

FAQs - Cold Lake's 2025 Outdoor Season

Everything You Need to Know About the Changes

General Information

What is the new soccer season structure?

The 2025 outdoor soccer season now features a new format to increase participation and player development. Changes include scheduling, game numbers, practice formats, volunteer roles, and two new leagues.

- **House League (U-5 to U-19):** Open to all skill levels, including beginners of any age!
- **Adult Co-ed League:** Open to all skill levels, including beginners and those returning after a break. Sign up as a team or individual.
- **Registration:** March 1st to April 15th.

Exciting News: No Volunteer Bonds or Bingo! Volunteering is optional with financial incentives available. Additionally, no waitlists! Signup and we will find you a team 😊

When does the new season start?

The new season is set to begin on May 5th, running until the end of July. Lakeland League team division assessments will occur at the beginning of April, with the potential for practices to start mid-end April. Exact timings still to be announced.

How will registration work?

All players must first register for the House League. If a player wishes to join the Lakeland League (U-9 to U-19), they must attend player assessments in early April (dates TBD) to ensure balanced teams.

After assessments, players can choose to continue in the House League, or signup for the Lakeland League. Registration will reopen for Lakeland signup, with payment of price differentials due. Those who decide not to continue to Lakeland League will automatically remain in the House League.

Why player assessments for the Lakeland League?

The intent of the player assessments is two-fold: to evenly divide the teams, and to identify players who might better benefit from playing in House League. The parents of players identified by the technical staff as better benefiting from House League will be contact to

discuss options. It will be the parent's choice of what league their player ends up in, but with the understanding that development will likely be delayed if they remain in the Lakeland League due to more advanced practice drills and potentially reduced playing time.

At a minimum all players on a Lakeland team will play 50% in all House League matches and 25% in all Lakeland League/Lakeland Cup/Tournament matches. Regardless players will be actively welcomed and not excluded 😊

How many teams are participating?

For all 3 leagues it will depend on registration numbers. Hopefully lots.

Note: For the Lakeland League U17 & U19 teams, initial registration numbers will inform the final team composition and fee structure (likely lower due to reduced costs (see end of FAQs)).

How many players per team and game sizes?

The current plan is as follows:

House League

Age Group	Players per Team	Game Size
U5	9	3v3 (no gk)
U7	12	4v4 (no gk)
U9	12	5v5 (w/ gk)
U11	16	7v7 (w/ gk)
U13	18	9v9 (w/ gk)
U15/17/19	20	11v11 (w/gk)

Lakeland League

Age Group	Players per Team	Game Size
U9	12	5v5 (w/ gk)
U11	16	7v7 (w/ gk)
U13	18	9v9 (w/ gk)
U15/17/19	20	11v11 (w/gk)

Adult League

Age Group	Players per Team	Game Size
16+	Team choice	TBD

Where will we be playing?

Our current plan is for all U5 & U7 teams to play in Cold Lake south (exact location TBD). All U9-U19 & Adults will play at the Energy Center. Note: Locations may change due to registration numbers.

Additionally registration fees include the following allowance for the Energy Centre Turf::

- House League: 4x times per season.
- Lakeland League: 1x time per week.
- Adult League: 8x times per season.

Season Schedule

How many games will each team play?

- House League: One game per week from mid-May to end-July. Ref'd/Monitored by a technical/head coach.
- Lakeland League: Follows Lakeland League schedule and also plays in the next highest age group's House League (e.g., U11 Lakeland League teams in U13 House League). Referee provided by Lakeland Soccer District for Lakeland League sanctioned games.
- Adult League: One game per week from mid-May to end-July, break in August, resume from early September to early October. Referees TBD.

How many practices will each team have?

- House League: Once per week, starting beg-May.
- Lakeland League: Once per week, possibly twice (when no Lakeland game exists that week). Max 3x events per week.
- Adult League teams: One open scrimmage slot per week for pickup soccer. All participants in this must be registered for insurance purposes and cost sharing.

Are there specialized practices?

- For House League players looking to enhance their skill, we will be introducing 1x additional skills practice per week. Details to follow.
- Keeper/Goalie specialized practices will also be announced, likely 1-2x per month.

What is the House League practice format this year?

We are introducing a new practice format to minimize parental commitment and enhance instruction quality. Each team will have one assistant coach (no soccer experience required) and share one head coach (soccer/coaching experience required) with another team. Practices will include a warm-up, two 15-20 minute drills with different head coaches (teams rotate), and 20-30 minutes of small-sided games.

This format will ensure that players benefit more equally from quality instruction. Warm-ups and drills will be assigned by the technical director prior to practices for head coaches to review.

What is the Lakeland League practice format this year?

This will resemble previous years, with each team having a manager, assistant coach and head coach.

For this season, coaches will be required to adhere to specific tactical themes and general practice structures. This approach is essential for ensuring consistent learning and development, across successive years and different coaching staff.

Playoffs?

Not quite playoffs but

- House League will feature a season end Funfest (tentative July 26-27th), where House teams will compete and enjoy the end of a fantastic season!
- The Lakeland League teams will have the Lakeland Cup at the end of June (dates TBD) and will continue to practice and play House League locally until the end of July. Fun-Fest participation TBD.
- The Adult league will end in October.

Tournaments

Who is permitted to attend?

- House League teams can attend any desired tournament, but it must be organized by the assistant or head coach. Tournament fees are to be paid by the parents, as they are not included in the registration fees. The expectation for House League registration is that no travel is required. Hybrid teams are permitted.
- Lakeland League teams will attend both the Lakeland Cup and an out-of-district tournament selected by the association (date and location TBD). Fees for these tournaments are included with registration. Any additional tournaments must be organized by the manager, assistant, or head coach, with fees paid by the parents. Only the Lakeland Cup and out-of-district tournament are included in registration fees. The expectation for Lakeland League registration is that only one out-of-district tournament is required. Hybrid teams are permitted.
- Adult teams can attend any desired tournament, which must be organized and paid for by the players, as tournament fees are not included in registration fees. Hybrid teams are permitted.

Equipment

Jerseys?

- House League players will each receive a jersey with a number. Shorts and socks also for U9 and up.
- Lakeland League players will each receive one/two jerseys, with both a number and their name. Shorts and socks included. The plan is for Light blue (Manchester City) and Pink (Inter Miami) for coordinated Association home and away colours.
- Adult League players will each receive a jersey with a number.

Balls?

- House League: Each player receives a soccer ball.
- Lakeland League: Each player receives a soccer ball, except for U15 and up.
- Adult League: Game balls provided.

Tracksuits?

These will be at team discretion. Fundraising by the team will be required to pay.

Coach Shirts?

All coaches (House and Lakeland) will receive a Cold Lake Soccer Association shirt, with "COACH/STAFF" on the back. This will help with identify at practices and games.

Volunteer Compensation

What is different?

With the discontinuation of volunteer bonds and associated Bingo activities, we are implementing a new strategy to ensure the fulfillment of our essential parental commitment requirements: financial incentives.

What are the incentive levels?

- House League
 - o Assistant coach: \$300
 - o Head coach: \$450
- Lakeland League
 - o Manager: \$200
 - o Assistant coach: \$450
 - o Head coach: \$675
- Miscellaneous @ \$15-25/hr. Ex: Net setups, grass cutting, raffles, etc.

These will be paid at year end, once commitments are verified as having been satisfactorily completed.

Some important points:

- Each registration fee contributes specifically to that team's incentives, ensuring cost equity across different age groups and divisions. Parents only pay the costs directly associated to their teams.
- Lakeland League incentive levels are 50% higher because Lakeland League teams have three events per week, compared to two events per week for House League teams.

What if we don't get enough volunteers?

Should no parent volunteer to meet the necessary requirements, the team will regrettably be dissolved. We sincerely hope that this situation can be avoided.

Fees

What is include in the House League fees?

While it depends on the age group and team size, the approximate cost are (per player):

1. Association fixed overhead (\$47)
2. Jersey w/ # (\$20) (U9 & up)
3. Grass Field rental (\$17.50)
4. Turf Field rental (\$3)
5. ASA, Lakeland admin & Registrar fees (\$14-\$31)
6. Fun Fest allowance (\$5)
7. Volunteer financial incentive (~\$25-\$40)
8. Coach shirts (~\$3)

Why are Lakeland League fees double House League?

While it depends on the age group and team size, the main additions are as follows (per player):

1. Different style jersey (or x2) for Association colours (+\$40-\$100)
2. Greater use of the Turf field (+\$20)
3. Lakeland League Fees (+\$0-\$18)
4. Lakeland Cup fee (+\$0-\$28)
5. Additional Tournament fee (~+\$40)
6. Additional volunteer financial incentive (+\$20-\$35)

Additional Questions?

Email us at technical@clmsa.ca

