



GRASSROOTS

IN HOUSE OUTDOOR PROGRAM GUIDE

2022

cswusoccer.com



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PROGRAMS OFFERED

CSWU provides an enjoyable, competitive, and inclusive experience/environment for every participant by ensuring that safety, organization, structure, and enjoyment exists for both players and coaches. Our environment provides an opportunity for players to develop technically, tactically, physically, and mentally. **CSWU soccer offers two streams of soccer:**

1

CMSA (Calgary Minor Soccer Association)

The CMSA is a city wide competitive soccer league that provides for levels U8-U19.

2

GRASSROOTS

Our Grassroots program provides a solid foundation for kids between the ages of 3-12 to learn the value of sport, develop sportsmanship and learn new skills and abilities.

ADDITIONAL PROGRAMS

GRASSROOTS 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 ****

FREE SHOE EXCHANGE

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 who may need it.

REGISTRATION

To register for a program at Calgary South West United Soccer (CSWU), please create an account using our CSWU Member Zone on the website: <https://cswusoccer.powerupsports.com>

- You only need one account per family. If you already have an account and have registered previously, you do not need to create a new account.
- Players must be registered in order to participate in programs.
- On-Line Registration for Outdoor 2022 Grassroots Programs remains open until the season begins, however: Prior to May 1 – placement is guaranteed. After May 1 – placement is based on available spots.

GROUPING CHART

Age Groups		U3	U4	U5/ U6	U7/ U8	U9/ U10	U11	U12	U13	U15	U17	U19
Boys/ Girls	Mixed	✓	✓									
	Split			✓	✓	✓	✓	✓	✓	✓	✓	✓
Birth Year		2018	2017	2015 2016	2013 2014	2011 2012	2010	2009	2008	2006 2007	2004 2005	2003 2002

PAYMENTS

- Players are NOT considered registered until fees are **PAID IN FULL** before the season commences on **May 25th, 2022**. If there are outstanding registration fees by the start of the season, players may be suspended.
- If you require additional information, please contact the Club at info@cswusoccer.com and we will be happy to help.

FINANCIAL ASSISTANCE

CSWU works with many different sponsors and businesses offering player assistance programs. To apply for these programs, please complete the applications online listed below, then submit completed applications or confirmation numbers back to Terri at 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

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

- 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 June 1st, 2022
- The timeline for receiving a refund will be 8 to 12 weeks from receipt of the refund request.

DEADLINES

Non-injury related refunds Deadline	May 24th
Injury related (with doctor's note) Deadline	June 1st
Moving/relocating (with proof) Deadline	June 1st

CONDITIONS FOR REFUND

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, 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.

POLICY STATEMENT

When a player registers for CSWU, we guarantee 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.

POLICIES

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

- [Harassment](#)
- [Concussion](#)
- [Privacy](#)
- [Code of Conduct: Team Officials, Players, Parents](#)

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 mentoring from our Grassroots Technical Director, supplemented with weekly offerings of age-appropriate drills and session plans. CSWU also 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 info@cswusoccer.com

NEW COACH CREDIT PROGRAM!

Credits will be offered 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 / SHAWNEE LITTLE KICKERS / BORN IN 2019 REGISTRATION \$99.00

SEASON

- Season runs April 23 to July 9 & Aug 27 to Sept 24 (No games on May & September long weekend)
- Post season - Mini Fest will be hosted by SWU. Date is TBA

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 Morning from 11:00 AM to 12:00 PM
- They can play at the following locations: Bridlewood, Evergreen, Shawnee, Silverado & Somerset
- 25-minute Practice, 5 min Snack then 25-minute Game
- Small sided soccer with 3 players per side (3V3). NO goalkeepers.

LOCATIONS

- Shawnee – Can play at any of the following locations - Bridlewood, Evergreen, Shawnee, Silverado & Somerset Fields.

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.

Interested in coaching your child's team, please send an email to

- info@cswusoccer.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.



PROGRAM INFORMATION

U3/U4 COED / LITTLE KICKERS / BORN IN 2018/2019 REGISTRATION \$99.00

SEASON

- Season runs April 23 to July 9 & Aug 27 to Sept 24 (No games on May & September long weekend)
- Post season - Mini Fest will be hosted by SWU. Date is TBA.

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
- 25-minute Practice, 5 min Snack then 25-minute Game
- Small sided soccer with 3 players per side (3V3) NO goalkeepers

LOCATIONS

Can play at any of the following locations:

- **Shawnee** – Can play at any of the following locations:
Bridlewood, Evergreen, Shawnee, Silverado & Somerset Fields 10:00 AM to 11:00 AM
- **Cedarbrae** - Cedarbrae Elementary - 11:00 AM to 12:00 PM
- **Chaparral** - Chaparral Elementary 10:00 AM to 11:00 AM (Can play at different locations depending enrolment)
- **Fish Creek** – Woodbine Elementary 11:00 AM to 12:00 PM
- **Midsun/Sundance** – Sundance Field and/or Midnapore Field 10:00 AM to 11:00 AM (Can play at different locations depending enrolment)
- **Walden/Legacy** – Legacy Blvd./ Legacy Village / Chaparral 10:00 AM to 11:00 AM (Can play at different locations depending enrolment)

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 info@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.



PROGRAM INFORMATION



PROGRAM INFORMATION

U5 COED / SHAWNEE LITTLE KICKERS / BORN IN 2017 REGISTRATION \$99.00

SEASON

- Season runs April 23 to July 9 & Aug 27 to Sept 24 (No games on May & September long weekend)
- Post season - Mini Fest will be hosted by SWU. Date is TBA

PRACTICE/GAMES

- 1 combined game / practice per week Saturday Morning
- 25-minute Practice, 5 min Snack then 25-minute Game
- Small sided soccer with 3 players per side (3V3)
- NO goalkeepers

LOCATIONS

Can play at any of the following locations:

- **Shawnee** – Can play at any of the following locations - Bridlewood, Evergreen, Shawnee, Silverado & Somerset Fields 11:00 AM to 12:00 PM

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. interested in coaching your child's team, please send an email to info@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 2016/2017 REGISTRATION \$99.00 - ONCE A WEEK / \$129 - TWICE A WEEK

SEASON

- Season runs April 23 to July 9 & Aug 27 to Sept 24 (No games on May & September long weekend)
- Post season - Mini Fest will be hosted by SWU. Date is TBA

PRACTICE/GAMES

- 1 combined game / practice per week Saturday Morning
- 25-minute Practice, 5 min Snack then 25-minute Game
- Small sided soccer with 3 players per side (3V3)
- NO goalkeepers

LOCATIONS

Can play at any of the following locations:

MONDAY & WEDNESDAY EVENINGS - 6:15PM to 7:15PM

- **Cedarbrae** - Cedarbrae Elementary
- **Chaparral** - Chaparral Elementary (Can play at different locations depending enrolment)
- **Midsun/Sundance** - Sundance Field and/or Midnapore Field (Will play at Chaparral School depending enrolment)
- **Shawnee** - Can play at any of the following locations - Bridlewood, Evergreen, Shawnee, Silverado & Somerset Fields
- **Walden/Legacy** - Legacy Blvd./ Legacy Village / Chaparral (Will play at Chaparral School depending enrolment)

SATURDAY MORNINGS - 10:00AM TO 11:00AM

- **Fish Creek** - Woodbine Elementary

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 info@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.



PROGRAM INFORMATION

SWU U7/U8 / SWU REC / BORN IN 2014/2015 REGISTRATION \$129.00 - TWICE A WEEK



PROGRAM INFORMATION

SEASON

- Season runs April 23 to July 9 & Aug 27 to Sept 24 (No games on May & September long weekend)
- Rain outs (if needed) - games move to the last week of June.
- Post season - Mini Fest will be hosted by SWU. Date is TBA.

PRACTICE/GAMES

- 1 combined game / practice 2 times per week
- 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

Can play at any of the following locations:

MONDAY & WEDNESDAY EVENINGS – 6:15PM to 7:45PM

- **Shawnee** – Can play at any of the following locations - Bridlewood, Evergreen, Shawnee, Silverado & Somerset Fields

TUESDAY & THURSDAY EVENINGS – 6:15PM to 7:45PM

- **Cedarbrae** - Cedarbrae Elementary (Can play at different locations depending enrolment)
- **Chaparral** - Chaparral Elementary (Can play at different locations depending enrolment)
- **Fish Creek** – Woodbine Elementary (Can play at different locations depending enrolment)
- **Midsun/Sundance** – Sundance Field and/or Midnapore Field (Can play at different locations depending enrolment)
- **Shawnee** – Can play at any of the following locations - Bridlewood, Evergreen, Shawnee, Silverado & Somerset Fields
- **Walden/Legacy** – Legacy Blvd./ Legacy Village / Chaparral Can play at different locations depending enrolment)

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

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- 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 info@cswusoccer.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 U10 / IN HOUSE / BORN IN 2012/2013

REGISTRATION \$149.00 - TWICE A WEEK

SEASON

- Season runs April 23 to July 9 & Aug 27 to Sept 24 (No games on May & September long weekend)
- Rain outs (if needed) - games move to the last week of June.
- Post season - Mini Fest will be hosted by SWU. Date is TBA.

PRACTICE/GAMES

- U9/U10 Girls 1 Practice will be on Tuesday evenings / games will be Saturday Afternoons
- U9/U10 Boys 1 Practice will be on Thursday evenings / games will be played Sunday Afternoons.

LOCATIONS

- TBA

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.
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PROGRAM INFORMATION

SWU U11 TO U12 / IN HOUSE / BORN IN 2011/2010

REGISTRATION \$149.00 - TWICE A WEEK



PROGRAM INFORMATION

SEASON

- Season runs April 23 to July 9 & Aug 27 to Sept 24 (No games on May & September long weekend)
- Rain outs (if needed) - games move to the last week of June.
- Post season - Mini Fest will be hosted by SWU. Date is TBA.

PRACTICE/GAMES

- U11/U12 Girls 1 Practice will be on Tuesday evenings / games will be Saturday Afternoons
- U11/U12 Boys 1 Practice will be on Wednesday evenings / games will be played Sunday Afternoons

LOCATIONS

- TBA

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

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