring season all skill-centre players will participate in our in-house league which will provide a weekly game and end of season tournament.

PROGRAM DETAILS

SEASON DATES

- **SPRING** runs April 28 to June 22
- **SUMMER** runs July 7 to August 17
- **FALL** runs September 2 to September 30

LOCATIONS

This **spring** our skill-centre program will run in 3 locations.

1. Bow Ridge - Coed
2. Matt Krol - **Girls Only**
3. Gleneagles - Coed

KIT/UNIFORM

- \$55 Macron Jersey, Shorts & Socks (Optional)
- OR FREE Tim Bits Uniform

ROSTERS

All players will be rostered onto a Team in their selected location. Rosters will be balanced to ensure competitiveness in games.

COACHING

All teams will have a dedicated coach who will have completed [NCCP Training](#)

VOLUNTEER COACHES

If you are interested in an Assistant or Lead coaching role please complete this [form](#).

LEAGUE DETAILS

LEAGUE DIVISIONS

1. U7-U8 | 2018 & 2017
2. U9-U10 | 2015 & 2016
3. U11-U13 | 2012, 2013 & 2014

LEAGUE GAMES

- 1 x 60 Minute Game Per Week
- 8 Games Per Season
- End of Season Tournament June 21-22

REGISTRATION

Goes live on January 15

Early Bird Pricing runs until February 2

COST

2 Days Per Week | \$250

3 Days Per Week | \$300



FEMALE PROGRAM OVERVIEW U6-U13 Community Stream

Criteria	U6-U8	U9-U10	U11-U13
Ages/Birth Year	<ul style="list-style-type: none"> 2019, 2018 & 2017 	<ul style="list-style-type: none"> 2016 & 2015 	<ul style="list-style-type: none"> 2014, 2013, 2012
Practice Locations	<ul style="list-style-type: none"> Matt Krol 	<ul style="list-style-type: none"> Matt Krol 	<ul style="list-style-type: none"> Matt Krol
Matt Krol (Girls) Days/times	<ul style="list-style-type: none"> Mon/Tue/Weds 5-6pm OR 6:15-7:15pm 	<ul style="list-style-type: none"> Mon/Tue/Weds 5-6pm OR 6:15-7:15pm 	<ul style="list-style-type: none"> Mon/Tue/Weds 5-6pm OR 6:15-7:15pm
Regular Program	<ul style="list-style-type: none"> 1 or 2 Practices Per Week 1 x Game Per Week 	<ul style="list-style-type: none"> 1 or 2 Practices Per Week 1 x Game Per Week 	<ul style="list-style-type: none"> 1 or 2 Practices Per Week 1 x Game Per Week
Playing Format	<ul style="list-style-type: none"> 5V5 	<ul style="list-style-type: none"> 6V6 	<ul style="list-style-type: none"> 7V7
Coaching Requirements	<ul style="list-style-type: none"> NCCP Coach Training (FUNDamentals) Respect in Sport 	<ul style="list-style-type: none"> NCCP Coach Training (Learn to Train) Respect in Sport 	<ul style="list-style-type: none"> NCCP Coach Training (Learn to Train) Respect in Sport
Coaching Roles	<ul style="list-style-type: none"> Head Coach Assistant Coach 	<ul style="list-style-type: none"> Head Coach Assistant Coach 	<ul style="list-style-type: none"> Head Coach Assistant Coach
Roster Size	<ul style="list-style-type: none"> 9 	<ul style="list-style-type: none"> 10 	<ul style="list-style-type: none"> 11
Coaching Requirements	<ul style="list-style-type: none"> NCCP Coach Training (Active Start OR FUNDamentals) Respect in Sport 	<ul style="list-style-type: none"> NCCP Coach Training (FUNDamentals OR Learn to Train) Respect in Sport 	<ul style="list-style-type: none"> NCCP Coach Training (Learn to Train) Respect in Sport
Coaching Roles	<ul style="list-style-type: none"> Head Coach Assistant Coach 	<ul style="list-style-type: none"> Head Coach Assistant Coach 	<ul style="list-style-type: none"> Head Coach Assistant Coach
Roster Size (max)	<ul style="list-style-type: none"> 9 	<ul style="list-style-type: none"> 10 	<ul style="list-style-type: none"> 11
Kit/Uniform	<ul style="list-style-type: none"> Tim Bits Jersey, Shorts, Socks OR Macron Jersey, Shorts, Socks 	<ul style="list-style-type: none"> Tim Bits Jersey, Shorts, Socks OR Macron Jersey, Shorts, Socks 	<ul style="list-style-type: none"> Tim Bits Jersey, Shorts, Socks OR Macron Jersey, Shorts, Socks

Cochrane Wolves Spring Skill-Centre League

Game-Day	<ul style="list-style-type: none"> Saturday AM 	<ul style="list-style-type: none"> Saturday AM 	<ul style="list-style-type: none"> Saturday AM
Game-Time	<ul style="list-style-type: none"> 9am-10am OR 10:15-11:15am Times may rotate each week 	<ul style="list-style-type: none"> 9am-10am OR 10:15-11:15am Times may rotate each week 	<ul style="list-style-type: none"> 9am-10am OR 10:15-11:15am Times may rotate each week
Game Field	<ul style="list-style-type: none"> Bow-Ridge Field 	<ul style="list-style-type: none"> Bow-Ridge Field 	<ul style="list-style-type: none"> Bow-Ridge Field
Game Format	<ul style="list-style-type: none"> 5v5 	<ul style="list-style-type: none"> 5v5 or 6v6 	<ul style="list-style-type: none"> 6v6 or 7V7
Spring League Season	<ul style="list-style-type: none"> 6 Regular Games + End of Season Wrap-Up Tournament 	<ul style="list-style-type: none"> 6 Regular Games + End of Season Wrap-Up Tournament 	<ul style="list-style-type: none"> 6 Regular Games + End of Season Wrap-Up Tournament
Session Duration	<ul style="list-style-type: none"> 60 Minutes 	<ul style="list-style-type: none"> 60 Minutes 	<ul style="list-style-type: none"> 60 Minutes
Cost	<ul style="list-style-type: none"> Season Block: \$425 Spring: \$250-\$300 (8 Weeks) Summer: \$185 (6 Weeks) Fall: \$115 (4 Weeks) 	<ul style="list-style-type: none"> Season Block: \$425 Spring: \$250-\$300 (8 Weeks) Summer: \$185 (6 Weeks) Fall: \$115 (4 Weeks) 	<ul style="list-style-type: none"> Season Block: \$425 Spring: \$250-\$300 (8 Weeks) Summer: \$185 (6 Weeks) Fall: \$115 (4 Weeks)



FEMALE SKILL-CENTRE REC PROGRAM U7-U13

Community Stream

OUTLINE

Our Female Skill-Centre program provides an opportunity for female players of all abilities to participate in a fun, safe, inclusive and accessible program together. The program will be led and delivered by female coaches. Our girls will play in our in-house league with a weekly game-day and end of season wrap up event.

DETAILS

SEASON DATES

- **SPRING** runs April 28 to June 22
- **SUMMER** runs July 7 to August 17
- **FALL** runs September 2 to September 30

LOCATIONS

This **spring** our skill-centre program will run in 3 locations.

1. Bow Ridge - Coed
2. Matt Krol - **Girls Only**
3. Gleneagles - Coed

KIT / UNIFORM

- \$55 Macron Jersey, Shorts & Socks
- OR FREE Tim Bits Uniform

ROSTERS

All players will be rostered onto a Team in their selected location. Rosters will be balanced to ensure competitiveness in games.

COACHING

All teams will have a dedicated coach who will have completed [NCCP Training](#)

VOLUNTEER COACHES

If you are interested in an Assistant or Lead coaching role please complete this [form](#).

LEAGUE DETAILS

LEAGUE DIVISIONS

1. U7-U9 | 2018 to 2016
2. U10-U13 | 2015 to 2012

LEAGUE GAMES

- 1 x 60 Minute Game Per Week
- 8 Games Per Season
- End of Season Tournament June 21-22

REGISTRATION

Goes live on January 15

Early Bird Pricing runs until February 2

COST

2 Days Per Week | \$250

3 Days Per Week | \$300



U14-17
RECREATIONAL
PROGRAM

COCHRANE WOLVES FC

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RECREATIONAL PROGRAM U14-U17 *Community Stream*

OUTLINE

Our recreational program will provide an opportunity for players seeking to play on a team in a fun, relaxed environment. Our Recreational Teams will play in the Big Country Soccer League. Our goals are to keep players engaged with the sport and provide those who are seeking to play less competitively an opportunity to do so in Cochrane.

DETAILS

SEASON DATES

- **SPRING** runs April 28 to June 22

LOCATION

TBD

PRACTICE/GAME KIT

- ❑ \$55 Macron Jersey, Shorts & Socks

PROGRAM

1. Girls: Monday OR Wednesday
2. Boys: Tuesday OR Thursday

GAMES

- 1 Games Per Week on a set day
- Team will play in Big Country Soccer Association League.
- Home Games will be played in Cochrane
- Away Games will be played in the Big Country District

ROSTERS

Teams will be formed for the league

COACHING

All teams will have a dedicated coach who will have completed [NCCP Training](#)

VOLUNTEER COACHES

If you are interested in an Assistant or Lead coaching role please complete this [form](#).

REGISTRATION

Goes live on January 15

Early Bird Pricing runs until February 2

COST

\$400



**U8-U19
COMPETITIVE &
PLAYER
DEVELOPMENT
PROGRAMS**

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PLAYER PATHWAY CWFC

OUTLINE

As we continue to progress and evolve so does our player pathway. Within the 8-12 year old age group we will now have four levels of programming.

The purpose is to ensure each level becomes more clearly defined and the competencies/mindset of all players within each level are closer.

For the 2025 Outdoor Season our Competitive and Player Development Programs will be two separate programs that both compete in the CMSA League.





OVERVIEW PROGRAM COMPARISON

OUTLINE

The table below outlines the key information and provides a comparison of our competitive and player development programs.

For players within the competitive program who seek further training opportunities we will be providing additional specialized training programs to improve technical competencies.

To ensure we do have a place for every child to play we will offer both Player Development and Competitive programming in every age group.

COMPETITIVE PROGRAM	CRITERIA	PLAYER DEVELOPMENT PROGRAM
2006-2017	BIRTH YEARS	2006-2017
U8-U19	AGE GROUPS	U8-U19
APRIL 22 – SEPTEMBER 14	PROGRAM DATES	APRIL 22 – SEPTEMBER 14
TBC	PRACTICE FIELDS	TBC DEDICATED FIELD
2X TEAM SESSIONS PER WEEK	TRAINING SESSIONS	3X TEAM SESSIONS PER WEEK • 1X INTEGRATED SPORT SCIENCE PER WEEK • 1X INTEGRATED MENTAL SKILLS BI-WEEKLY
GIRLS: MON/WED BOYS: TUE/THUR	TRAINING DAYS	GIRLS: TUE/WED/THUR BOYS: TUE/WED/THUR
CMSA TIER 2 OR 3 (BOYS) CMSA TIER 3 (GIRLS)	COMPETITION LEVEL	CMSA TIER 1 (BOYS) CMSA TIER 2 (GIRLS)
C-DIPLOMA OR NCCP TRAINED	COACHING LEVEL	A/B-DIPLOMA
10	U9 (5V5) ROSTER SIZE	9
14	U10-U11 (7V7) ROSTER SIZE	11
16	U12-U13 (9V9) ROSTER SIZE	14
20	U14-U19 (11V11)	16
\$875-\$925	COST	\$1,225-\$1,275



TIMELINES PLAYER ASSESSMENT & EVALAUTIONS

OUTLINE

To ensure all players are placed in the program that best fits for their level of development and aspirations, we will hold 3-week player assessments for all competitive and player development registrants.

PURPOSE

- To provide all players a fair opportunity to trial for a spot in either program.
- To give players different experiences that may push them out of their comfort zone.
- To connect with individual players and families throughout the process.
- To ensure all players are in the right environment for their development.

ASSESSMENT TIMELINES

February 24 to March 8

- Players will be assessed/evaluated within their existing team environments and may be moved to other team sessions during this period to be assessed in a different age or tier.

March 10-13

- Players will be assessed/evaluated outside of their indoor team environments.
- Players will have the opportunity to trial in the program of their choosing.

DEADLINES

March 3rd

- Competitive and Player Development Registration Deadline. Only players registered by this date will be considered when forming and entering teams into the CMSA League.

March 14th

- Provisional Rosters and Teams will be finalized and shared on this date.

March 17th

- Teams will be entered into CMSA.



MALE COMPETITIVE PROGRAM U8-U19

OUTLINE

Our competitive programs are designed for players designed for players who want to be on a team, enjoy competing and are committed to travelling to play against teams from other Communities. All teams will compete in formal league play with 1 League Game per week.

DETAILS

SEASON

- Runs April 22 to September 14
- Practices are Tuesday & Thursdays
- CMSA Dates: April 26 – July 31
- CMSA Fall Series: September 12-14
- Program Break: August 4-24

TRAINING LOCATION

TBC

PRACTICE KIT

- \$55 Macron Jersey, Shorts & Socks

GAME KIT

- Macron Shorts & Socks (From Practice Kit)
- Jerseys will be provided.

PROGRAM | 3 CONTACTS PER WEEK

- 2 x 60-75 Team Session with Team Coach.
- 1 x Game Per Week in Calgary Minor Soccer League

COACHING STANDARDS

All Coaches will hold their Provincial C or NCCP Coach Training. Coaches will appropriately trained for the level of play they are coaching.

COACHING METHODOLOGY

To create a positive learning environments where players are challenged on a consistent basis.

LEAGUE

- 1 Game Per Week.
- Home Games in Cochrane
- Tier 2 or 3

TOURNAMENTS

Our competitive players will have the opportunity to play 1-2 tournaments over the Outdoor Season. All tournaments will be organized by individual teams.

REGISTRATION

Goes live on January 15

Early Bird Pricing runs until February 2

Registration Deadline is March 5, 2025.

COST

U9: \$875

U10-U19: \$950



FEMALE COMPETITIVE PROGRAM U8-U19

OUTLINE

Our competitive programs are designed for players designed for players who want to be on a team, enjoy competing and are committed to travelling to play against teams from other Communities. All teams will compete in formal league play with 1 League Game per week.

DETAILS

SEASON

- Runs April 22 to September 14
- Practices are Monday & Wednesdays.
- CMSA Dates: April 26 – July 31
- CMSA Fall Series: September 12-14
- Program Break: August 4-24

TRAINING LOCATION

TBC

PRACTICE KIT

- \$55 Macron Jersey, Shorts & Socks

GAME KIT

- Macron Shorts & Socks (From Practice Kit)
- Jerseys will be provided.

PROGRAM | 3 CONTACTS PER WEEK

- 2 x 60-75 Team Session with Team Coach.
- 1 x Game Per Week in Calgary Minor Soccer League

COACHING STANDARDS

All Coaches will hold their C-Diploma or NCCP Coach Training. Coaches will appropriately trained for the level of play they are coaching.

COACHING METHODOLOGY

To create a positive learning environments where players are challenged on a consistent basis.

LEAGUE

- 1 Game Per Week.
- Home Games in Cochrane
- Tier 3

TOURNAMENTS

Our competitive players will have the opportunity to play 1-2 tournaments over the Outdoor Season. All tournaments will be organized by individual teams.

REGISTRATION

Goes live on January 15

Early Bird Pricing runs until February 2

Registration Deadline is March 5, 2025.

COST

U9: \$875

U10-U19: \$950



COMPETITIVE PROGRAM U8-U19

TEAMS

Teams will be formed based on age and gender. We will aim to field players in their respective age groups wherever possible. Teams will be entered into their respective tiers based on the player assessment/evaluations.

BOYS



GIRLS

U9 BOYS
2016-2017

U9 GIRLS
2016-2017

U10 BOYS
2015

U10 GIRLS
2015

U11 BOYS
2014

U11 GIRLS
2014

U12 BOYS
2013

U12 GIRLS
2013

U13 BOYS
2012

U13 GIRLS
2012

U14 BOYS
2011

U14 GIRLS
2011

U15 BOYS
2010

U15 GIRLS
2010

U16 BOYS
2009

U16 GIRLS
2009

U17 BOYS
2006-2008

U17 GIRLS
2006-2008

REGISTRATION

Goes live on January 15

Early Bird Pricing runs until February 2

Registration Deadline is March 5, 2025.

COST

U9: \$875

U10-U19: \$950



PLAYER DEVELOPMENT PROGRAM U8-U19

OUTLINE

Our Player Development Program (PDP) is designed to provide the highest quality training experience within the Club. It is designed for players who are self-driven, have passion for training and are committed to their personal development. Our Nationally Licensed Professional coaches will have either attained their A or B Diploma License from Canada, USA (USSF) or Europe (UEFA).

DETAILS

SEASON

- Runs April 22 to September 14
- Practices are Tuesday, Wednesday & Thursdays.
- CMSA Dates: April 26 – July 31
- Fall Series: September 12-14
- Program Break for families in August.

LOCATION

Dedicated Field | TBC

ON-FIELD SESSIONS

- 3 x 75–90-minute Training Sessions in April, May, June, & September.
- 2 x 75-90-Minute Training Sessions in July & August.

SPORT SCIENCE & MENTAL SKILLS

- Integrated Sport Science & Mental Skills Sessions.

VIDEO ANALYSIS

- All Home Games filmed with VEO.
- Program Analysis Sessions.

COACHING STANDARDS

Head Coaches in the Player Development Program will hold their A or B Diploma.

COACHING METHODOLOGY

To create a positive high-performance environment that challenges and excites the player.

PLAYER ASSESSMENT AND EVALUATION

- On-Going.
- 2 Formal Assessments Per Season.
- 1on1 Meeting with each player/parent per season.

PROGRAMMING DAYS

- (GIRLS) Tuesday Wednesday, Thursday
- (BOYS) Tuesday, Wednesday, Thursday

COMPETITIONS

- CMSA Tier 1 (Boys)
- CMSA Tier 2 (Girls)
- TOURNAMENTS: 1-2 Per Season
- U14-U17: College/University Showcase

REGISTRATION

Goes live on January 15

Early Bird Pricing runs until February 2

Registration Deadline is March 5, 2025.

COST

U9: \$1,225

U10-U19: \$1,275



PLAYER DEVELOPMENT PROGRAM U8-U19

TEAMS

Our Player Development Program will aim to form teams based on the level of player. All teams will be formed with likeminded individuals who are focused on their performance and furthering their game.

BOYS



GIRLS

U9 BOYS
2016-2017

U9 GIRLS
2016-2017

U10 BOYS
2015

U9-10 GIRLS
2016-2015

U11 BOYS
2014

U11 GIRLS
2014

U12 BOYS
2013

U12 GIRLS
2013

U13 BOYS
2012

U13 GIRLS
2012

U14 BOYS
2011

U14 GIRLS
2011

U15 BOYS
2010

U15 GIRLS
2010

U16 BOYS
2009

U16 GIRLS
2009

U17 BOYS
2006-2008

U17 GIRLS
2006-2008

REGISTRATION

Goes live on January 15

Early Bird Pricing runs until February 2

Registration Deadline is March 5, 2025.

COST

U9: \$1,225

U10-U19: \$1,275



SPECIALIZED TRAINING PROGRAMS

COCHRANE WOLVES FC

PROGRAM GUIDE

OUTDOOR 2025

APRIL 2025 – SEPTEMBER 2025



SPECIALIZED TRAINING PROGRAMS

Individual Player Development

OUTLINE

To support the needs of our ever-growing membership we are offering specialized training programs. Each program has a specific technical area of focus and will be designed to enhance/improve players technical competencies specifically.

DETAILS



SPRING

- 8 Sessions
- Mondays 6:15-7:15pm

DATES

- April 28
- May 5, 12, 26
- June 2, 9, 16, 23

LOCATION

TBC

COST

\$150



SPRING

- 8 Sessions
- Mondays 6:15-7:15pm

DATES

- April 28
- May 5, 12, 26
- June 2, 9, 16, 23

LOCATION

TBC

COST

\$150



SPRING

- 8 Sessions
- Mondays 6:15-7:15pm

DATES

- April 28
- May 5, 12, 26
- June 2, 9, 16, 23

LOCATION

TBC

COST

\$150

REGISTRATION

Goes live on January 15

Early Bird Pricing runs until February 2



SPECIALIZED TRAINING PROGRAMS

Individual Player Development

SHOOTING AND FINISHING SCHOOL



Striker School
Shooting & Finishing

Our individualized shooting and finishing training is a personalized approach to improving your shooting and finishing skills.. This approach is tailored to your specific needs and goals, considering your strengths, weaknesses, and learning style..

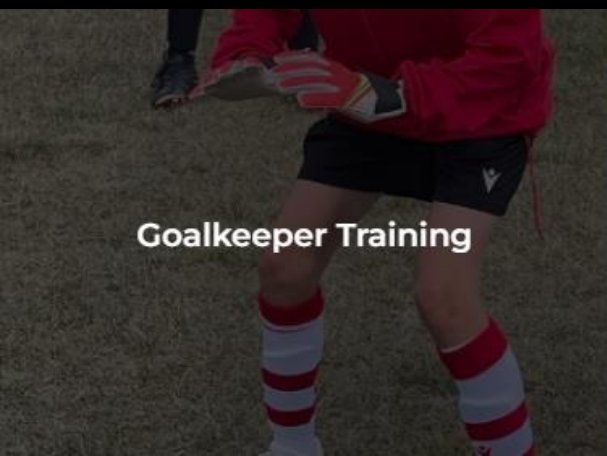
TECHNICAL DEVELOPMENT

Elevate your soccer game with personalized training! Our expert coaches will tailor a program to your unique needs, focusing on technical skills, and tactical awareness. Our goal will be to design a program to enhance players all-round technical ability.



Technique Development

GOALKEEPER TRAINING



Goalkeeper Training

Elevate your goalkeeping game with our specialized training program! Our Goalkeeper coaches will refine your technique, enhance your agility, and strengthen your mental fortitude, ensuring you become a dominant force between the posts.



CAMPS

SUMMER & DEVELOPMENT

OUTLINE

The goals of our camps are to create fun environments where children of all ages, and abilities are welcome. We will blend skill development into fun games, and activities through enthusiastic, and passionate camp leaders. We believe in providing a memorable experience for all participants.

SUMMER CAMPS

We will run 4 summer camps in 2025. The main purpose of the summer camps are to provide a fun experience for all players.

DATES

1. July 7-11
2. July 14-18
3. August 11-15
4. August 18-22

LOCATION

TBC

AGES

U5-U15

CAMP OPTIONS + COST

HALF-DAY | 8AM-12PM | \$120

FULL-DAY | 8AM-4PM | 160

DEVELOPEMNT CAMPS

Wolves Development Camps are new this year. The aim of our Development Camp is to provide a quality training environment for participants. Our Development Camps will include 2 training sessions per day with A and B Diploma coaches, match-play and a competitive tournament played over the full week.

DATES

1. July 21-25
2. August 25-29

LOCATION

TBC

AGES

U8-U15

CAMP OPTIONS + COST

1. REGULAR CAMP | 10AM-2PM | \$250

2. FULL-DAY | 8AM-4PM | \$300

- Includes pre and post care.

REGISTRATION

Goes live on January 15

Early Bird Pricing runs until February 2

Remains open all outdoor

COST

Summer Camp: \$120-\$160

Development Camp: \$250-\$300



CONTACT DIRECTORY

Cochrane Wolves FC

CONTACT LIST

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PROGRAM GUIDE

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