Toronto High Park FC
Active Start Program

PROGRAM OVERVIEW

Our Active Start program is designed for our youngest soccer players to develop their physical literacy skills while having fun and learning about the game of soccer! The sessions are facilitated by our coaches who are certified by Ontario Soccer and have a passion for working with young athletes that are being introduced to the sport!

These activities provide your child with more individualized time with the ball and more opportunities to succeed and have fun.

PROGRAM OUTLINE

Age Group	U4 (Co-Ed) U5 (Co-Ed) U6 (Co-Ed)
Style	Activity Based, Small Sided Games
Program Structure	**May to September** **Commitment:** 1x per week **Length of Session:** 45-50 Minutes **Surfaces:** - Grass @ Rennie Park (Swansea Public School) - Grass @ High Park
Eligibility	Open to all interested players.
Uniform	Players provided with program shirts. Cleats or running shoes for grass surfaces
Program Standards	All standards in accordance with Ontario and Canada Soccer guidelines.