



# Mill Woods Soccer Association

## 2020 OUTDOOR U4

The purpose of this program is to give players the opportunity to develop basic movement skills in a FUN setting. Soccer contributes to the well-being of children by engaging them in a sport and teaching fundamental movements. The purpose of this program is to promote physical activity, specifically in soccer and promote positive reinforcement and engagement at a young age.

Fun activities should be used that encourage children to explore their physical abilities including a ball. These should be activity-based games that emphasize exploration and experimentation with the rolling, spinning, and bouncing qualities of the ball

- ALL Soccer training sessions are held outdoors at the following location:  
Millhurst Community Hall by the skating rink, **5703-19A Ave**
- Please make sure your child wears a pair of running shoes or soccer shoes and shin pads.  
(*They will not be allowed on the field without shin pads*).
- Please dress weather appropriate, bring labelled water bottle and have fun.
- Please arrive 15 minutes early to sign in and complete screening protocols and questionnaire

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Sessions are organized for 1 parent/caregiver and their own children participating.

**Wednesday July 8, 15, 22, Thursday July 23,**

**Wednesday July 29, August 5, 12, Thursday August 13,**

**Wednesday August 19, 26**

**Group A is on field 7A**

**Group B is field 7B**

**All sessions run 6pm to 7pm.**

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### COVID-19

Players **MUST** stay home if showing any kind of symptoms or signs of COVID-19. Players will be expected to follow a screening protocol and a questionnaire. If a player was to show any symptoms during a session they will be asked to go home and will **NOT** be able to return for 14 days. The safety of our players and staff is our biggest priority of MWSA.

- Parents who are not participating are not encouraged to watch from the sidelines
- Physical distancing on the sidelines, cheering is discouraged if parents do choose to stay
- No close greetings (hugs, handshakes, high-fives)
- No sharing of water bottles/ equipment