



Dear Members,

We're excited to announce the launch of our newest **Active Start Video Training program!** In partnership with Toronto FC, Tim Hortons, Powerup, and Nothers, this multi-club virtual program is being launched across Ontario with over 30 different clubs, as a new initiative to stay engaged in soccer, until it is deemed safe and appropriate to return to play by Health *Officials* and our Governing Body.

This new program is being launched as an extension of our current Active Start virtual sessions, where we will be releasing a 6-week video series focusing on development and physical literacy!

Every Monday for the next 6 weeks, a new video will be released to our Active Start players. Each video will be 10 to 15 minutes and can be accessed on demand throughout the entire program. Keep your eye out for a special guest each week, who will be guiding you through each video! At the end of the 6-week program, each participant will be awarded with a Certificate of Completion to recognize their commitment and hard work throughout the weeks!

The virtual program is available **FREE** of charge to any existing participants of our Active Start Program (U3-U7). If you are not currently registered but are interested in participating, we encourage you to register for our Outdoor Recreational Program using our \$1 down registration (*2 future installments subject to the season running*).

If you have any inquiries or questions regarding the program, please contact our Grassroots Director via email at grassroots@pickeringfc.ca

We're looking forward to launching this exciting new program and offering soccer resources to our members during our time away from the field.

