

## Welcome to the Program

Our Soccer program is a fun, non-competitive and tailored to children and youth who love being active, are passionate about sport skills, and enjoy the outdoors.

Over the course of six weeks, players will learn the fundamental movement skills needed to play not only soccer, but many other sport activities. Each session includes a warm up activity, cardio circuit, soccer skill lesson, soccer drill rotations, scrimmaging, and a cool down activity.

It is strongly recommended that parents/guardians review the program package expectations outlined in this player welcome package with the participant prior to each weekly practice.

## Facilities & Equipment

An indoor washroom facility is located at the Soccer Pitches. Re-usable water bottles can also be filled up in the washrooms.

## Inclement Weather

We play rain or shine, unless there is a severe weather warning.

In case of cancellation due to inclement weather, participants will receive an email by 4:00pm on the day of the program.

## Coaches

Our soccer coaches are registered volunteers with the Township of Tiny. Coaches receive specific training along with a comprehensive volunteer orientation built on best practices.

**Please take the time to thank your coaches and support their efforts.**

Soccer coaches are always needed and welcomed. Additionally, each coach will receive a complimentary soccer registration. If interested, please contact Emma Clench, Community Recreation Coordinator, for more information at 705-526-4204 ext. 250 or [eclench@tiny.ca](mailto:eclench@tiny.ca).

## Program Outline

Each practice will focus on helping participants develop skills in the following areas: balance, running, core strength, jumping, agility and endurance. Players will also focus on soccer related skills such as shooting, passing, and dribbling.

Each session, players will:

### Arrive

Head straight to their designated net and sign in with their coach and sanitize their hands.

### Warm Up

Follow along with their coach's warm up (i.e. walking, jogging, sprinting).

### Cardio Circuit

Rotate through the cardio circuit stations. These are designed to help improve your endurance, agility, and fitness (i.e. obstacle courses, exercise challenges, etc.).

### Soccer Drills

Rotate through the soccer drill stations. These will focus on three major soccer skills: shooting, passing, and dribbling.

### Scrimmage

Teams will split into two and put their skills to the test in an unstructured recreational match.

### Cool Down

Follow along with the coach's cool down activity (i.e. yoga poses).

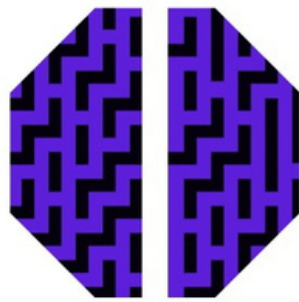
## Sponsors & Support

Tiny's Soccer Program receives financial support from Tim Hortons and many generous local businesses and community partners. Thanks to these sponsorships, your player is able to participate in an affordable quality soccer program.

If you are interested in sponsoring, please contact Jaelen Josiah, Recreation Services Coordinator, for more information at 705-526-4204 ext. 288 or [jjosiah@tiny.ca](mailto:jjosiah@tiny.ca).



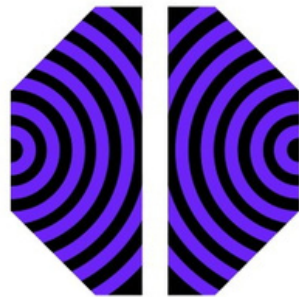
# SIGNS OF A CONCUSSION



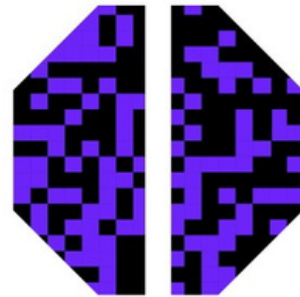
HEADACHE



DIZZINESS



RINGING IN THE EARS



MEMORY LOSS



NAUSEA



LIGHT SENSITIVITY

We all have a responsibility in recognizing a possible concussion following a hit to the head or body. If you're experiencing even one of these symptoms, stop playing, sit out and find help.

[ontario.ca/concussions](http://ontario.ca/concussions)



DROWSINESS



DEPRESSION