



INDOOR TERM 1 • NOVEMBER TO JANUARY

Small Group Training Info Package

Two of every three sessions are game realistic, so your player can use what they learn in a game. Eight players to a group.

THE ESSENTIALS

Program: Small Group Training, Indoor Term 1

Who it is for: Born 2010 to 2018

Season starts: the week of November 8, 2026

Term 1 runs to: January 31, 2027

Term 2: February to April

Group size: 8 players

Rate: \$39.99 a session, charged after they train

WHICH GROUP IS MY PLAYER IN?

Born 2016 to 2018 · Foundation

Born 2013 to 2015 · Development

Born 2010 to 2012 · Elite

YOUR SESSIONS

Each family receives their own session schedule. If you need any help with yours, contact our scheduling team at **scheduling@1upsoccer.com**.

Most groups start the week of **November 8** and run to **January 31**. Our beginner group starts earlier, **Thursday November 5** at Seton and **Friday November 6** at Renert School.

Holiday breaks

There are no sessions on these dates:

- **Mondays:** December 21 and 28
- **Tuesdays:** December 22 and 29
- **Wednesdays:** December 23 and 30
- **Sundays:** December 27 and January 3

VENUES

SOUTH **Seven Chiefs Sportsplex**

19 Bullhead Road, Tsuut'ina Nation, just southwest of Calgary

NORTH

Renert School

14 Royal Vista Link NW, Northwest Calgary

CENTRAL

Villains Dome

830 59 Ave SE, Southeast Calgary (turf)

Our beginner group also trains at Seton.

RATE AND PAYMENT

\$39.99 / session

- Your **first session is billed as an invoice**. This lets our accounting team create a client account for you and your player.
- After that, each session is charged automatically once your player has trained.
- Life happens, so you can **reschedule any session with 48 hours notice** at no charge.

For anything to do with billing or invoicing, contact our Accounting Department at **accounting@1upsoccer.com**.

RESCHEDULE PROCESS

We offer reschedules for individual players, to deal with club conflicts and ever-changing schedules. Plan ahead and never miss a session.

- Complete a **reschedule form**, at least **48 hours before** the conflicted session
- Check your email for confirmation that we have received the request
- Ignore session reminders until you get confirmation that your reschedule has been processed
- Enjoy your new, conflict free session

Reschedules are processed based on the earliest preferred date you give us. That keeps them on time, and it can mean yours takes a little while to come through.

CANCELLATION POLICY

1UP Soccer does not offer cancellations. In lieu of a cancellation, we will offer the player a rescheduled session. To qualify, we must receive

your reschedule request **48 hours before** the conflicted session.

THIS SEASON'S 1UP TRAINING MENU

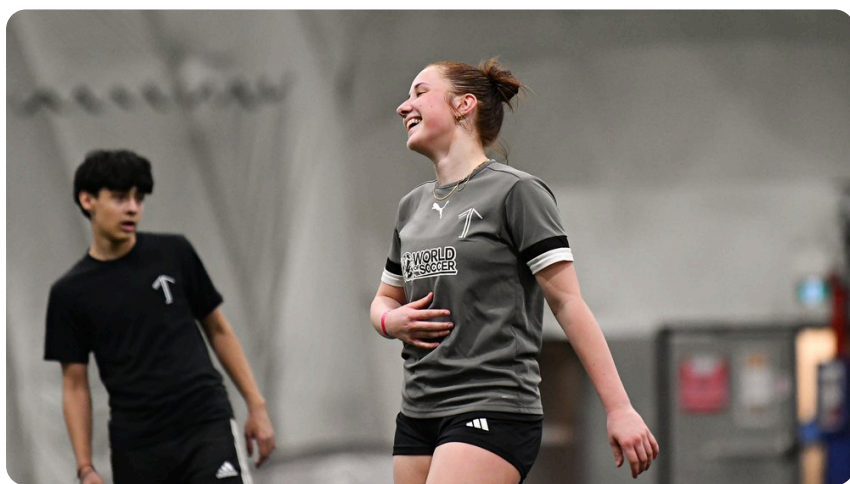
All sessions are carefully designed by head coach and founder **Graham Fisher**, alongside 1UP's Director of Player Development and current pro **Niko Myroniuk**.

They consist of the player habits needed to excel and improve in today's modern game, inside **game realistic** training activities. Niko brings real-life experience from the highest levels of youth and professional soccer. Graham contributes 7 years of youth and professional experience in Germany, Ireland, Spain and England, plus his 3 national coaching licenses.

Before the first session, every player is sent the full menu for the season, complete with topics, coaching points and session objectives.

TRAINING OBJECTIVES

- Use **game-realistic training** to develop each individual into a more game-effective player
- Gauge each player's weaknesses and strengths, and improve both
- Use **question and answer** and **guided discovery** coaching to accelerate problem solving and creativity
- Grow each player's confidence, because confidence stems from preparation



WHAT TO BRING

- **1UP training shirt or jersey**
- **Black shorts and white socks**
- **Indoor turf shoes or runners**

- **Shinpads**
 - **No ball needed**, balls are supplied
 - **Plenty of water**
 - **No clubwear please**
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1UP APPAREL

Need kit? Training shirts, jerseys, socks and the full 1UP x PUMA collection are available anytime at **1upsoccer.com/shop**.

Players new to 1UP will need a training shirt or jersey for their first session.

MEDICAL INFORMATION

Our players' safety is our first priority. Please read the below carefully.

- If there are any **medical concerns or injuries** you wish to highlight, please inform us by email before the session and we will add it to our records and make sure the coaches on site are aware.
 - If there are any **last-minute** medical concerns or injuries, please make sure you inform your coach before the session.
 - Please ensure your player packs all proper **medication** necessary (inhaler, EpiPen, and so on).
 - All 1UP Session Leaders are trained in **Standard First Aid**.
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COACHING STAFF

Our 1UP trained coaching staff includes current and former pros, but more importantly our team is made up of fun, personable, energetic and knowledgeable leaders who have helped improve thousands of local ballers.



Graham Fisher
FOUNDER AND CEO



Niko Myroniuk
**DIRECTOR OF PLAYER
DEVELOPMENT**



Eryk Kobza
ADVANCED PROGRAM
COACH



Bryn Mortensen
ADVANCED PROGRAM
COACH



Kimia Kassanda
ADVANCED PROGRAM
COACH



Will Fiore
ADVANCED PROGRAM
COACH



Keegan Biggs
ADVANCED PROGRAM
COACH



Anthony Garmory
ADVANCED PROGRAM
COACH



Alec Wells
ADVANCED PROGRAM
COACH



Rooney Biggs
ADVANCED PROGRAM
COACH



Yihyeon Kim
ADVANCED PROGRAM
COACH



Tristan Léguillette
ADVANCED PROGRAM
COACH



Lennon Maguire
ADVANCED PROGRAM
COACH

Also coaching: Mykena Walker, Dyma Kononchenko, Emma Baker and Natalie Martineau.

Meet the full team at 1upsoccer.com/our-team

1UP ALUMNI

We are proud of former 1UP ballers who have enjoyed the process with us and accomplished great things in the game.

- **Aribim Pepple**, Canadian National Team and English League 1
- **William Akio**, South Sudan National Team and Cavalry FC

- **Theo Afework**, Canada U17s, U19 Bundesliga and York United
- **Niko Myroniuk**, Whitecaps FC, Cavalry FC, Canada Futsal and current 1UP coach
- **Anna Hauer**, Canada U17s, Memphis University NCAA Division 1
- **Nyema Ingleton**, Canada U17s, West Virginia NCAA Division 1
- **Ire Omotaya**, Canada U17s, Villanova NCAA Division 1
- **Dani Feria Estrada**, Canada U17s and Arizona State University
- **Cristian Greco-Taylor**, Whitecaps FC and U20 World Cup with Canada
- **Keelyn Stewart** and **Teagan Stewart**, Calgary Wild

WHAT PARENTS SAY

Graham and the crew at 1UP have been fantastic for both my sons' confidence on the field and with their skill development.

Aaron Hoddinott

If you want your player training in a passionate, fun environment where growth, hard work and exceeding your limits is embraced, this is where it's at!

Karen Chirzynski

Hundreds more reviews on Google.

KIDSPORT CALGARY

HELP WITH COSTS

We are proud partners of KidSport Calgary. Families who need help with the cost can apply for a grant towards registration fees.

Search **KidSport Calgary** to apply, or email us and we will point you the right way.

PHOTOGRAPHERS AND VIDEOGRAPHERS

Throughout the season your player will likely see both videographers and photographers shooting content. We post frequently with daily posts, and a

very high number of videos on our Instagram story.
Give us a follow:

- **Instagram** @1upsoccer
- **TikTok** @1upsoccer
- **YouTube**
- **Facebook** 1UP Soccer

#EnjoyTheProcess