

2019 - 2020

**VANCOUVER UNITED FC**  
**PROGRAM TIMELINE**



**VanU First Kicks Programs** **For players age 4 - 9**

U4	U5	U6	U7	U8	U9	U10
<b>2016</b>	<b>2015</b>	<b>2014</b>	<b>2013</b>	<b>2012</b>	<b>2011</b>	<b>2010</b>
<p><b>Grass-roots soccer.</b></p> <p>Led by staff coaches. Focus on physical literacy and fun. <b>Parent participation is mandatory.</b> One day a week (Saturdays) , for three months. Players will receive a jersey!</p> <p>Fall and winter seasons have option for indoor sessions - space is limited.</p>		<p><b>The next step up from U4-U5.</b></p> <p>Sign up for a specific animal-named team of 12 players and have fun! Two sessions per week from September to March. Will include a weekday session and a Saturday morning session. Jersey, shorts and socks are included!</p> <p>Heavily supported by staff coaches, <b>but requires volunteer parent coaches</b> to run the sessions with aid from staff coaches!</p>			<p><b>6 a-side, 18 player independent teams, led by their coaches.</b> September to March season, all with one team. One weekday practice, one game on the weekend. <b>Volunteer parent coaches and managers needed!</b> Will include two jerseys, shorts, and socks! Staff support sessions (VTS) three times per year.</p>	



**VanU Academy** **For players age 8 - 13**

The popular VanU Academy is open to all U9 to U13 players regardless of experience or the level they are playing at. Our Goalkeeper Academy is open to U9 to U14 players. Supplementary skill development program led by staff coaches. Available for U9-U13 players. The best place to improve your technical skills. One session per week. Three different seasons: Fall, Winter, Spring. We offer Academy three times per year with twelve session in the fall and eight in the winter and spring. Space is limited and age groups often fill up.



**VanU Divisional Programs** **For players age 10 - 17**

U11	U12	U13	U14	U15	U16	U17	U18
<b>2009</b>	<b>2008</b>	<b>2007</b>	<b>2006</b>	<b>2005</b>	<b>2004</b>	<b>2003</b>	<b>2002</b>
U11 - U12: 8 a-side games		U13 - U18: 11 a-side games on a Full Field					
<p>Sessions per week and price vary by Division. <b>Season runs from September to March.</b></p> <p><b>Teams play other clubs from across the lower mainland.</b> Can participate in Cup play and other tournaments.</p> <p><b>All U11 - U18 players will participate in Evaluations</b> and tiering which occur every Spring to ensure team parity.</p> <p>Based on skill level, players will be assigned to <b>Div 1, Div 2, or Div 3</b> teams. You must register for Evaluations to be evaluated. Div 3 players do not need evaluations.</p>							<p><b>U18 Graduation</b> Invitation to VanU's Awards Night</p>