

FC Regina: Building Community and Lifelong Players Through Soccer in Schools

Founded in 2014, **FC Regina** is one of the largest and most active soccer clubs in Saskatchewan. Serving players of all ages and abilities—from U5 grassroots to adult walking soccer—the club fosters a true “*cradle-to-grave*” environment that is inclusive, supportive, and community-driven. Beyond the pitch, FC Regina plays a key role in helping young people develop confidence, teamwork, and lifelong healthy habits, embodying the club’s mission to build both better players and better people.

The club is big enough to provide opportunities for everyone, yet small enough to maintain a true sense of community and belonging.

Why FC Regina Joined Soccer in Schools

Recognizing that not every child has access to organized sport outside of school, FC Regina embraced the *Soccer in Schools* program as a way to bridge that gap. The initiative allowed the club to bring soccer directly to students—both by hosting sessions in schools and by welcoming classes to their full-size indoor facility. For many, it was their first experience in a structured soccer environment, creating excitement and a sense of belonging that extended far beyond the classroom.

Commitment to Schools and Students

FC Regina’s technical staff partnered closely with teachers and principals to co-deliver sessions, demonstrating age-appropriate activities and inclusive approaches that educators could replicate independently. The club also provided resource materials and ongoing support, empowering teachers to keep soccer alive in their schools well after the visits concluded.

Program Design and Delivery

The club offered schools two options:

1. **On-site visits** — Technical staff led sessions during scheduled phys-ed periods.
2. **Facility experiences** — Students visited FC Regina’s indoor facility for full-day, station-based programming.

Impact and Feedback

The program was met with enthusiasm from students, educators, and families alike. Teachers reported increased physical activity engagement, and the club saw a noticeable boost in community awareness and participation. A standout moment came when older students, who initially seemed disinterested, left saying how much fun they had—proof that quality program can change how we feel about a sport!

Lessons Learned

For FC Regina, *Soccer in Schools* proved to be more than a development initiative—it was a gateway for community connection. Providing teachers with accessible online resources and a reliable club contact has strengthened relationships with schools.