

MAY 6

COMMUNITY SOCCER DAY ON THE TURF

Come kick it with **UR Cougs!**

Players and coaches of **UR Cougar Women's** soccer team are excited to offer an enjoyable one day event for Regina community players and coaches!

Players-join us on the pitch to sharpen up your skills for your soccer season! You will have loads of fun learning cool moves to beat an opponent and showing your skills in small sided games.

Community Coaches- **UR Cougar** coaching staff look forward to providing you with helpful tips and age appropriate, skills based warm-ups to make your coaching experience rewarding and enjoyable.



Join **UR Cougs** on the
U of R Turf Field.
Parking in LOT 7

Ages 5-16 years

**Active, age
appropriate skills &
game development.**

Player Sessions

U6 & U8 - 9:30-10:45
U10 - 11:15-12:45
U12 - 13:15-14:45
U14 & U16 -15:15-16:45

Coach Sessions

U4, U6 & U8 - 9:20-10:30
U10 - 11:00-12:20
U12 - 13:00-14:20
U14 & U16 -15:00-16:20

ONLINE REGISTRATION Players

U6 & U8 – click [HERE](#)
U10 – click [HERE](#)
U12 – click [HERE](#)
U14 & U16 –click [HERE](#)

Coaches – click [HERE](#)

PHONE: 306-585-4371

IN PERSON:

Rec Athletic Services (RAS)
Office, CKHS Bldg., Mon. to
Fri., 8:00 am-4:00 pm

MORE INFO?

Email Coach Maltman:
Robert.maltman@uregina.ca