



SPRING LEAGUE - FAQ | 2026

Development Program

When does the Spring League program start and end?

- 1st week of practices – week of March 30, 2026
- 1st weekend of games – April 11 & 12, 2026
- Last week of practices – June 8, 2026
- Last weekend of games - weekend of June 13 & 14, 2026
- No soccer programming on Victoria Day Long weekend
- No soccer Programming on Easter Long Weekend
- *All schedules and program dates are subject to changes*

How do I sign up for a Development Team for the Spring League season?

Registration opens December 1st, 2025.

Only players currently on a Development Team for the Fall/Winter League Season as of December 1st are eligible to register for the Spring Development Program. **The deadline to register for the Spring Development Program is December 15, 2025.** Once the registration is closed, the Spring Development teams will be finalized.

A registration code will be sent directly to players registered for the Fall/Winter season on December 1st, which will be required for registration. If you've misplaced the code, please contact your age group coordinator. This code is not to be shared with players on recreational teams.

What is the selection process for Spring Development Teams?

The number of development teams to be created depends on the number of registered players in each age group/gender. If there are more registrations than spots available, then players will be selected based on skill level by Technical Staff. Once teams have been formed, teams will be

announced, and an email confirmation will be sent to parents. Please note that, at times, there can be exceptions to the selection process based on circumstances.

Can I make a coach request? Or a request for my child to play with his/her friends?

In the Development program, coach or friend requests are not accommodated.

Is there travel required on game days?

Yes, there will be weekly travelling for games.

How many training sessions are there for a Development Team in Spring?

U8-U13

- 2 - 75 min training sessions per week with a volunteer Coach on a grass or turf field.
- SAQ Session: 60 min additional session per week (staff led, physical/technical focused) – Soccer Specific Speed, Agility, Quickness and endurance session. Everything with a soccer ball!
- Goalkeeper Academy: 60 min session per week for goalkeepers and aspiring goalkeepers.

U14-U18

- 2 – 75 min team training sessions per week with a volunteer Coach on a grass or turf field.

When do I find out who the coach is for my child's team?

Development team rosters are finalized mid February so you will receive information then.

Will my child play on the same team and with the same coach from the Fall 2025.2026 season?

Teams will be created based on the number of returning players and coaches, so there will be changes in teams from the fall to the spring.

What if there is not a coach for my child's team?

We will email the age groups and request coaches before we create rosters. If we do not have enough coaches, we are faced with making a difficult decision to refund players based.

When do we find out the practice and game day, time, and location?

The training schedule can be found [HERE](#) on December 1st.

- U8-U13: SAQ sessions: Monday – girls; Tuesday – boys
- U8-U13: GK sessions: Fridays

The location of fields will be released closer to the start of the season.

Game times and locations will vary from week to week. Boys will play games on Saturdays, girls on Sundays. All schedules are subject to changes.

To register for any programs click here: <https://ndfc.powerupsports.com/>