

CSWU TRAINING PLAN - 2018 OUTDOOR



<div style="text-align: center;"> </div>		CSWU ACADEMY					SPORT SCIENCE				
		Tech Sessions 1.5 hours	Tech Session 1 hour	Weekly Drop In	Drop In GK Tech Beginner & Advanced Sessions	Post Season Drop In	Mental Training	Nutrition	Fitness and Agility		
Program:	NOTES										
Grassroots Minis											
U10 Rec			8	8	Open to all, No Fee						
U12 Rec			8	8							
U8 Advanced	Begins wk of April 16		20		Open to all, No Fee	Open to all, No Fee					
U7 Development			8								
U8 Development			8								
CMSA Tier 1							All Sport Science sessions take place at SWU Centre				
U9	Begins wk of April 16	32			Open to all, No Fee						
U10		32				Also for this group - NEW Additional High Performance GK Program Fee Applies	Open to all, No Fee	3	2	12	
U11	Begins week of April 9	32			3			2	12		
U12		32			4			1	12		
U13		32			4			1	12		
U14		32			4			1	12		
U15		32			4			1	12		
U16		32			4			1	12		
U17		32			4			1	12		
U18/19	32			4	1	12					
CMSA Tier 2											
U9	Begins wk of April 16	20			Open to all, No Fee						
U10		20								Also for this group - NEW Additional High Performance GK Program Fee Applies	Open to all, No Fee
U11	Academy begins week of April 9, Fitness begins week of May 7	32			1	8					
U12		32			1	8					
U13		32			1	8					
U14		32			1	8					
U15		32			1	8					
U16		32			1	8					
U17		32			1	8					
U18/19	32			1	8						
CMSA Tier 3											
U9	Begins wk of April 16		8		Open to all, No Fee						
U10			8							Also for this group - NEW Additional High Performance GK Program Fee Applies	Open to all, No Fee
U11	Begins week of April 30	10	2nd Tech per week available, fee applies		10	10					
U12		10			10	10					
U13		10			10	10					
U14		10			10	10					
U15		10			10	10					
U16	Opt out requires tech interview	10			10	10					
U17											
U18/19		Optional, Fee Applies									
CMSA Tier 4 - 6											
U11			Optional, Fee Applies	Optional, Fee Applies	Open to all, No Fee						
U12			Optional, Fee Applies	Optional, Fee Applies							
U13			Optional, Fee Applies	Optional, Fee Applies							
U14			Optional, Fee Applies	Optional, Fee Applies							
U15			Optional, Fee Applies	Optional, Fee Applies							
U16			Optional, Fee Applies	Optional, Fee Applies							
U17			Optional, Fee Applies	Optional, Fee Applies							
U18/19		Optional, Fee Applies	Optional, Fee Applies								

Teams advancing to Provincials or Nationals receive additional sessions. No fee applies.

Reschedules are possible with a minimum 14 days notice. Sessions missed due to league games, tournaments or other team related cancellations with less than 14 days notice cannot be replaced.