



# HIGH PERFORMANCE

## U13, U15, U17

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YK Galaxy Soccer Academy



## **VISION:**

Empowering young athletes to become champions on and off the field, fostering a lifelong love for soccer and a commitment to excellence.

## **MISSION:**

Our mission is to provide a nurturing environment where youth can develop their soccer skills, character, and teamwork abilities. Through expert coaching and a supportive community, we aim to cultivate a passion for the sport while instilling values of discipline, respect, and resilience.

## **VALUES:**

- 1. Excellence:** We strive for excellence in all aspects of the game, encouraging our players to continuously improve and reach their highest potential.
- 2. Teamwork:** We believe in the power of collaboration and unity, fostering a culture where every player is valued and supported as an integral part of the team.
- 3. Integrity:** We uphold the highest standards of honesty, fairness, and sportsmanship, both on and off the field.
- 4. Respect:** We respect ourselves, our teammates, our opponents, our coaches, and the game itself, embracing diversity and treating others with dignity and kindness.
- 5. Passion:** We are fueled by a genuine love for soccer, inspiring enthusiasm, dedication, and a relentless pursuit of success.
- 6. Development:** We are committed to the holistic development of our players, focusing not only on their athletic abilities but also on their character, leadership skills, and academic achievements.
- 7. Community:** We believe in the power of soccer to bring people together, building strong bonds within our club and reaching out to make a positive impact in our local community.
- 8. Fun:** We believe that soccer should be enjoyed, creating a fun and supportive environment where players can express themselves, make lifelong memories, and forge lasting friendships.



## OBJECTIVE

To foster holistic development among young athletes by providing comprehensive soccer training programs that emphasize skill enhancement, tactical understanding, physical fitness, and character building, ultimately empowering players to reach their full potential both on and off the field.

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# COACHING



- Coaching sessions and games are conducted by coaches holding either a Canada Soccer Association National B License (internationally equivalent) or a National Youth License.
  - Ongoing encouragement is provided for coaches to engage in further training to improve their coaching and leadership abilities.
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# U13 HP-Team



## Training:

- Frequency: Once a week
  - Days: TBD
  - Time: TBD
  - Location: Yellowknife, NT

## Season:

- Length:
  - Outdoor: April to June
  - Indoor: September to March

## Attire:

- Training: HP Training tee, Black Shorts & Socks
- Tracksuit & Backpack: Mandatory for all HP- Team

## Payment Options:

- Full Payment: \$650.00
- Partial Payment: \$150.00 non refundable deposit plus two payments of \$250.00



# U15 HP-Team



## Training:

- Frequency: Once a week
  - Days: TBD
  - Time: TBD
  - Location: Yellowknife, NT

## Season:

- Length:
  - Outdoor: April to June & August Camp
  - Indoor: September to March

## Attire:

- Training: HP Training tee, Black Shorts & Socks
- Tracksuit & Backpack: Mandatory for all HP- Team

## Payment Options:

- Full Payment: \$650.00
- Partial Payment: \$150.00 non refundable deposit plus two payments of \$250.00



## Toyota National Championships:

- Full Payment: \$2500.00 (flights & Accommodation)
- Partial Payment: \$1000.00 (non refundable after team is registered)
  - three payments of \$500.00

**\*\* The entire payment must be settled one month prior to the travel date \*\***

# U17 HP-Team



## Training:

- Frequency: Once a week
  - Days: TBD
  - Time: TBD
  - Location: Yellowknife, NT

## Season:

- Length:
  - Outdoor: April to June & August Camp
  - Indoor: September to March

## Attire:

- Training: HP Training tee, Black Shorts & Socks
- Tracksuit & Backpack: Mandatory for all HP- Team

## Payment Options:

- Full Payment: \$650.00
- Partial Payment: \$150.00 non refundable deposit plus two payments of \$250.00



## Toyota National Championships:

- Full Payment: \$2500.00 (flights & Accommodation)
- Partial Payment: \$1000.00 (non refundable after team is registered)
  - three payments of \$500.00

**\*\* The entire payment must be settled one month prior to the travel date \*\***

# OUT OF TOWN TOURNAMENTS



## U13 - HP Team

Each player is required to travel out of town on two occasions every year as part of their required commitments.

1. Caledonia Cup - Edmonton
2. EWZSA - Spring Challenge, Edmonton



## U15 & U17- HP Team

As we prepare for the Toyota National Championships, it's crucial that all players attend both out-of-town tournaments. These events will not only sharpen our skills but also strengthen team unity.

1. EWZSA - Spring Challenge, Edmonton
2. TBD (August) - Summer Camp
3. \*\* Toyota National Championships \*\*







# Balancing Excellence: Education and Athletics at YK Galaxy Soccer Academy



At YK Galaxy Soccer Academy High Performance team, we emphasize the importance of education alongside athletic success. During out-of-town tournaments, we prioritize time for our athletes to focus on their homework and studies between games and team activities. This balanced approach ensures they thrive both on the field and in their academic pursuits.

Together, we strive for excellence in every aspect of their journey with us — on the field, in their studies, and beyond.

This is the YK Galaxy way.





# STRENGTH & CONDITIONING PLAN



Fitness tests play a vital role for the YK Galaxy Soccer Academy's high-performance team by:

1. Providing objective performance evaluation.
2. Establishing baseline fitness levels for customized training.
3. Identifying and addressing potential injury risks.
4. Promoting team unity and accountability.
5. Guiding strategic decisions in matches.
6. Supporting long-term player development and well-being.

These tests ensure players are at their peak physically, enhancing overall team performance and sustainability.

- Fitness sessions are held once a month from September to February for the indoor season.
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# FINANCIAL SUPPORT

Financial support is available to help reduce registration fees for the HP program.

Reach out to for assistance.



## JUMPSTART - [Apply here](#)

- Supports children who need financial assistance with sport registration fees. Applications are accepted throughout the year and grants are administered to sport clubs, at up to \$300 per kid/year

## KIDSPORT - [Learn more here](#)

- Supports children who need financial assistance with sport registration fees Applications are accepted throughout the year and grants are administered to sport clubs, at up to \$350 per kid/year.

## SPORTSNORTH - [Learn more here](#)

- The High Performance Athlete Grant Program provides funding for high performance athletes from the Northwest Territories to assist with the costs associated with training and competing in their chosen sport. The funding level for each recipient is based on athletic achievement and recognition at the national or international level. The Sport North Federation and MACA jointly approve all recipients.