Player and Parent Information Guide

U4 to Senior

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1. INTRODUCTION

Soccer Pointe-Claire (SPC) is a Provincial-licensed soccer club. The club has approximately 2,400 members in addition to technical staff, referees, and administrative staff. The SPC mission and vision are designed towards the promotion and development of soccer within the club through category-specific development programs which foster development, competitive spirit through participation and enjoyment of the game.

1.1 Mission

To promote soccer in our community and develop our members to their highest potential.

1.2 Vision

SPC is committed to providing quality soccer to all players, coaches, and referees to consistently excel at all levels.

1.3 Values

- **Accessibility**: Providing opportunities to our community with year-round programs with a policy of inclusion and fairness.
- **Development**: Creating pathways to educate players, coaches and referees to help them develop their capabilities to reach their full potential.
- **Sportsmanship**: Fostering a respectful environment while promoting positive behavior and encouraging graciousness in victory or defeat.
- **Love of the Game**: Encouraging the enjoyment of soccer at all age levels.

2. DEVELOPMENT PHILOSOPHY

2.1 Player Development Structure and Objectives

All players enter the soccer development pathway at the category corresponding to their age level. The programs are designed and executed by trained coaches, educators, and junior educators to *promote and nurture individual* players and coaching development.

Each player is taught and coached soccer essentials and, if applicable, advanced skills. Through this process the technical staff will evaluate and adjust the program to cater to individual needs. Examples of specific skill areas include fitness, agility, technical skills (ball handling), and Tactical awareness “soccer sense.”

SPC recognizes that all players have unique abilities, and their development will determine their future playing caliber. The development program’s objective is *not designed to specifically develop excellence,* but rather to promote and encourage individual soccer skills through coaching, training, and enjoyment of playing the game.

2.2 Parent expectations – How to support your child through the development programs

- Primarily, parents should appreciate that not all players will develop at the same pace nor are they all expected to reach elite-level. The most impactful contribution a parent can provide is to support their child at every development stage.
- While players may start in the same age category, it is unlikely that all players are starting with the same ability, nor will all their journeys be the same. There are several factors that contribute to a player's development, and each player will have their unique journey. Each player will start at their own starting point and then progress. Development is not evaluated in relation to other players, but rather how each player is developing along their own pathway. *Do not compare your child's journey with other children*.
- Throughout their child's development journey, parents are requested to encourage their child and support the coaches and educators' efforts to ensure their child receives the maximum benefits from the coaching and training provided by the club.

3. BREAKDOWN BY PROGRAM

3.1 Micro (U4- U8): Active Start

The goal of Micro is to introduce all players to soccer, encourage them, and ensure that they enjoy the game while developing their skills. The love of the game starts here!

This stage introduces players, to ball and motor skills which are the essential basics. At this age category, the skills developed are:

- technical (i.e. ball skills)
- physical (i.e. coordination)
- emotional-social (i.e. the value of the "team" and a sense of belonging)

Program schedule/timeline:

- The program runs from the end of May to the end of August (11 weeks), with two sessions per week.

Training format:

- Each session is 50 minutes in duration and starts with some skill development followed by small game formats to reinforce the player development.
- During the session, a specific skill and key Law of the Game (LOTG) are emphasised.

Parent involvement:

- For U4, on-field parent volunteers are mandatory (1 parent/player).
- For U5-U6, parent volunteer coaches are required (minimum 1 parent/team).
- For U7-U8, parent volunteer coaches are needed.
- Organization of transportation to practices.
- SPC will request feedback through an end of season survey.

SPC expectations:

- Players must wear their club provided uniform to all sessions.
- Players must wear soccer cleats and shin guards.

3.2 Pre-CDC (U7-U8): Fundamentals

The program designed for this category is for children who want to build on their skills and proceed to the next level in their soccer development.

This category is structured to be the introduction to the CDC program.

Program schedule/timeline:

- The program runs from the end of April to mid-September (20 weeks) with two sessions per week.

Training format and friendly game participation:

- Each age category and gender is divided into one to four groups, based on the number of players registered.
- Each session is 50 minutes in duration and starts with some skill development followed by small game formats to reinforce the player development.
- During the session, a particular physical skill, ball skill and small-sided games will be taught and managed. LOTG basics will be incorporated within the small-sided games. The important aspect of emotional-social development encompasses all sessions through team concepts and development of a sense of belonging to the team.
- In addition to the training sessions, there is a potential to play friendly matches based on other clubs' availabilities. Players will be provided information on these friendlies throughout the summer as the games are scheduled.
- All players will benefit from equal playing time over the summer, but depending on the number of registrations, not all players will be invited to each game.

Parent involvement:

- Parent volunteer coaches are always welcome and encouraged.
- Organization of transportation to practices and friendlies.
- SPC will request feedback through an end of season survey.

SPC expectations:

- Players must wear their club provided uniform to all sessions.
- Players must wear soccer cleats and shin guards.
- As this is the pre-cursor to the CDC program, attendance to all practices is expected, however when a practice must be missed, we expect the player's attendance to be updated.
- Players are expected to arrive at the field 10 minutes prior to the start of practices.
- Parents are expected to keep their child's availability up to date in the team management App (i.e. Spond or other).

3.3 CDC (U9-U12): Learning to Train

The SPC CDC program is based on the CSA Long Term Player Development Plan. There are no tryouts for this program.

The club objective is to meet the needs of all players through their individual journey and to learn to play soccer while ensuring that they enjoy the game throughout the process.

The CDC program is structured to maximize the use of sessions to develop players by working on different elements of their game.

Program Schedule/Timeline:

- The program runs from the end of April to mid-September (20 weeks) with two sessions per week for U9-10 and three sessions per week for U11-12.

Muté player limitations (i.e. out of club players)

- Three (3) muté players are permitted per year of birth for each gender, certain LSL exceptions can also be applied at this age.
- Players are considered muté for 2 years. Refer to the player movement regulations on the SPC website for additional details: *https://soccerpointeclaire.com/player-movement/* .
- SPC will not exceed or override the player movement restrictions.

Training format and league participation:

- Each age category and gender is divided into one to four groups, based on the number of players registered.
- Once a week teams will play against other clubs, usually within the West-Island. The league schedule is managed by ARS Lac St-Louis (aka The Region).
    - U9-U10 play 7 aside
    - U11-U12 play 9 aside
- All players will benefit from equal playing time.
- Although initially placed into a given group, the players development is constantly being evaluated. There are 4 scheduled evaluations during the season. After each evaluation, groups are re-assigned but there is no guarantee that a player will be moved to a different group.
    - The formal evaluation criteria are as follows:
        - ✓ Technical
        - ✓ Sportsmanship/mental
        - ✓ Discipline/focus
        - ✓ Teamwork/tactical
- The formal feedback (i.e. report) concerning players' development is prepared by the Technical Team twice during the season.

Parent involvement:

- Parent volunteer educators and managers are required.
- Organization of transportation to practices, games and tournaments (car, bike, walk, etc.).
- Often groups will define a budget to cover team expenses (tournament, parties, etc.). Parents must approve (by majority) the budget, and all contribute equally.
- SPC will request feedback through an end of season survey.

SPC expectations:

- Players must purchase their own club designated uniform, with the jersey number assigned to them by the Club.
- Players must wear their SPC uniform to all games.
- Players must wear their SPC training jersey to all practices.
- SPC track pants, track jackets and hoodies are available for purchase and can be worn at games and practices as well.
- Players must wear soccer cleats and shin guards.
- As this is the pre-cursor to the Youth Competitive program, attendance to all practices is expected, however when a practice must be missed, we expect the player's attendance to be updated.
- Players are expected to arrive at the field 10 minutes prior to the start of practices and 20-30 minutes prior to the start of games, or earlier if requested by the coach.
- Parents are expected to keep their child's availability up to date in the team management App (i.e. Spond or other) and communicate any last-minute changes to game availability to the coach or manager.

3.4 Youth Competitive (U13-U18): Team Competition

U13 marks the end of the CDC development program and the start of a team-based program. Tryouts are required, and players are selected and rostered onto specific teams which train and play together as a team. The concept of promotion and relegation between leagues is now introduced. The various calibers offered at SPC are as follows:

- **LDP:** U14 to U17 teams playing in a Provincial league.
- **LDIR 1:** U13 teams playing in an Inter-Regional league who will be progressing to LDP in U14
- **LDIR (or LDIR 2 in U13):** U13 to U18 teams playing in an Inter-Regional league.
- **LDR**: U13 to U18 teams playing in a regional league.

3.4.1 U13 - LDIR1, LDIR2, LDR

Program Schedule/Timeline:

- The summer program runs from mid-April to the end of October.
- The winter program runs from November to April.

Muté player limitations (i.e. out of club players)

- LDIR: Two (2) muté players are permitted per year of birth for each gender, no exceptions.
- LDR: The number of muté players is unlimited but muté players cannot be called up to play on any LDIR/LDP team for any age group.
- Players are considered muté for 2 years. Refer to the player movement regulations on the SPC website for additional details: *https://soccerpointeclaire.com/player-movement/* .
- SPC will not exceed or override the player movement restrictions.

Team selection process

- Evaluation schedules are posted on the SPC website.
- Considerations:
  - LDIR1:
    - ✓ Requires a high level of commitment from players and parents. There are three practices and one match per week.
    - ✓ 16-20 players rostered to the team.
    - ✓ SPC is permitted to enter these teams but if we do not have the commitment or player quality needed to participate at this level, we will not enter a team.
  - LDIR2:
    - ✓ Requires a significant level of commitment from players and parents. There are 2 practices and one match per week.
    - ✓ 16-20 players rostered to the team.
  - LDR:
    - ✓ There are 2 practices and one match per week.
    - ✓ 16-20 players rostered to the team.
- Decision process for Team Selection
  - The Technical staff designs all session themes.
  - The Technical staff and coaches evaluate all the players at the tryouts.
  - Players' skills and aptitudes are assessed.
  - Players are notified of their selection status via an e-mail from the team.
  - Players that could not attend the tryouts should contact our Technical Director (technicaldirector@soccerpointeclaire.com).

Training format and league participation:

- Each training session will focus on:
  - Introduction to tactics
  - Individual player development
  - LOTG understanding
- On average once a week, teams will play against other clubs. The league schedules are managed by ARS Lac St-Louis (aka The Region).
  - All matches are 11 aside
- For U13, the minimum playing time is one-third per game. This playing time is only guaranteed for players that are engaged and have demonstrated regular attendance and full participation.

Parent involvement:

- Parent volunteer assistant coaches and managers are required.
- Organization of transportation to practices, games and tournaments (car, bike, walk, etc.).
- Teams will define a budget to cover expenses (tournaments, parties, etc.). Parents must approve (by majority) the budget, and all contribute equally.
- SPC will request feedback through an end of season survey.

SPC expectations:

- Players must purchase their own club designated uniform, with the jersey number assigned to them by their coach.
- Players must wear their SPC uniform to all games.
- Players must wear their SPC training jersey to all practices.
- SPC track pants, track jackets and hoodies are available for purchase and can be worn at games and practices as well. SPC track suit and player bag are mandatory for LDR1 players.
- Attendance to all practices is expected, however when a practice must be missed, we expect the player's attendance to be updated.
- Arrival time to games and practices is set by each team's coaching staff and must be respected.
- Parents or players are expected to keep the player's availability up to date in the team management App (i.e. Spond or other) and communicate any last-minute changes to the coach or manager.

3.4.2 U14 - LDP, LDIR, LDR

Program Schedule/Timeline:

- LDP:
  - The summer program runs from January to the end of October.
  - The winter program runs from November to December.
- LDIR/LDR:
  - The summer program runs from mid-April to the end of October.
  - The winter program runs from November to April.

Muté player limitations (i.e. out of club players)

- LDIR and LDP: Three (3) muté players are permitted per year of birth for each gender, no exceptions.
- LDR: The number of muté players is unlimited but muté players cannot be called up to play on any LDIR/LDP team for any age group.
- Players are considered muté for 2 years. Refer to the player movement regulations on the SPC website for additional details: *https://soccerpointeclaire.com/player-movement/* .
- SPC will not exceed or override the player movement restrictions.

Team selection process

- Evaluation schedules are posted on the SPC website.
- Considerations:
  - LDP:
    - ✓ Requires a high level of commitment from players and parents. There are three practices and one match per week.
    - ✓ 16-20 players rostered to the team.
    - ✓ SPC is permitted to enter these teams but if we do not have the commitment or player quality needed to participate at this level, we will not enter a team.
  - LDIR:
    - ✓ Requires a significant level of commitment from players and parents. There are 2 practices and one match per week.
    - ✓ 16-20 players rostered to the team.
  - LDR:
    - ✓ There are 2 practices and one match per week.
    - ✓ 16-20 players rostered to the team.
- Decision process for Team Selection
  - The Technical staff designs all session themes.
  - The Technical staff and coaches evaluate all the players at the tryouts.
  - Players' skills and aptitudes are assessed.
  - Players are notified of their selection status via an e-mail from the team.
  - Players that could not attend the tryouts should contact our Technical Director (technicaldirector@soccerpointeclaire.com).

Training format and league participation:

- The LDIR and LDR league schedules are managed by ARS Lac St-Louis (aka The Region).
- The LDP league schedules are managed by Soccer Québec.
  - The LDP league in U14 has four divisions: three Provincial divisions (LDP) and one National division (PLSJQ).
- The U14 LDP/PLSJQ categories are the starting point for teams to play within a promotion-relegation framework.
  - Promotion/Relegation structure highlights:
    - ✓ The first-place team of each of the three LDP divisions will automatically play U15 PLSJQ.
    - ✓ The bottom three teams of the PLSJQ division match-up against the 2nd place teams from the LDP divisions for a "match de barrage".
    - ✓ The winning teams advance to U15 PLSJQ. The losing teams will play U15 LDP.
    - ✓ The bottom LDP teams may be relegated to LDIR.
  - Refer to Soccer Quebec documentation for more details on promotion and relegation. In case of discrepancies, Soccer Quebec documentation supersedes any information provided here.
- For U14, the minimum playing time is one-third game time over the entire season. This playing time is only guaranteed for players that are engaged and have demonstrated regular attendance and full practice participation.

Parent involvement:

- Parent volunteer assistant coaches and managers are required.
- Organization of transportation to practices, games and tournaments (car, bike, walk, etc.).
- Teams will define a budget to cover expenses (tournaments, parties, etc.). Parents must approve (by majority) the budget, and all contribute equally.
- SPC will request feedback through an end of season survey.

SPC expectations:

- Players must purchase their own club designated uniform, with the jersey number assigned to them by their coach.
- Players must wear their SPC uniform to all games.
- Players must wear their SPC training jersey to all practices.
- SPC track pants, track jackets and hoodies are available for purchase and can be worn at games and practices as well. SPC track suit and player bag are mandatory for LDP players.
- Attendance to all practices is expected, however when a practice must be missed, we expect the player's attendance to be updated.
- Arrival time to games and practices is set by each team's coaching staff and must be respected.
- Parents or players are expected to keep the player's availability up to date in the team management App (i.e. Spond or other) and communicate any last-minute changes to the coach or manager.

3.4.3 U15 to U18 - LDP, LDIR, LDR: Training to train

Program Schedule/Timeline:

- LDP:
  - The summer program runs from January to the end of October.
  - The winter program runs from November to December.
- LDIR/LDR:
  - The summer program runs from mid-April to the end of October.
  - The winter program runs from November to April.

Muté player limitations (i.e. out of club players)

- LDIR and LDP: Six (6) muté players are permitted per year of birth for each gender, no exceptions.
- LDR: The number of muté players is unlimited but muté players cannot be called up to play on any LDIR/LDP team for any age group.
- Players are considered muté for 2 years. Refer to the player movement regulations on the SPC website for additional details: *https://soccerpointeclaire.com/player-movement/* .
- SPC will not exceed or override the player movement restrictions.

Team selection process

- Tryout schedules are posted on the SPC website.
- Considerations:
  - LDP:
    - ✓ Requires a high level of commitment from players and parents. There are three practices and one match per week.
    - ✓ 16-20 players rostered to the team.
    - ✓ SPC is permitted to enter these teams but if we do not have the commitment or player quality needed to participate at this level, we will not enter a team.
  - LDIR:
    - ✓ Requires a significant level of commitment from players and parents. There are 2 practices and one match per week.
    - ✓ 16-20 players rostered to the team.
  - LDR:
    - ✓ There are 2 practices and one match per week.
    - ✓ 16-20 players rostered to the team.
- Decision process for Team Selection
  - The Technical staff designs all session themes.
  - The Technical staff and coaches evaluate all the players at the tryouts.
  - Players' skills and aptitudes are assessed.
  - Players are notified of their selection status via an e-mail from the team.
  - Players that could not attend the tryouts should contact our Technical Director (technicaldirector@soccerpointeclaire.com).

Training format and league participation:

- The LDIR and LDR league schedules are managed by ARS Lac St-Louis (aka The Region).
- The LDP league schedules are managed by Soccer Québec.
- The U15-U17 LDP teams play within a promotion-relegation framework.
  - Promotion/Relegation structure highlights:
    - ✓ The top teams in LDP can qualify for a "match de barrage" to be promoted to PLSJQ. The number of LDP Teams that can qualify for a "match de barrage" varies by age level.
    - ✓ The winning teams advance to or stay in PLSJQ. The losing teams are relegated to or stay in LDP.
    - ✓ Bottom U15 LDP teams may be relegated to LDIR.
  - Refer to Soccer Quebec documentation for more details on promotion and relegation. In case of discrepancies, Soccer Quebec documentation supersedes any information provided here.
- For U15 and older, there is no minimum guaranteed playing time. Player engagement, needs of the team and coaching strategic decisions are factors which can affect individual playing time.

Parent involvement:

- Parent volunteer assistant coaches and managers are required.
- Organization of transportation to practices, games and tournaments (car, bike, walk).

- Teams will define a budget to cover expenses (tournament, parties, etc.). Parents must approve (by majority) the budget, and all contribute equally.
- SPC will request feedback through an end of season survey.

SPC expectations:

- Players must purchase their own club designated uniform, with the jersey number assigned to them by their coach.
- Players must wear their SPC uniform to all games.
- Players must wear their SPC training jersey to all practices.
- SPC track pants, track jackets and hoodies are available for purchase and can be worn at games and practices as well. SPC track suit and player bag are mandatory for LDP players.
- Attendance to all practices is expected, however when a practice must be missed, we expect the player's attendance to be updated.
- Arrival time to games and practices is set by each team's coaching staff and must be respected.
- Parents or players are expected to keep the player's availability up to date in the team management App (i.e. Spond or other) and communicate any last-minute changes to the coach or manager.

3.5 Youth Recreational (U9-U18): Soccer for Life!

Our objective within this category is to meet the needs of all players and to ensure that all players enjoy the game while developing their skills at their own pace within the spirit of team camaraderie. There are no tryouts for Youth Recreational.

The "Soccer for Life" stage for these players promotes fun and team spirit. The skills to be developed are mainly technical (technique with and without the ball) and physical (coordination), as well as the emotional-social aspect (development of a sense of belonging) within team constructs. As the player graduates to higher age categories, refinement of technical skills and enhancement of tactical awareness are introduced along with more advanced game strategies. There is a greater emphasis on physical preparation, discipline, and performance in game situations. The goal is to help develop physical competencies, technical skills, and the decision-making process all while allowing the children to learn to play in a team setting and have fun.

Each category combines two age groups: U9/U10, U11/U12, U13/U14, U15/U16, U17/U18.

3.5.1 U9 to U12 - Local

Program Schedule/Timeline:

- The program runs from mid-May to the end of August (13 weeks).
- There are two sessions per week, one practice and one game.

Muté player limitations (i.e. out of club players)

- The number of muté players is unlimited but muté players cannot be called up to play on any LDIR/LDP team for any age group.

- Players are considered muté for 2 years. Refer to the player movement regulations on the SPC website for additional details: *https://soccerpointeclaire.com/player-movement/* .
- SPC will not exceed or override the player movement restrictions.

Training format and league participation:

- The practices for each category happen concurrently and are planned by the Youth Recreational Technical Coordinator.
  - Coaches receive the practice plan before each practice and manage the practices as per the plan.
  - The Technical Coordinator is present at all practices to help the coaches and make sure all teams do the same drills and exercises.
  - The objective is that all players learn the same skills and have the same opportunity for progression.
- The number of teams created in each category is dependant on the number of registrations.
  - Evaluation sessions (not tryouts) are held at the end of April so that every effort can be made to balance the SPC teams within the same category.
- U10 and U12 Local schedules are either managed by SPC, if we have enough teams to run our own league, else our teams are entered into a league made up of other nearby clubs, such as Dorval, Dollard, and Pierrefonds, and the league is then managed by one of the participating Clubs.
- All players, regardless of their caliber, have equal playing time per game. However, players who do not regularly attend practice and who do not arrive on time to practices and games may get less playing time than other players. Even though this is a recreational league, for the benefit of all the players on the team, we still encourage player engagement and full participation.

Parent involvement:

- Parent volunteer coaches and managers are required.
- Organization of transportation to practices and games (car, bike, walk, etc).
- SPC will request feedback through an end of season survey.

SPC expectations:

- Players must purchase their own club designated uniform, with the jersey number assigned to them by the club.
- Players must wear their SPC uniform to all games.
- SPC training shirts, track pants, track jackets and hoodies are available for purchase and can be worn at games and practices as well.
- Players are expected to attend practice, however when a practice must be missed, we expect the player's attendance to be updated in the team management App, if one is being used, else to communicate with the coach or manager.
- Players are expected to arrive at the field 10 minutes prior to the start of practices and 20-30 minutes prior to the start of games, or earlier if requested by the coach.

- Parents or players are expected to keep the player's availability up to date in the team management App (i.e. Spond or other), if used by the team, and communicate any last-minute changes with the coach or manager.

3.5.2 U13 to U18 – Local

Program Schedule/Timeline:

- The program runs from mid-May to the end of August, sometimes early September.
- There are two sessions per week, one practice and one game.

Muté player limitations (i.e. out of club players)

- The number of muté players is unlimited but muté players cannot be called up to play on any LDIR/LDP team for any age group.
- Players are considered muté for 2 years. Refer to the player movement regulations on the SPC website for additional details: *https://soccerpointeclaire.com/player-movement/* .
- SPC will not exceed or override the player movement restrictions.

Training format and league participation:

- The practices for each team are led by the team's coaching staff.
- The number of teams created in each category is dependant on the number of registrations.
  - Evaluation sessions (not tryouts) are held at the end of April so that every effort can be made to balance the SPC teams within the same category.
- Local schedules are managed by ARS Lac St-Louis (aka The Region).
- All players, regardless of their caliber, have equal playing time per game. However, players who do not regularly attend practice and who do not arrive on time to practices and games may get less playing time than other players. Even though this is a recreational league, for the benefit of all the players on the team, we still encourage player engagement and full participation.

Parent involvement:

- Parent volunteer coaches and managers are required.
- Organization of transportation to practices and games (car, bike, walk, etc).
- SPC will request feedback through an end of season survey.

SPC expectations:

- Players must purchase their own club designated uniform, with the jersey number assigned to them by the club.
- Players must wear their SPC uniform to all games.
- SPC training shirts, track pants, track jackets and hoodies are available for purchase and can be worn at games and practices as well.
- Players are expected to attend practice, however when a practice must be missed, we expect the player's attendance to be updated in the team management App, if one is being used, else to communicate with the coach or manager.

- Players are expected to arrive at the field 10 minutes prior to the start of practices and 20-30 minutes prior to the start of games, or earlier if requested by the coach.
- Parents or players are expected to keep the player's availability up to date in the team management App (i.e. Spond or other), if used by the team, and communicate any last-minute changes with the coach or manager.

3.6 Senior (19+)

The Senior category is comprised of teams of many different calibers playing in various leagues:

- LS PRO League 3
- U21 LDIR
- D1 (LDIR)
- D2 to D5 (LDR)
- D6 to D7 (Local)

Senior Teams have their own goals and identities. The Senior soccer program is designed to provide open communications between players and coaches to encourage players in Senior soccer to stay active and continue to pursue SPC's "Soccer for life" philosophy.

Team formation:

- Teams that are graduating from U18 Youth Competitive or U18 Youth Recreational can move up together as a team to compete in the appropriate Senior Division, which is determined by the Senior Category Coordinator, or depending on the number of returning players, players may register individually.
    - Individual players may be offered try-outs for existing LDIR or LDR Senior teams.
    - Individual players may be offered a place on existing Local Senior teams, depending on their current roster sizes, and spaces available.
- L3 and U21 LDIR teams are formed following official Club organized tryouts.
- D1 to D7 Senior teams are autonomous in selecting their own players.
- D6 and D7 teams may be obligated to take players assigned by the Club if they do not meet the minimum roster size.
- The U21 LDIR team will also act as the official reserve team for the SPC L3 team.

Training format and league participation:

- Some Senior teams have practices and other do not, teams are independent and each make their own decisions concerning training.
- The U21 LDIR and D1 to D6 league schedules are managed by ARS Lac St-Louis (aka The Region).
- The L3 league schedule is managed by Soccer Québec.
    - L3 is divided into four regional divisions.
    - L3 play within a promotion-relegation framework.
        - The top teams from each division enter playoffs, with the two finalists earning promotion to L2.

- The bottom teams from each division are relegated out of the LS PRO league and must reapply to gain entry.

Muté player limitations (i.e. out of club players)

- The muté rules no longer apply in Senior.

SPC expectations:

- Players must purchase their own club designated uniform, with the jersey number assigned to them by their coach.
- Players must wear their SPC uniform to all games.
- SPC training shirts, track pants, track jackets and hoodies are available for purchase and can be worn at games and practices as well. SPC track suit and player bag are mandatory for L3 players.
- All other expectations are team dependant and are set by the coach.

4. APPENDIX 1 – LIST OF ACRONYMS AND ABBREVIATIONS

1. CSA – Canada Soccer Association
2. SQ - Soccer Quebec
3. ARS LSL – Lac St-Louis
4. SPC – Soccer Pointe-Claire
5. LDP – Ligue de développement provincial
6. LDIR – Ligue de développement interrégional
7. LDR – Ligue de développement Régional
8. CDC – Centre de développement du Club
9. LOTG – Laws of the Game