

## FAQ's

### What is Start Smart Soccer?

Start Smart Soccer is a developmentally appropriate introductory soccer program for children 3-5 years old. The program prepares children for organized soccer in a fun, non-threatening environment. Start Smart is created by the National Alliance for Youth Sports. It is an innovative step-by-step approach that builds confidence and self-esteem in a fun and safe sports environment.

### What do I need to buy?

A size 3 ball; no shin guards or cleats are required, just closed-toe shoes.

Bring water to hydrate.

### When is Start Smart?

Tuesday OR Thursday, 5:15-6pm **OR** 6:15-7pm; you choose day and time.

We will start the program **Tues 17<sup>th</sup>/ Thurs 19<sup>th</sup> September** and it will run for 6 weeks.

**There are no games;** it is a “skills only” based program

### Parent Participation required?

This program requires the parent or responsible adult to attend each session with the child. Parents are their child's first coach, engaging in activities and supporting their child's skills and development of soccer skills with the support of Start Smart instructors.

This is an introduction to organized sports; it's a great fun way to see if your family is ready for the next step of team sports!!

If you have any questions that have not been answered, you may contact PAL via email [startsmartsoccer32578@gmail.com](mailto:startsmartsoccer32578@gmail.com) or Bernie Busovne 850-830-3463.

Look forward to seeing you and your child out on the pitch in the fall.