

**GRASSROOTS
INDOOR PROGRAM GUIDE
2021/ 2022**



TABLE OF CONTENTS

REGISTRATION INFORMATION.....3-4
REFUNDS.....5
POLICIES.....5
VOLUNTEER COACHES.....6

U3 SOCCER

U3 COED / Little Kickers7

U4 SOCCER

U4 COED / Little Kickers8

U5/U6 SOCCER

U5/U6 COED / Little Kickers9

U7/U8 SOCCER

U7/U8 / SWU REC10

U9 – U12 COMMUNITY SOCCER

SWU U9 to U10 Community
Born in 2010/2011/2012/201311

Thank you for obtaining this guide.

All our age groups offer a variety of programs. If you have any specific questions, please contact us at any time. Program details can be subject to change.

PROGRAMS OFFERED

CSWU soccer offers two streams of soccer, Grassroots and Competitive (CMSA).

CSWU provides an enjoyable, competitive and inclusive experience/environment for every participant by ensuring that safety, organization, structure and fun/enjoyment exists for both players and coaches. The environment created will provide an opportunity for players to develop technically, tactically, physically and mentally.

CMSA (Calgary Minor Soccer Association) City wide soccer league. Competitive soccer at the U8-U19 levels

GRASSROOTS To keep children active our primary focus is to create a fun environment, encouraging a love for the sport of soccer and introducing basic athletic principles (which includes team work and sportsmanship).

VOLUNTEER CREDIT PROGRAM CSWU offers our volunteers a \$50 Credit Voucher for every 4-5hr worked with the club. These credits can be earned throughout the season and will be applied to your account upon completion of hours.

VOLUNTEER COACH/TEAM OFFICIAL APPRECIATION PROGRAM: Volunteer credits will be posted to your account at the end of each season, for use in the following season:

- **U3-U12 Grassroots & Community programs and U8 Developmental** Head Coach \$50; Assistant Coach \$25; Co-Coaches share equally. A maximum of 75 credits per team.

**** CREDITS HAVE NO CASH VALUE ****

Volunteer Coaches, Assistants, Co-Coaches are essential to CSWU and we want to extend a *HUGE thank you for being such a big part of our success!*

FREE SHOE EXCHANGE PROGRAM Check out our free shoe exchange program in the front entry of the SWU Centre. Bring a pair – Take a pair. Please donate your clean & gently used soccer shoes or other gear for those

Please contact the club for additional assistance or information; info@csvusoccer.com

2021/2022 INDOOR

Age Groups		U3	U4	U5/U6	U7/U8	U9/U10	U11	U12	U13	U15	U17	U18/U19
Boys/ Girls	Mixed	✓	✓									
	Split			✓	✓	✓	✓	✓	✓	✓	✓	✓
Birth Year		2019	2018	2016 2017	2014 2015	2012 2013	2011	2020	2009	2007 2008	2005 2006	2003 2004

REGISTRATION

To register for a program at Calgary South West United Soccer (CSWU), please create an account using our CSWU Member Zone website:

<https://cswusoccer.powerupsports.com>

You only need one account per family. This account is used to sign up for the various programs and camps that CSWU offers. If you already have an account and have registered previously, you do not need to create a new account, just use your existing account.

Players must be registered to participate in programs.

On-Line Registration for Indoor 2021/ 2022 Grassroots Programs remains open until the season begins, however: Prior to October 1 – placement is guaranteed. After October 1 – placement is based on available spots.

PAYMENTS

- Players are NOT considered registered until fees are **PAID IN FULL** before the season commences on October 23 2021.
- If you require additional information, please contact the Club at info@cswusoccer.com and we will be happy to help.
- All Fees must be paid in full by the start of the season, if registration fee are still outstanding by the start of the season players may be suspended until the registration fees have been played in full.

PLAYER FINANCIAL ASSISTANCE

- CSWU works with many different sponsors and businesses offering player assistance programs. To apply for these programs, please complete the applications listed below - on-line, then submit completed applications or confirmation numbers back to Terri at the CSWU office info@cswusoccer.com
- KidSport <http://www.kidsportcanada.ca/alberta/calgary/apply-for-assistance/>
- Jumpstart <https://jumpstart.canadiantire.ca/content/microsites/jumpstart/en/apply.html#wanttoapply>
- Their Opportunity <https://www.theiropportunity.com/apply/>
- CSWU Bingo/Casino Program - please contact the bingo coordinator at bingo@cswusoccer.com

REFUNDS

CSWU REFUND POLICY: Indoor 2021/2022

Policy Statement: When a player registers for CSWU we guarantee that player placement on a team but will not guarantee a certain level of play. Player placement for CMSA teams will be determined in the evaluation process unless otherwise indicated. Player placement for Grassroots teams is by community or combining communities as needed for numbers.

Refund requests must be received prior to the applicable deadline and must be submitted on the **REFUND REQUEST FORM** posted on our website. All refund requests go to info@cswusoccer.com

Non-injury related refunds	Deadline October 1st
Injury related (with doctor's note)	Deadline November 1st
Moving/relocating (with proof)	Deadline November 1st

An Administration fee applies and will be deducted from all refunds.

Administration Fee: Grassroots \$50, CMSA \$100

There will be **NO** refunds granted or issued after November 1 2021

Refund requests must be approved by the **Board of Directors** and will ONLY be considered under the following circumstances:

- Request is received in our office prior to the deadline
- For non-injury related requests - the player has not yet been placed on a team
- Change in family circumstances during the season, normally by moving out of the city or country. Proof of relocation will be required, and all fees are pro-rated based on the season
- Injury to a player that they will be medically deemed unable to play for the remainder of the season, accompanied by a doctor's note. Refunds with a doctor's note will be granted based on the admin fee and a pro-rated formula related to games played as dated on the Dr's note
- In the event a program is cancelled due to government mandated restrictions related to the novel coronavirus (COVID-19) there will be no refunds provided. The club will offer full credit for any unused amounts paid toward future programs.

PLEASE NOTE: The timeline for receiving a refund will be 8 to 12 weeks from receipt of the refund request.

POLICIES

Calgary Southwest United Soccer Association (CSWU) adheres to CMSA Policies. In particular, please note the following:

Harassment http://calgaryminorsoccer.com/files/cmsa_policy_-_harassment_policy_april_4_20172.pdf

Concussion http://calgaryminorsoccer.com/files/cmsa_policy_concussion_policy_april_15_20162.pdf

Privacy http://calgaryminorsoccer.com/files/cmsa_policy_-_privacy_policy_april_4_20172.pdf

Code of Conduct: Team Officials, Players, Parents

http://calgaryminorsoccer.com/files/new_team_officials_welcome_package.pdf

Volunteer Coaches are Essential

Register to coach or co-coach your child's team by completing the "Volunteer Now" link on your member zone account. It is fun and rewarding, and a great way to get involved!

We support all our coaches with in-house support from and mentoring by our Grassroots Technical Director supplemented with weekly offerings of age-appropriate drills and session plans.

CSWU provides pre-season orientations and the opportunity to complete the NCCP Active Start Coach Certification Course at our expense.

We do require that all coaches accept the SWU Harassment Policy and agree to abide by our Coach Code of Conduct.

If you are interested in coaching your child's team, please send an email to grassroots@csvusoccer.com

NEW Coach Credit Program!

We will be offering a credit at the end of the season for all coaches to be used in the following season. \$50 Head Coach, \$25 Assistant Coach. (Max \$75 per team)

U3 COED / Little Kickers / Born in 2019

Registration \$149.00

Season

- Season runs October 30 to March 4th (No games Dec 20 to Jan 3 on Family Day long weekend)
- Pre Season – Meet and greet teams Oct 23 at our facility Unit 116 10450 50 Street SE
- Post season - Mini Fest will be hosted by SWU. March 4th at our facility Unit 116 10450 50 Street SE

Program Overview

- Our program for the U3 age group is parent with child experience. Please be prepared to participate on the field in activities with your children.
- The emphasis at U3 and U4 should be on movement skills such as running, jumping, dribbling, and having fun!

Practice/Games

- 1 combined game / practice per week Saturday Mornings any time between 9:00AM to 1:00PM
- 25-minute Practice, 5 min Snack then 25-minute Game
- Small sided soccer with 3 players per side (3V3) NO goalkeepers

Locations:

- YMCA – Cardel Shawnessy – 333 Shawville Blvd – November 20 & January 8, 22 & 29 Games will be held at our facility Unit 116 10450 50 Street

Uniforms

- Team jersey and soccer socks are included
- Players are required to have their own shin pads, black soccer shorts, outdoor soccer shoes or runners, and a water bottle

Additional Items

- Team Photos will be taken throughout the season. You will have an opportunity to purchase individual photos of your child. Team photos will be provided by SWU

Expectations

- This is not a drop-off service program. Parents are expected to stay with their child.
- If you are unable to be present, you must make arrangements with another parent to supervise your child.

Volunteer Coaches are Essential

- We support all coaches with in-house assistance from and mentoring by our Grassroots Director along with on-line access to age appropriate drills and weekly session plans.
- CSWU provides pre-season coach orientations and the opportunity to complete the Active Start Coach Certification Course at our expense.
- We do require that all coaches have a valid Criminal Record Check, accept the SWU Harassment Policy and agree to abide by our Coach Code of Conduct.
- If you are interested in coaching your child's team, please send an email to grassroots@csvusoccer.com
- New this year! We will be offering a credit at the end of the season for all coaches to be used in the following season. \$50 Head Coach, \$25 Assistant Coach.

U4 COED / LITTLE KICKERS— Born in 2018**Registration \$149.00****Season**

- Season runs October 30 to March 4th (No games Dec 20 to Jan 3 on Family Day long weekend)
- Pre Season – Meet and greet teams Oct 23 at our facility Unit 116 10450 50 Street SE
- Post season - Mini Fest will be hosted by SWU. March 4th at our facility Unit 116 10450 50 Street SE

Program Overview

- Our program for the U4 age group is parent with child experience. Please be prepared to participate on the field in activities with your children.
- The emphasis at U3 and U4 should be on movement skills such as running, jumping, dribbling, and having fun!

Practice/Games

- 1 combined game / practice per week Saturday Mornings any time between 9:00AM to 1:00PM
- 25-minute Practice, 5 min Snack then 25-minute Game
- Small sided soccer with 3 players per side (3V3) NO goal Keepers

Locations:

- YMCA – Cardel Shawnessy – 333 Shawville Blvd - November 20 & January 8, 22 & 29 Games will be held at our facility Unit 116 10450 50 Street

Uniforms

- Team jersey and soccer socks are included
- Players are required to have their own shin pads, black soccer shorts, outdoor soccer shoes or runners, and a water bottle.

Additional Items

- Team Photos will be taken throughout the season. You will have an opportunity to purchase individual photos of your child. Team photos will be provided by SWU

Expectations

- This is not a drop-off service program. Parents are expected to stay with their child.
- If you are unable to be present, you must make arrangements with another parent to supervise your child.

Volunteer Coaches are Essential

- We support all coaches with in-house assistance from and mentoring by our Grassroots Director along with on-line access to age appropriate drills and weekly session plans.
- CSWU provides pre-season coach orientations and the opportunity to complete the Active Start Coach Certification Course at our expense.
- We do require that all coaches have a valid Criminal Record Check, accept the SWU Harassment Policy and agree to abide by our Coach Code of Conduct.
- If you are interested in coaching your child's team, please send an email to grassroots@csvusoccer.com
- New this year! We will be offering a credit at the end of the season for all coaches to be used in the following season. \$50 Head Coach, \$25 Assistant Coach.

U5/U6 COED / LITTLE KICKERS / Born in 2017**Registration \$149.00****Season**

- Season runs October 30 to March 4th (No games Dec 20 to Jan 3 on Family Day long weekend)
- Pre Season – Meet and greet teams Oct 23 at our facility Unit 116 10450 50 Street SE
- Post season - Mini Fest will be hosted by SWU. March 4th at our facility Unit 116 10450 50 Street SE

Practice/Games

- 1 combined game / practice per week Saturday Morning any time between 9:00AM to 1:00PM
- 25-minute Practice, 5 min Snack then 25-minute Game
- Small sided soccer with 3 players per side (3V3)
- NO goalkeepers

Locations:

- YMCA – Cardel Shawnessy – 333 Shawville Blvd – November 20 & January 8, 22 & 29 Games will be held at our facility Unit 116 10450 50 Street

Uniforms

- Team jersey and soccer socks are included
- Players are required to have their own shin pads, black soccer shorts, outdoor soccer shoes or runners, and a water bottle.

Additional Items

- Team Photos will be taken throughout the season. You will have an opportunity to purchase individual photos of your child. Team photos will be provided by SWU

Expectations

- This is not a drop-off service program. Parents are expected to stay with their child.
- If you are unable to be present, you must make arrangements with another parent to supervise your child.

Volunteer Coaches are Essential

- We support all coaches with in-house assistance from and mentoring by our Grassroots Director along with on-line access to age appropriate drills and weekly session plans.
- CSWU provides pre-season coach orientations and the opportunity to complete the Active Start Coach Certification Course at our expense.
- We do require that all coaches have a valid Criminal Record Check, accept the SWU Harassment Policy and agree to abide by our Coach Code of Conduct.
- If you are interested in coaching your child's team, please send an email to grassroots@csvusoccer.com
- New this year! We will be offering a credit at the end of the season for all coaches to be used in the following season. \$50 Head Coach, \$25 Assistant Coach.

U7/U8 / SWU REC / Born in 2014/2015

Registration \$169.00

Season

- Season runs October 30 to March 4th (No games Dec 20 to Jan 3 on Family Day long weekend)
- Pre Season – Meet and greet teams Oct 23 at our facility Unit 116 10450 50 Street SE
- Post season - Mini Fest will be hosted by SWU. March 4th at our facility Unit 116 10450 50 Street SE

Practice/Games

- 1 combined game / practice Saturdays
- Sessions begin with a 30-minute practice followed by a 50-minute game. 2 x 25-minute halves.
- Small sided soccer with 4 players per side (4V4)
- NO goal Keepers

Locations

- SWU Facility Unit 116 10450 50 Street SE

Uniforms

- Team jersey and soccer socks are included
- Players are required to have their own shin pads, black soccer shorts, outdoor soccer shoes or runners, and a water bottle.

Additional Items

- Team Photos will be taken throughout the season. You will have an opportunity to purchase individual photos of your child. Team photos will be provided by SWU

Expectations

- This is not a drop-off service program. Parents are expected to stay with their child.
- If you are unable to be present, you must make arrangements with another parent to supervise your child.
- Parents are expected to help coaches with field set up and takedown as well as help manage players during the field times.

Volunteer Coaches are Essential

- We support all coaches with in-house assistance from and mentoring by our Grassroots Director along with on-line access to age appropriate drills and weekly session plans.
- CSWU provides pre-season coach orientations and the opportunity to complete the Active Start Coach Certification Course at our expense.
- We do require that all coaches have a valid Criminal Record Check, accept the SWU Harassment Policy and agree to abide by our Coach Code of Conduct.
- If you are interested in coaching your child's team, please send an email to grassroots@csvusoccer.com
- New this year! We will be offering a credit at the end of the season for all coaches to be used in the following season. \$50 Head Coach, \$25 Assistant Coach.
- Mini Fest will be at SWU Centre

SWU U9 to U12 / Community / Born in 2010/2011/2012/2013

Registration \$199.00

Season

- Season runs October 30 to March 4th (No games Dec 20 to Jan 3 on Family Day long weekend)
- Pre Season – Meet and greet teams Oct 23 at our facility Unit 116 10450 50 Street SE
- Post season - Mini Fest will be hosted by SWU. March 4th at our facility Unit 116 10450 50 Street SE

Practice / Games

- 1 combined game / practice Sundays
- Sessions begin with a 30-minute practice followed by a 50-minute game. 2 x 25-minute halves.
- 5v5 with a goalkeeper included

Locations

- SWU Facility Unit 116 10450 50 Street SE

Uniforms

- Team jersey and soccer socks are included
- Players are required to have their own shin pads, black soccer shorts, outdoor soccer shoes or runners, and a water bottle.

Additional Items

- Team Photos will be taken throughout the season. You will have an opportunity to purchase individual photos of your child. Team photos will be provided by SWU

Expectations

- Parents are expected to assist coaches as needed with field set up and takedown. Many hands make light work.
- If you are unable to be present, or not able to pick up your child promptly at the end of a game or practice, you must make arrangements with another parent to look after your child.

Volunteer Coaches are Essential

- Register to coach or co-coach your child's team by completing the "Volunteer Now" link on your member zone account. It is fun and rewarding, and a great way to get involved!
- We support all coaches with in-house assistance from and mentoring by our Grassroots Director along with on-line access to age appropriate drills and weekly session plans.
- CSWU provides pre-season coach orientations and the opportunity to complete the Active Start Coach Certification Course at our expense.
- We do require that all coaches have a valid Criminal Record Check, accept the SWU Harassment Policy and agree to abide by our Coach Code of Conduct.
- If you are interested in coaching your child's team, please send an email to grassroots@csvusoccer.com
- New this year! We will be offering a credit at the end of the season for all coaches to be used in the following season. \$50 Head Coach, \$25 Assistant Coach.