



# Fresh off the Pitch

*Bringing our football family  
Together*

[www.okanaganunited.ca](http://www.okanaganunited.ca)



## FROM GRASSROOTS TO GREATNESS! Registration Closing Soon!

We're counting down to an exciting Grassroots season kicking off this April, and we can't wait to see our players back on the pitch! ⚽

Spots are filling quickly, and registration closes January 31, 2026, so if you haven't signed up yet, now's the time to secure your child's place on a team.

Grassroots soccer is all about fun, movement, and skill development in a positive, supportive team environment. Our program welcomes players of all ages and abilities, and we're excited to welcome both returning families and new members to the club this season.

There are still limited spots available in the U12–U14 Girls divisions and U12 Boys—so grab a friend and join a team!

Schedules, rosters, and additional details will be shared in mid-March. If you've signed up to volunteer as a coach or team assistant, please keep an eye out in the coming weeks for next steps to complete your coaching registration.

If you're interested in coaching and didn't indicate this during registration, we'd love to hear from you—just send us an [email](#) with the division you're able to support.

We're looking forward to another fantastic season of grassroots soccer—see you on the sidelines (and the pitch)!

# Supplemental Training Opportunities

## FOR U7-U16 PLAYER WHO JUST CAN'T GET ENOUGH

We're excited to introduce Supplemental Player Development sessions for players U7-U16, running from April to June AND September to mid October!

These optional sessions are designed to complement regular grassroots team training and give players extra time on the ball in a fun, focused, and supportive environment. With an emphasis on technical skill development, confidence-building, and enjoyment of the game, players will be encouraged to learn, grow, and challenge themselves—at their own pace.



This is a fantastic opportunity for motivated players who love the game and are eager to continue developing their skills while having fun on the field.

More details and registration information will be shared soon—stay tuned!

## Family Day Tournament

There is no better way to spend this Monday February 16th than on the field. Register with friends or current teammates to participate in the OUFC 3v3 tournament at the Rutland dome.

We recommend teams be made up of 4-6 players, creating a fun, low-pressure environment where players feel confident, connected and excited to play.

The fast-paced format is designed for maximum fun and development:

- 🌟 Games played in an inflatable field for mostly continuous play
- ⌚ Substitutions on the fly—no stoppages
- ⌚ 2 x 12-minute halves
- 📝 No goalkeepers, just lots of scoring chances
- ⚽ Guaranteed 3 games per team
- 💵 Cost: \$169 per team



This format keeps players moving, engaged, and smiling—perfect for building skills, friendships, and a true love of the game.



# ⚽ Camp Season is Calling, Let's Play! ⚽

## IT'S PREP TIME; WHERE CAMP DAYS TURN INTO BIG GAME DAYS

OUFC has several exciting weeks of soccer camps coming up, and we can't wait to welcome players back on the pitch! Whether your child is getting ready for the Spring season or looking to keep their skills sharp (and have a blast) over the summer break, our camps offer the perfect mix of learning, training, new friendships, and fun.

Our camps are designed to inspire players while helping them grow, with a focus on:

- Skill development for all ages and ability levels
- Game understanding through age-appropriate activities
- Enjoyment of the sport in a positive, supportive environment

### UPCOMING CAMP OPPORTUNITIES:

#### ⚽ Spring Break Camp (early bird discount for registration prior to January 30th)

- Developmental March 23 – 26<sup>th</sup> U6 – U13
- High Performance March 16 – 19<sup>th</sup> U13 – U16

#### ⚽ Developmental Summer Camps U6 – U12

- July 6-9<sup>th</sup>
- July 27-30<sup>th</sup>
- August 17-20<sup>th</sup>

Spaces fill quickly, so don't miss out—register below and give your player a camp experience they'll love!

## 2013 PATHWAY PREP SESSIONS

Okanagan United FC is offering an 8-week Player Development Program for 2013 boys and girls aspiring to progress toward the BC Soccer Premier League (BCSPL) pathway in September 2026.

The program, run by C-license coaches, focuses on long-term development through high-quality, age-appropriate training that builds strong technical skills, game understanding, and confident decision-making.

Program runs until March 15, with spots still available for 2013 born girls

[UNSUBSCRIBE](#)