

LETHBRIDGE SOCCER ASSOCIATION

LFC PROGRAM



INDOOR PROGRAM

2026/2027

DEVELOPING PLAYERS | BUILDING PEOPLE | CREATING OPPORTUNITIES



PLAYER
FOCUSED



DEVELOPMENT
DRIVEN



COMMUNITY
CONNECTED



FUTURE
FOCUSED



CHARACTER
STRONG



ONE CLUB. ONE PATHWAY. **ONE PURPOSE.**

IN PARTNERSHIP WITH
Lethbridge Soccer Association



WHAT IS LFC?

» WHO WE ARE

At Lethbridge Football Club (LFC), we are committed to developing more than just skilled soccer players. We develop well-rounded individuals who embody teamwork, discipline, creativity, and bravery.

Our competitive program, in partnership with the Lethbridge Soccer Association, is built on a possession-based style of play that encourages players to express themselves, showcase their creativity, and exhibit courage on and off the field.

» OUR VISION

To empower young athletes to become exceptional soccer players who embrace creativity, possess technical mastery, and approach challenges with unwavering bravery.

We aspire to be a leading youth soccer club, known for producing players who are not only proficient in possession-based play but also contribute positively to their communities.



PLAYER-CENTRED DEVELOPMENT

We focus on each player's individual growth through age-appropriate training, quality coaching, and a supportive environment that builds confidence and capability.



CREATIVE, BRAVE FOOTBALL

We play a possession-based style that encourages creativity, decision-making, and courage. We believe in taking risks, expressing yourself, and owning the game.



LONG-TERM DEVELOPMENT

Our structured pathway supports players at every stage, from grassroots to competitive levels and beyond, preparing them for future opportunities on and off the field.



CHARACTER & COMMUNITY

We build strong character, leadership, and respect. Through community involvement and a positive culture, we develop people who make a difference.

OUR SUCCESSES

DEVELOPING PLAYERS. BUILDING PEOPLE. CREATING OPPORTUNITIES.

At LFC, we take pride in the pathways we create and the achievements of our players both on and off the field. Our successes reflect the hard work of our players, the dedication of our coaches, and the support of our families and community.



NUMEROUS PLAYERS GOING ON TO
U-SPORTS UNIVERSITIES AND
ALBERTA COLLEGES (ACAC)



NUMEROUS PLAYERS PLAYING
IN OUR **AMSL** TEAM FOR LFC



NUMEROUS PLAYERS PLAYING
IN **ADPL** TEAMS



PROVINCIAL TEAM PLAYERS



A PROUD **ALUMNI** NETWORK
MAKING AN IMPACT IN SOCCER,
SCHOOLS AND COMMUNITIES
ACROSS CANADA AND BEYOND.



ELLIE MCINTOSH
CANADA
WOMEN'S U15 TEAM



NOLAN SCHROYEN
VANCOUVER WHITECAPS
MLS ACADEMY



ROWEN EGHAREVBA
CALGARY CAVALRY
ACADEMY



THE LFC DIFFERENCE

DEVELOPING PLAYERS. BUILDING PEOPLE. CREATING OPPORTUNITIES.

LFC is built on a foundation of high standards, proven processes and a clear commitment to long-term player development—on and off the field.



CLEAR PLAYER PATHWAY

A defined pathway from recreational to competitive and beyond, giving players structure, direction and opportunities to reach their goals.



CLUB-WIDE CURRICULUM

A consistent, proven curriculum across all age groups ensures players develop the right way, at the right time.



COACH DEVELOPMENT PROGRAM

We invest in our coaches through ongoing education, workshops and evaluations to ensure the highest quality coaching for every player.



VIDEO ANALYSIS

Games and training are recorded and analyzed to accelerate learning, improve understanding and support game intelligence.



STRENGTH & CONDITIONING

All age-appropriate strength & conditioning programs delivered by The Bridge to help players build athleticism, prevent injuries and perform.



COACH MENTORING

Our experienced staff mentors and supports coaches at all levels, creating a culture of learning and continuous improvement.



UNIVERSITY CONNECTIONS

Strong relationships with universities across Canada and the U.S. provide players with exposure and opportunities to compete at the next level.



COLLEGE RECRUITMENT SUPPORT

We actively support players and families through the college recruitment process with guidance, resources and connections.



PLAYER FIRST CULTURE

We prioritize development, character and well-being in a positive, competitive environment where players are challenged to be their best.



ONE CLUB. ONE STANDARD. ONE FUTURE.

Everything we do is aligned under one standard with one goal—developing game changers for life.



PROFESSIONAL TECHNICAL & ADMINISTRATION STAFF

Our experienced technical and administration team works together every day to deliver a professional, player-focused experience.



Professional technical staff with extensive playing and coaching backgrounds



Dedicated administration team supporting families, coaches and players



Clear communication and organizational excellence



Safe, inclusive and well-managed environments



Committed to continuous improvement and highest standards



Focused on long-term development and opportunity for all

ONE CLUB.
ONE PATHWAY.
ONE PURPOSE.

THE LFC MINDSET

OUR MINDSET SHAPES WHO WE ARE, HOW WE TRAIN, AND HOW WE COMPETE.

It's the foundation of our culture and the driving force behind our players' growth on and off the field.



PLAYER-CENTRIC DEVELOPMENT

Our coaching staff and volunteers prioritize individual player development. We recognize that each player is unique and possesses different strengths and areas for improvement. Personalized guidance should be provided to nurture talent effectively.



GROWTH MINDSET

LFC Players are always supporting each other, embracing any obstacles in unity & working with a positive mentality. They recognize each other's successes and celebrate together, understanding that effort is part of the journey. The ideal LFC player will be one that constantly looks to step out of their comfort zone to better themselves.



HOLISTIC APPROACH

We strive to develop not only exceptional players but also responsible individuals. We emphasize life skills such as teamwork, leadership, time management, game understanding and respect for others, fostering well-rounded athletes. To fully achieve this there will be large parts of the LFC program that require commitment away from the soccer pitch, including video analysis sessions and sports training.



HOW WE PLAY



Our playing style is built on a clear identity that guides everything we do on the field.
We develop players who love the game and know how to play it the right way.



POSSESSION-BASED STYLE

We prioritize possession of the ball as the foundation of our gameplay. Our teams are encouraged to keep the ball and control the tempo of the match, allowing us to dictate play and create opportunities.



CREATIVITY AND EXPRESSION

We celebrate and encourage creative expression on the field. Players are given the freedom to experiment with their skills, invent new solutions, and express their unique playing styles. We believe that creative players are more adaptable and better problem-solvers.



BRAVERY AND RISK-TAKING

Bravery is the bedrock of our philosophy. Players are encouraged to take calculated risks, both in their decision-making and execution of skills. Embracing challenges and pushing their boundaries are essential to growth as players and individuals.



TECHNICAL PROFICIENCY

A solid technical foundation is essential for executing the possession-based style effectively. We emphasize ball control, passing accuracy, dribbling ability, and precise decision-making to ensure our players are technically sound.



GAME INTELLIGENCE

Understanding the game is equally important. Players are encouraged to read the field, anticipate movements, and make strategic decisions that contribute to maintaining possession and creating scoring opportunities.





DELIVERABLES *BY AGE*

MORE TIME. MORE TRAINING, MORE DEVELOPMENT. *MORE OPPORTUNITIES.*

DELIVERABLE	U10-12 LFC DEVELOPMENT \$825 / SEASON	U13-17 LFC PERFORMANCE \$1300 / SEASON
 FOCUS	✓ Technical foundation ✓ Creativity ✓ Confidence	✓ Tactical understanding ✓ Decision making ✓ Performance ✓ Long-term player growth
 AGES	✓ U10 (2017 & 2018) ✓ U11 (2016) ✓ U12 (2015)	✓ U13 (2014) ✓ U15 (2012 & 2013) ✓ U17 (2010 & 2011)
 FIELD	✓ Half Field (U10-U12)	✓ Full Field
 TRAINING (WEEKLY)	✓ 2 x 60 mins / week	✓ 2 x 75 mins / week ✓ Strength & Conditioning by The Bridge (1x per week)
 COMPETITION	✓ 2 x Travel Tournaments ✓ 1 x Home Tournament (Chinook Cup)	✓ 2 x Travel Tournaments ✓ 1 x Home Tournament (Chinook Cup) ✓ Provincials (U13+)
 ADDITIONAL TRAINING SUPPORT	—	✓ Strength & Conditioning Program ✓ Periodization & Load Management ✓ Performance tracking
 PLAYER DEVELOPMENT EXPERIENCE	✓ Age-appropriate development focus ✓ Fun, supportive environment	✓ Performance mindset & leadership ✓ Exposure to higher level competition
 OPPORTUNITIES	✓ Build skills ✓ Confidence	✓ Pathway to provincials & beyond ✓ Elevated competition & exposure ✓ College / higher level pathway focus



LFC EVALUATION PROCESS

A THOUGHTFUL. COLLABORATIVE. PLAYER-FOCUSED PROCESS.

Our goal is to place every player in the right environment to develop, be challenged and succeed — while building the strongest teams possible.



IMPORTANT TO KNOW

- ✓ We aim to create as many competitive teams as possible at every age group.
- ✓ The process involves many moving parts including player numbers, coaching availability, facility access and admin coordination.
- ✓ Some age groups may take a little longer due to large numbers and the complexity of the process.



COMMITMENT MATTERS

We ask all families to approach evaluations with the intention of joining LFC if selected. When players choose other options after accepting a roster spot, it can impact teams and the overall process. Thank you for trusting us to help your player grow and succeed.



THIS PROCESS TAKES TIME, CARE AND COLLABORATION FROM MANY PEOPLE.

We appreciate your patience and trust in us as we build the best environment for every LFC player to grow and thrive.

**ONE CLUB.
ONE PATHWAY.**

LFC - PLAYER EXPECTATIONS



LIVE THE STANDARD, REPRESENT THE CLUB, BE YOUR BEST.

As a player of LFC, you are an ambassador of our club. These expectations guide your behaviour, your effort, and your impact every day.

1

COMMITMENT TO EXCELLENCE



Strive for excellence in every aspect of the game, both on and off the field. Set high standards for yourself and always aim to improve.

2

ATTENDANCE & PUNCTUALITY



Maintain consistent attendance at all team activities, including training sessions, matches, and team meetings. Arrive on time and be ready to contribute.

3

PROFESSIONAL CONDUCT



Display exemplary behavior on and off the field, upholding the club's reputation at all times. Respect teammates, coaches, officials and opponents. Play fair.

4

WORK RATE & DEDICATION



Demonstrate a strong work ethic during training sessions and matches. Push yourself to the limit to improve individual and team performance. Show dedication to personal development and continuous improvement.

5

TEAM COLLABORATION



Foster a positive team environment by actively engaging with teammates, coaches, and support staff. Communicate effectively and contribute constructively to team discussions.

6

ADAPTABILITY & VERSATILITY



Be willing to adapt to different playing styles and tactical approaches as directed by the coaching staff. Show versatility in various positions if required contributing to team flexibility.



DEVELOPING GREAT COACHES



The quality of a player's experience is directly linked to the quality of their coach.
At LFC, we invest as much in coach development as we do player development.



QUALIFIED COACHES

Canada Soccer certified coaches across every age group.



COACH DEVELOPMENT PROGRAM

Monthly in-house coach education workshops.



COACH MENTORING

Every coach receives support from the Technical Team throughout the season.



CLUB CURRICULUM

All teams follow a consistent LFC curriculum and playing philosophy.



VIDEO ANALYSIS

Coaches receive game footage and performance feedback to improve their coaching.



SESSION SUPPORT

Training sessions, practices and seasonal plans are provided by the Technical Team.



CONTINUOUS LEARNING

Coaches are encouraged and supported to progress through Canada Soccer licensing.



PROFESSIONAL SUPPORT TEAM

Coaches have access to Technical Staff, administration and Strength & Conditioning support.

LFC – CLUB EXPECTATIONS WHEN TRAVELLING



Every player, coach and manager in LFC and LFC Development is to adhere to the **non-playing 'LFC Expectations'** that allows us to build a culture of respect to ourselves, others and our environment.



WHEN AS A TEAM OR INDIVIDUAL WHEN REPRESENTING LFC:



APPROPRIATE DRESS ONLY

No hats or
non-LFC
clothing.



CLEAN UP AFTER OURSELVES

Keep dressing
rooms & benches
clean and tidy.



GOOD MANNERS AT ALL TIMES

Hold doors
open for
others etc.



APPROPRIATE BEHAVIOUR

In hotels,
soccer facilities,
eateries etc.



RESPECT EVERYONE

All officials,
committee members,
teams, referees &
spectators.



NO PHONES / GAME DEVICES

At meal-times,
in dressing rooms
or pitch-side.
Sit with teammates
to build team
relationships.



BE PROUD REPRESENTATIVES

We should all be
proud to represent
LSA, LFC & the
City of Lethbridge.

LFC - PARENT EXPECTATIONS



Parents will always abide by the **parental code of conduct**.



SIDELINE COACHING OF ANY TYPE IS **ABSOLUTELY PROHIBITED**, INCLUDING:

- Passing instructions to players on the field
- Challenging officials calls
- Acting negatively towards opposition groups
- Bringing noise makers (such as cowbells and air-horns) to any soccer facility



THERE WILL BE A **ZERO-TOLERANCE** POLICY ON:

- Unsavory language such as any racist remarks or homophobia
- Any physical altercations



Anyone in breach of these rules will have their details passed to the disciplinary committee.



We encourage all spectators to relax, find a comfy spot and enjoy the game. **Cheering and applauding good play is encouraged.**

All the coaches, players and managers will perform much better if you do, we promise! 😊



PARENTS TO VOLUNTEER

We ask that all families help out by volunteering at home tournaments, provincials (when hosted at home) or club fundraising events.



TOGETHER, WE CREATE A POSITIVE ENVIRONMENT

By working together and supporting one another, we create the best experience for our players and showcase the true spirit of our club.

WHY FAMILIES CHOOSE LFC



At LFC, we do more than develop soccer players. We inspire confidence, build character, and create opportunities that last a lifetime. Here's why families trust LFC.



QUALIFIED COACHES

All coaches are Canada Soccer licensed and continuously educated to provide the highest quality training and guidance.



CLEAR PLAYER PATHWAY

A structured pathway from grassroots to competitive ensures every player has a plan for growth and success.



INDIVIDUAL DEVELOPMENT

We focus on each player's potential, providing personalized feedback and opportunities to improve.



CHARACTER DEVELOPMENT

We build leaders on and off the field through respect, responsibility, resilience and teamwork.



STRENGTH & CONDITIONING

Age-appropriate S&C programs delivered by The Bridge to help players perform stronger, safer and smarter.



VIDEO ACCESS FOR ALL TEAMS

100% of teams have access to game footage to support learning, reflection and improvement.



UNIVERSITY & COLLEGE PATHWAYS

We support players with exposure, guidance and connections to pursue post-secondary soccer.



COACH EDUCATION

Ongoing education, mentoring and monthly workshops ensure our coaches grow and our players benefit.



ONE CLUB PHILOSOPHY

A united club culture and consistent standards create the best environment for players to thrive.

DEVELOPING PLAYERS. | BUILDING PEOPLE. | CREATING OPPORTUNITIES.



CONTACT US

WE'RE HERE TO HELP

Have a question, need more information or want to get involved?
We're just an email or phone call away!

Our team is committed to providing the best experience
for players and families.



LSA OFFICE

☎ 403-320-5425

✉ admin@lethbridgesoccer.com

Registration, general inquiries,
payments, policies and
program information.



SCHEDULING & FACILITY

✉ admin@lethbridgesoccer.com

Session schedules, facility
bookings and weather
related updates.



SAFE SPORT & CONCERNS

🌐 Submit a report through ALIAS
on the lethbridgesoccer.com
website.

Questions or concerns
regarding player safety,
conduct or wellbeing.



TECHNICAL DIRECTOR

✉ sheap@whitecapsfc.com

Overall program leadership,
player development and
technical oversight.



PLAYER DEVELOPMENT
CENTRED

STAY CONNECTED



WEBSITE

lethbridgesoccer.com



FACEBOOK

Lethbridge Soccer Association



INSTAGRAM

@lethbridgesoccer



TEAMSNAPE

Communication & team updates
through TeamSnap



WE VALUE YOUR FEEDBACK

Your input helps us continue to grow
and improve our programs.

Thank you for being part of our
soccer family!

