

MAC | Calgary



# MAC UNITED SOCCER

**INDOOR 2024/2025  
PROGRAM GUIDE**

*Developing Excellent Players  
and Outstanding People*



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# HOUSE LEAGUE U4-U6

Our House League Program, designed for children aged 4-6, focuses on nurturing the critical motor skills during these early, "skill hungry" years. We aim to develop creative coaches who bring passion and versatility to their teaching methods, ensuring that players are actively engaged and motivated. In this fun and friendly environment, children have the opportunity to learn soccer while playing with friends and connecting with their community.



# GRASSROOTS U7-U9

Mac United, in partnership with CMSA, ensures that players participate in CMSA-regulated games, creating a structured and standardized soccer experience. Our grassroots program is dedicated to providing a positive experience for players, focusing on a developmentally appropriate environment that supports their growth. Matches are regulated by CMSA and are organized in a quadrant-based format, allowing for balanced and fair competition. This approach not only promotes skill development but also encourages enjoyment of the game, fostering a love for soccer in a supportive and engaging setting.





	<b>U7</b>	<b>U8</b>	<b>U9</b>
<b>Season Dates</b>	<b>Nov. 2 – Feb. 22 with restart Jan. 4</b>	<b>Nov. 2 – Feb. 22 with restart Jan. 4</b>	<b>Nov. 2 – Feb. 22 with restart Jan. 4</b>
<b>Matches</b>	Players will play on <b>Saturdays</b> <b>Total: 14 Matches</b> (7 matches before the break & 7 matches after the break)	Players will play on <b>Saturdays</b> <b>Total: 14 Matches</b> (7 matches before the break & 7 matches after the break)	Players will play on <b>Saturdays</b> <b>Total: 14 Matches</b> (7 matches before the break & 7 matches after the break)
<b>Winter break</b>	<b>Dec. 15 - Jan. 3</b>	<b>Dec. 15 - Jan. 3</b>	<b>Dec. 15 - Jan. 3</b>
<b>Post season</b>	<b>Feb 22</b>	<b>Feb 22</b>	<b>Feb 22</b>
<b>Format</b>	3v3 (3 player vs 3 players)	4v4 (4 players vs 4 players)	5v5 (5 players with goal keeper)



# U10-U11 LEAGUE

Mac United, in partnership with CMSA, ensures that all matches are regulated by CMSA, providing a consistent and high-quality soccer experience. The league offers two streams: Developmental and Developmental Plus, catering to various skill levels and ensuring appropriate challenges for all players. This focus on tailored development aims to deliver a top-notch experience for both players and their families, emphasizing quality, engagement, and enjoyment throughout the season

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	U10	U11
<b>Developmental</b>	Season start date: Oct 19-Mar 2 Location: Regional divisions where possible	Season start date: Oct 19-Mar 2 Location: Regional divisions where possible
<b>Developmental plus</b>	Season start date: Oct 19-Mar 9 Players can play city-wide	Season start date: Oct 19-Mar 9 Players can play city-wide
<b>Winter break</b>	Dec. 23 - Jan. 3	Dec. 23 - Jan. 3
<b>Post season wrap-up</b>	Developmental: Mar 1/2 Developmental plus: Mar 8/9	Developmental: Mar 1/2 Developmental plus: Mar 8/9
<b>Format</b>	7v7 (7 players vs 7 players including the goal keeper)	7v7 (7 players vs 7 players including the goal keeper)



# U12-U13 LEAGUE

Mac United, in partnership with CMSA, supports the CMSA's advocacy for equitable playing time for all players, regardless of their tier. When tiering players, a balance of skill level and commitment is carefully considered to ensure fairness. CMSA recommends the following considerations to place players and families in the most suitable program, aiming to match their developmental needs and aspirations with the appropriate level of competition and support.





	U12	U13
<b>Tier 1 &amp; 2 Regular Season</b>	<b>Oct. 15 – Mar. 9</b> May play any day of the week	<b>Oct. 15 – Mar. 9</b> May play any day of the week
<b>Tier 3, 4, &amp; 5 Regular Season</b>	<b>Oct 19-Mar 9</b>	<b>Oct. 15 – Mar. 9</b>
<b>Winter break</b>	<b>Dec. 23 - Jan. 3</b>	<b>Dec. 23 - Jan. 3</b>
<b>Post season wrap-up</b>	Tier 1/2: March 8/9 Tier 3 - 5: March 1/2	Challenge Cup (Final 4) ASA Provincials
<b>Format</b>	7v7 (7 players vs 7 players including the goal keeper)	7v7 (7 players vs 7 players including the goal keeper)



# U14-U19 LEAGUE

Mac United, in partnership with CMSA, supports the CMSA's advocacy for equitable playing time for all players, regardless of their tier. When tiering players, a balance of skill level and commitment is carefully considered to ensure fairness. CMSA recommends the following considerations to place players and families in the most suitable program, aiming to match their developmental needs and aspirations with the appropriate level of competition and support.





	<b>U14-U19</b>
<b>Tiers</b>	Tiers 1-5
<b>Regular Season</b>	<b>Season start date: Oct 15-Mar 9</b> Players can play any day of the week
<b>Winter break</b>	<b>Dec. 23 - Jan. 3</b>
<b>Post season wrap-up</b>	Challenge Cup or Challenge Cup Provincials
<b>Format</b>	7v7 (7 players vs 7 players including the goal keeper)



