

Kickin' It Real

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In October, we launched our "Name the Newsletter" contest - and you delivered!

We received **20 creative name ideas**, which our committee narrowed down to a **top seven**. Then it was over to our **members to cast their votes**.

With an impressive **37 votes**, the winning name is... **Kickin' it Real!**

A big congratulations to **Rachelle and Bodie from Baturyn** for the winning submission, and a huge thank you to everyone who sent in a name and voted for their favorite!

Adaptability Training Session October 25, 2025

On October 25, we were delighted to welcome **Matt Greenwood** - the founder and coordinator of **Soccability** - who travelled to Edmonton to lead our first **adaptability training session**. We were pleased to have 12 participants in attendance!

Matt shared **invaluable expertise** on running adaptive programs for **children of all abilities**, helping us successfully launch our very first adaptability session in Fall 2025!

To learn more about Matt's incredible **Soccability program**, visit <https://www.soccability.ca/>



Important Announcements

Office Closure & League Break

Please note that our office is **temporarily closed** until further notice. We appreciate your patience and apologize for any inconvenience this may cause.

The league will pause games from December 22 through January 2 for the holiday break. **Games will resume on January 3 & 4, 2026.**

Be Part of Our Winter Adaptive Team - Volunteer Opportunities Available!

11 amazing coaches lent their support during our Fall 2025 Adaptive session, and now we're on the lookout for even more passionate volunteers to join us for the upcoming Winter session!

For more information, please email us at programs@emsanorth.ca



More Important News

EMSA Awards: Celebrating Our Outstanding Volunteers

Congratulations to **Shawn Morrison from Carlisle**, honored as this year's **Volunteer of the Year!** For eight years, Shawn's selfless dedication has gone beyond coaching two teams - he's built a caring community, supported families in need, and inspired players and parents alike.

Thank you, Shawn, for being an **exceptional leader and role model.**

Congratulations to **Oksana Delgado from Lorelei-Beaumaris and Rob Lewis from Carlisle**, recipients of this year's **Merit Award!**

Oksana has been a **pillar of her community** since 2009, serving as Soccer Director, President, coach, and advocate - building stronger teams and fostering inclusivity.

Rob's **dedication, leadership, and humor** have inspired our soccer community since 2002, making him a truly deserving honoree.

We thank Shawn, Oksana, and Rob for their **outstanding contributions!**



In the Community

A Winning Start for Our Adaptive Soccer Program!

Our very first Fall 2025 Adaptive League session was a tremendous success! 14 enthusiastic players joined us, supported by 11 passionate coaches who helped develop essential soccer skills while ensuring everyone had fun.

This program is thoughtfully tailored to accommodate each participant's unique abilities, including those with disabilities or behavioral challenges, creating an inclusive and empowering environment for all!





Coaching Opportunities at EMSA North

Have you ever thought about coaching but felt unsure or intimidated? Many parents want to be involved in their children's activities - especially sports - but the idea of stepping into a coaching role can feel overwhelming.

Common concerns include:

- "I've never played soccer. How can I teach drills and skills?"
- "I played soccer, but I'm not confident in how to teach what I know."
- "I don't have much extra time - taking courses on top of coaching seems difficult."

These concerns are completely valid, and we at EMSA North want to make **coaching as accessible and comfortable as possible**. If you sign up to coach in our **Mini Program (U4-U7)**, the only requirement is a **security clearance** (arranged through EMSA North).

For **U9 and older teams**, training requirements must be completed to meet **Canada Soccer Association and Alberta Soccer Association standards**.

To support both new and experienced coaches, we offer **trainer-led programs**. Beginning with the **2026 outdoor season**, all coaches from U4 to U13 will receive a **dedicated training session with our resident trainers**. Trainers will remain available throughout the season to answer questions and will also provide **bi-weekly training plans**.

- **Mini Program (U4-U7)**: Centralized locations with trainers attending one or two sessions.
- **U9 Program**: EMSA North will schedule a trainer-led practice for two to three teams at a time on their regular practice day.
- **U11 & U13 Programs**: a pre-season training session will be provided, and additional trainer-led practices can be scheduled upon request. With upcoming changes to the U13 program, we want to ensure all coaches feel fully prepared and supported.

Why Coach?

Coaching is an **incredibly rewarding experience**. Organized sports help **build lifelong friendships, encourage respect, and promote healthy competition**. As a coach, you have the opportunity to be actively involved in your child's life - and the lives of their teammates. You can **mentor young players, provide positive guidance, and help shape experiences** that children will remember for years to come.

In the Community

Adaptive Soccer Returns This Winter 2026!

Registration for the Winter 2026 Adaptive League is now open!

This league is open to players ages 6-12. Here are the details for the upcoming winter session:

Program Duration: 5 weeks

Session Length: 60 minutes per session

Dates: Saturdays

- January 10, 2026
- January 17, 2026
- January 24, 2026
- January 31, 2026
- February 7, 2026

Time: 11:00am - 12:00pm

Location: Central Lions Recreation Centre (11113 113 Street, Edmonton, Alberta)

Returning players (those registered for the Fall 2025 session) qualify for a reduced registration fee of \$120, as their Alberta Soccer Association insurance is valid until the end of April.

[CLICK HERE FOR MORE INFO](#)

[CLICK HERE TO REGISTER](#)

EMSA North is always looking for dedicated individuals who want to make a difference and support our Zone. If you are interested in coaching, please contact the EMSA North office at programs@emsanorth.ca.

Thank you for considering becoming a coach!



Get Ready! New Mini Program Format Launching Outdoor 2026

EMSA North is excited to announce a **full revamp of our Mini Program!** What does this mean for our families and players?

- Lower costs
- Trainer-led programming
- Less responsibility for coaches, who will receive full technical support and will not be required to take coaching courses
- More fun for the players!

To align with Canada Soccer Association and Alberta Soccer Association guidelines, our Mini Program will now run in an **Academy-style, festival-style format**.

This means each age group will meet at **centralized locations**, on the **same days**, at the **same times**, and in the **same place each week**. This model creates a cohesive, energetic environment where players learn, play, and develop together.

Coach Support

Coaches will receive:

- A pre-season training session with our resident trainers
- Bi-weekly training updates
- The benefit of working in group settings, where coaches can collaborate, share ideas, and support one another

With our **trainers actively involved** and attending one or two sessions for each group, **coaching will be easier, more guided, and more enjoyable**.

Program Schedules

U4 Program (players born in 2022)

- Friday evenings, Saturday mornings, or Sunday evenings
 - We are currently polling families to determine the preferred time.
- Location: **Lago Lindo**

In the Community

Cheer on Our Fall Adaptive Team at the EMSA Polar Cup!

Our Fall Adaptive Team is excited to compete in the EMSA Polar Cup Tournament on Saturday, December 27, from 10:00am to 12:00pm at the South Soccer Center!

Everyone is invited to come out and cheer on our amazing athletes!

Wellington Community League – Holiday Cards for Seniors

Wellington is running their annual Holiday Cards for Seniors initiative!

Participants can create, color, or sign holiday cards - homemade or store-bought - and submit them in unsealed envelopes.

Cards can be dropped off at the Wellington Community League before December 16.

Wellington's Cubs and Scouts will deliver the cards to local seniors' facilities on the Northside by December 20.

There are additional drop-off locations available, please email wellingtonparksoccer@gmail.com

U5 Program (players born in 2021)

- Follows the U4 time slots: Friday evenings, Saturday mornings, or Sunday evenings
- A poll is underway to select the preferred time
- Location: **Lago Lindo**

U7 Program (players born in 2019/2020)

- Twice weekly on **Tuesdays and Thursdays**
- Three locations across the zone
- **Girls program**: centrally located
- **Boys program**: offered in both the northeast and southwest areas of the zone, and families may register in either location

Registration & Costs

The new Academy format **significantly reduces program costs** compared to previous seasons.

Watch for our registration announcement in **January!**

Outdoor season registration opens February 1, 2026, and we can't wait to welcome our young players back on the field!

Thanks for reading our newsletter!

Have something to share – such as **community events, fundraisers, or silent auctions**? We'd love to feature it!

Reach out to **EMSA North** at: programs@emsanorth.ca

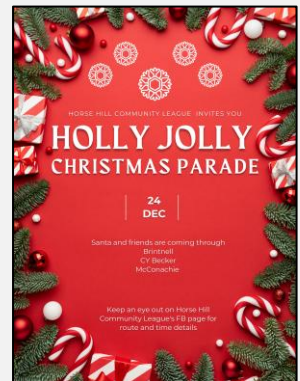
In the Community

Horse Hill Community League - Holiday Parade

Get Ready for Horse Hill's Holly Jolly Christmas Parade!

Join us on December 24th for festive fun as Santa and his friends make a special appearance!

Stay tuned for all the exciting details by following the Horse Hill Community League on Facebook!



Get Ready! Outdoor 2026 Season Registration Opens February 1

Exciting news - registration for the Outdoor 2026 season opens on February 1, 2026!

Stay tuned for all the season details, which will be available on our website in January.

For updates and more info, visit us at <https://emsanorth.com/>