



**CMSA**

**OUTDOOR PROGRAM GUIDE**

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**2022**

[cswusoccer.com](http://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.

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## 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.

**\*\* 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.

### **MEMBERS HELPING MEMBERS**

When registering, you will have the option of donating to our new separately managed PLAYER ASSISTANCE FUND. This fund is set up as a supplement for existing programs such as Kidsport and Jumpstart which often cap out after one season.

# 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 May 2022 CMSA Programs closes **April 1**.

## GROUPING CHART

Age Groups		U3	U4	U5/U6	U7/U8	U9/U10	U11	U12	U13	U15	U17	U19
Boys/ Girls	Mixed	✓	✓									
	Split			✓	✓	✓	✓	✓	✓	✓	✓	✓
Birth Year		2019	2018	2016 2017	2014 2015	2012 2013	2011	2010	2009	2007 2008	2005 2006	2003 2004

## PAYMENTS

- Players are NOT considered registered until fees are **PAID IN FULL** before the season commences on May 1, 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](mailto:info@cswusoccer.com) and we will be happy to help.

## PROOF OF AGE

New players or Grassroots players entering into the CMSA U11-U19 League are required to provide government issued ID to CMSA.

- Government issued ID includes either a Birth Certificate, AHC or Passport.
- POA will need to be emailed or dropped off directly to CMSA at [info@calgaryminorsoccer.com](mailto:info@calgaryminorsoccer.com) with your proof of birthdate. Please include your child's name and ID number in the subject line in the email.

## 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@csvusoccer.com](mailto:info@csvusoccer.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@csvusoccer.com](mailto:bingo@csvusoccer.com)

## 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](#)



# 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/](https://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

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

## 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.

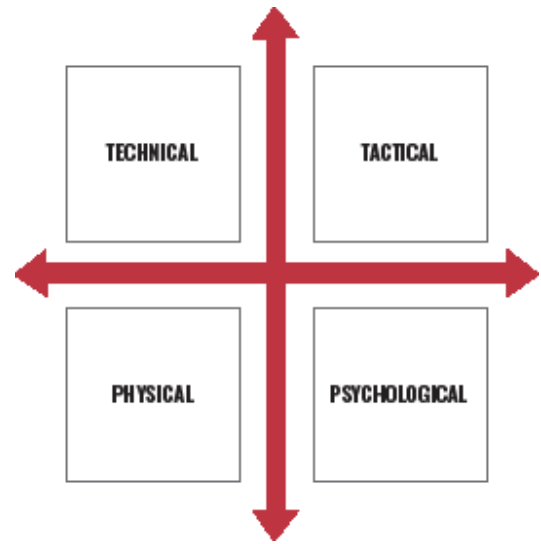
## POLICY STATEMENT

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.



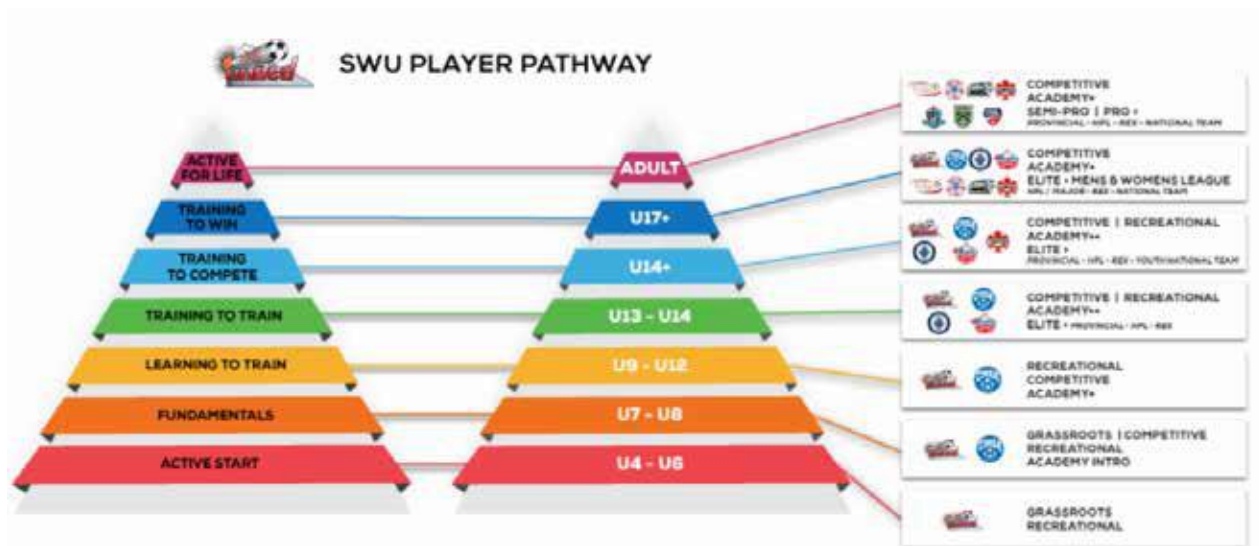
# SWU CURRICULUM

Our Technical curriculum creates a relevant, coherent, and engaging environment for all players, parents, and coaches. Academy provides quantifiable standards for measuring coach and player performance and promotes the four pillars of player growth: **technical, tactical, physical, and psychological.**



## SWU PLAYER DEVELOPMENT

Player habits go hand-in-hand with player development. The player habits are a guide to align our player development through club identity and style of play with our training and coaching philosophies. We monitor progressions through a report card system.



# SWU COACH EDUCATION AND DEVELOPMENT

SWU provides an environment for all coaches to develop and continue their learning and education. We will be providing coaches with the choice to complete their mandatory NCCP courses through our club for the Community Stream and continue to support our coaches with the goal of increasing the amount of C License certified coaches within our club. SWU is also committed to supporting our coaches financially in the performance stream with finances for those who successfully complete the courses.

Coaching Areas are split into modules.  
Each module has:

- Delivery Method
- Specific Learning Outcomes
- Session Overviews
- Individual Coach Assessment



## SPORTS SCIENCE PROGRAM

Our latest core program addition is Sports Science. This program covers a large area of Athlete Development and is broken into **2 specific areas**:

### PERFORMANCE / PSYCHOLOGY:

Our athletes attend multiple sessions 'off-the-field' to explore the mental side of the game and is given multiple tools to utilize personally and within their team dynamic.

**Some of the main areas covered in this program are:**



- Goal Productivity
- Preparation & Post-Performance Review
- SDT (Self-Determination Theory)
- Imagery / Visualization & Rehearsal
- Emotional Control / Relaxation
- Confidence, Concentration, Comfort Zones & Focus Shifting
- Personality & Behavioral Tendencies
- Importance of Culture + Environmental Influences, Motivation + Conflict
- Team Importance, Working with others, Acceptance & many more
- The coaching staff of the teams enrolled in this program also can personalize their sessions based on the current needs of their teams.



## ATHLETIC PERFORMANCE / SAQ:

Speed, Agility & Quickness are vital for the athletes in our program. This area is designed to work on the core mechanics, technique, and precision of all areas that are required for soccer.

### The fundamental topics that are covered here are:



- Mechanical movement (specific understanding of different ways to use your body for speed)
- Speed & Quick change of direction
- Balance
- Core Lower body strength
- Reflexive Reactions
- Core Bodywork
- Injury Prevention
- Increasing Endurance & Power

## PHILOSOPHY AND STYLE OF PLAY

South West United's primary focus is to develop technically and tactically, sound players capable of making confident decisions within the flow of the game. We expect players to be competitive in matches; however, winning is a secondary goal at our youngest age groups as we adhere to the Canadian Soccer Association's Long-Term Player Development (LTPD) training model.

Through our structured and progressive curriculum, players learn how to solve soccer challenges creatively and skillfully. From the beginning, SWU coaches emphasize both smart decision-making (tactical) and correct technique (technical) to gain confidence and improve execution in the game environment.

Starting at the earliest ages, players are introduced to our "possession" style of play. Possession refers to keeping control of the ball as a team for the purpose of finding and exploiting opportunities to attack forward whenever possible. Teams are expected to build attacks from the back; this means utilizing our goalkeeper and defenders to cycle the ball and switch the point of attack to find and exploit areas of the field where we hold numerical superiority. As the ball is moved

up the field and closer to our opponent's goal, we encourage players to show more creativity and take 1v1, 2v1, and 3v2 chances to generate scoring opportunities. When the ball is lost, we want players to instantly transition to a defensive mentality of organized shape with the goal of winning the ball back as soon as possible to limit counterattacks. In order to stay true to our style of play, coaches train players to execute our "possession" style of play in both practices and games.

Early on players will make costly mistakes early and often, especially as they learn how to build attacks from our goalkeeper and defenders. We do not want to discourage players who make mistakes; we will instead encourage them to learn from these mistakes. Creativity will be rewarded regardless of the outcome. Our younger teams will inevitably lose games to clubs that play a more direct and less skillful style of play, i.e. playing long balls forward and using speed and aggression to score. While the SWU route to playing a possession-oriented style of play may take longer to show results in the win-loss column, our teams will begin to execute consistently surpass these types of teams as they get older. These positive results will create more opportunities for our players.



## THE SWU **DIFFERENCE**

**EXPERIENCE** SWU has served Calgary for over 20 years and has the second longest running technical academy in Alberta with Nick's academy (Now SWU Academy).

**CHAMPIONSHIPS** SWU have won over 75 provincial titles over the last decade, plus 18 National Medals.

**PROFESSIONALS** SWU has produced several top players who have started for Canadian youth national teams, most recently Caniggia Elva (Wurzburg Kickers\ Bundesliga 3rd Division) Caolan Lavery (Bury F.C./ England league one)

**UNIVERSITY/COLLEGE**

**NATIONAL TEAMS** SWU produces more college players than any other club in Calgary.

**STAFF** SWU has produced 12 youth national team players and 1 senior national team player in the last 10 years.

**DEVELOPMENT CURRICULUM** SWU develops players and promote players from within the club for their Academy teams.

SWU uses a specific developmental curriculum in line with the best practices of Canada Soccer from age 6 to age 18.



# PROGRAM INFORMATION

## **U7/U8/U9 Developmental / Born 2015, 2014 & 2013**

**Registration \$350.00**

**Prices include 2 Technical Sessions**

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### **Payment Options:**

**Option 1** – In full at time of registration

**Option 2** – 40% due at registration; first instalment of 30% due 30 days after registration; second instalment of remaining 30% due 30 days after first instalment.

### **Season:**

- Pre-Season: Team training to begin in April
- Regular Season: May 1st to June 27th Training and Games & July 16<sup>th</sup> to August 7<sup>th</sup> Training Only & Aug 15 2022 to Sept 17<sup>th</sup> Training and Games
- Post season: Festival will be hosted by CMSA

### **Program Overview:**

#### **Technical Sessions**

- 2x75 minutes technical team sessions led by our CLUB technical staff coaches

#### **CMSA Games**

- Saturdays Festivals can have up to 3 mini games in one day
- Games may have a different format every week
- Play dates will be May 7, May 14, May 28, June 4, June 18 Aug 20 Aug 27 & Sept 10, Festivals June 25 & September 17
- Skill centre festivals are played on CMSA supplied community fields
- NO Referees and NO Goalkeepers

#### **Evaluations**

- Evaluations are not required

#### **Uniforms**

- All players will be required to purchase their Jerseys kits via a team order through SWU (Socks, Shorts and Team Jersey)
- All players will be required to purchase their Tech Shirt for Tech sessions - available for purchase at Kicks Sporting goods store - 9737 Macleod Trail

#### **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.
- End of Season Festival will be hosted by CMSA for all U9 &U10 teams. Date is TBA

#### **Volunteer Team Coaches**

- Register to coach your child's team by completing the "Volunteer Now" link- Member Zone Account
- Coaches are selected based on experience, past history, and their willingness to develop further with coaching specific certification & licenses. Interested in Coaching? Contact [jesusmelo@csvusoccer.com](mailto:jesusmelo@csvusoccer.com)
- We support all our Coaches with in-house support, mentoring and NCCP Courses
- We require all coaches to have a valid Criminal Record Check on file with CMSA
- SWU Coaches are required to abide by the SWU Harassment Policy and Coach Code of Conduct



# PROGRAM INFORMATION

## U10 CMSA Developmental Program / **Born 2012**

Registration **\$789.00**

Prices include **Technical Sessions**

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### Payment Options:

**Option 1** – In full at time of registration

**Option 2** – 40% due at registration; first instalment of 30% due 30 days after registration; second instalment of remaining 30% due 30 days after first instalment.

### Season:

- Pre-Season: April 23 – May 19 2022
- Regular Season: May 23rd – July 28 & Aug 22 – Sept 25 2022
- Summer Break: July 29 – August 21, 2022
- Grassroots Rally: Saturday July 23 & Sunday July 24 2022 – Location TBA

### Program Overview:

#### Team Practices

- 1x75 minute team session per week with Team Coach

#### Technical Sessions

- 2x75 minute technical team sessions per week led by our CLUB Technical Staff Coaches

#### CMSA Games

- Can play an average of 1-2 games per week
- Games can be played anywhere in the city per CMSA format
- Will play Saturday and/or Tuesday
- All Games will consist of two (2) twenty-five (25) minute halves 7 players a-side (7 v 7)

#### Evaluations

- Evaluations are required and will begin in March. Date is TBA

#### Uniforms

- All players will be required to purchase their Jerseys kits via a team order through SWU (Socks, Shorts and Team Jersey)
- All players will be required to purchase their Tech Shirt for Tech sessions - available for purchase at Kicks Sporting goods store - 9737 Macleod Trail

#### 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.

#### Volunteer Team Coaches

- Register to coach your child's team by completing the "Volunteer Now" link- Member Zone Account
- Coaches are selected based on experience, past history, and their willingness to develop further with coaching specific certification & licenses. Interested in Coaching? Contact [jesusmelo@csvusoccer.com](mailto:jesusmelo@csvusoccer.com)
- We support all our Coaches with in-house support, mentoring and NCCP Courses
- We require all coaches to have a valid Criminal Record Check on file with CMSA
- SWU Coaches are required to abide by the SWU Harassment Policy and Coach Code of Conduct



# PROGRAM INFORMATION

## U10 CMSA Recreational Program / **Born 2012**

**Registration \$350.00**

**Technical \$189.00 (Optional program on a team-by-team basis)**

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### **Payment Options:**

**Option 1** – In full at time of registration

**Option 2** – 40% due at registration; first instalment of 30% due 30 days after registration; second instalment of remaining 30% due 30 days after first instalment.

### **Season:**

- Pre-Season: April 23 – May 19, 2022
- Regular Season: May 23 – July 28, 2022
- Grassroots Rally: Saturday July 23 & Sunday July 24, 2022 – Location TB

### **Program Overview:**

#### **Team Practices**

- 1x75 minute team session per week with Team Coach

#### **CMSA Games**

- Can play an average of 1-2 games per week
- Games can be played anywhere in the city per CMSA format
- Will play on Sunday and/or Wednesday
- All Games will consist of two (2) twenty-five (25) minute halves. 7 players a-side (7 v 7)

#### **Evaluations**

- Evaluations are required and will begin in March. Date is TBA

#### **Skills Training**

- Players will have the option for additional skills training through our skills training centre by contacting [info@csvusoccer.com](mailto:info@csvusoccer.com).

#### **Uniforms**

- All players will be required to purchase their Jerseys kits via a team order through SWU (Socks, Shorts and Team Jersey)
- All players will be required to purchase their Tech Shirt for Tech sessions - available for purchase at Kicks Sporting goods store - 9737 Macleod Trail

#### **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.

#### **Volunteer Team Coaches**

- Register to coach your child's team by completing the "Volunteer Now" link- Member Zone Account
- Coaches are selected based on experience, past history, and their willingness to develop further with coaching specific certification & licenses. Interested in Coaching? Contact [jesusmelo@csvusoccer.com](mailto:jesusmelo@csvusoccer.com)
- We support all our Coaches with in-house support, mentoring and NCCP Courses
- We require all coaches to have a valid Criminal Record Check on file with CMSA

- SWU Coaches are required to abide by the SWU Harassment Policy and Coach Code of Conduct





# PROGRAM INFORMATION

## U11 CMSA Development Program / (Historically) Tier 1 & 2 / Born 2011 Registration **\$1395.00**

Prices include **Fitness and Technical Sessions**

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### Payment Options:

**Option 1** – In full at time of registration

**Option 2** – 40% due at registration; first instalment of 30% due 30 days after registration; second instalment of remaining 30% due 30 days after first instalment.

### Season:

- Pre-Season: April 23 – May 19, 2022
- Regular Season: May 23 – July 28 & Aug 22 – Sept 25 2022
- Summer Break: July 29 – Aug 21 2022
- Grassroots Rally: Saturday July 23 & Sunday July 24 2022

### Program Overview:

#### Team Practices

- 1x90 minute team session per week with Team Coach

#### Technical Sessions

- 2x90 minute technical team sessions per week led by our CLUB Technical Staff Coaches
- 1x45 minute fitness session per week led by the STRIVE FITNESS TEAM

#### CMSA Games

- 1 game per week scheduled by CMSA
- Games can be played anywhere in the city per CMSA format
- Developmental will play on Sunday and/or Thursday
- All Games will consist of two (2) thirty (30) minute halves (7 v 7)

#### Evaluations

- Evaluations are required and will begin in March. Date is TBA

#### Uniforms

- All players will be required to purchase their Jerseys kits via a team order through SWU (Socks, Shorts and Team Jersey)
- All players will be required to purchase their Tech Shirt for Tech sessions - available for purchase at Kicks Sporting goods store - 9737 Macleod Trail

#### 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.

#### Volunteer Team Coaches

- Register to coach your child's team by completing the "Volunteer Now" link- Member Zone Account
- Coaches are selected based on experience, past history, and their willingness to develop further with coaching specific certification & licenses. Interested in Coaching? Contact [jesusmelo@cswusoccer.com](mailto:jesusmelo@cswusoccer.com)
- We support all our Coaches with in-house support, mentoring and NCCP Courses
- We require all coaches to have a valid Criminal Record Check on file with CMSA
- SWU Coaches are required to abide by the SWU Harassment Policy and Coach Code of Conduct



# PROGRAM INFORMATION

## U11 CMSA Recreational Program / (Historically) Tier 3 & 4 / Born 2011 Registration **\$595.00**

### Technical (Optional Program on a team-by-team basis)

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#### Payment Options:

**Option 1** – In full at time of registration

**Option 2** – 40% due at registration; first instalment of 30% due 30 days after registration; second instalment of remaining 30% due 30 days after first instalment.

#### Season:

- Pre-Season: April 23 – May 19 2022
- Regular Season: May 23 – July 28 & Aug 22 – Sept 25 2022
- Grassroots Rally: Saturday July 23 & Sunday July 24 2022 – Location TBD

#### Program Overview:

##### Team Practices

- 1x90 minute team session per week with Team Coach

##### CMSA Games

- 1 game per week scheduled by CMSA
- Games can be played anywhere in the city per CMSA format
- Developmental will play on Sunday and/or Thursday
- All Games will consist of two (2) thirty (30) minute halves (7 v 7)

##### Evaluations

- Evaluations are required and will begin in March. Date is TBA

##### Skills Training

- Players will have the option for additional skills training through our skills training centre by contacting [info@cswusoccer.com](mailto:info@cswusoccer.com).

##### Uniforms

- All players will be required to purchase their Jerseys kits via a team order through SWU (Socks, Shorts and Team Jersey)
- All players will be required to purchase their Tech Shirt for Tech sessions - available for purchase at Kicks Sporting goods store - 9737 Macleod Trail

##### 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.

##### Volunteer Team Coaches

- Register to coach your child's team by completing the "Volunteer Now" link- Member Zone Account
- Coaches are selected based on experience, past history, and their willingness to develop further with coaching specific certification & licenses. Interested in Coaching? Contact [jesusmelo@cswusoccer.com](mailto:jesusmelo@cswusoccer.com)
- We support all our Coaches with in-house support, mentoring and NCCP Courses  
We require all coaches to have a Valid Criminal Record Check on file with CMSA
- SWU Coaches are required to abide by the SWU Harassment Policy and Coach Code of Conduct



# PROGRAM INFORMATION

## U12 CMSA Premier Program / Tier 1 & 2 / Born 2010

Registration **\$1395.00**

Prices include **Fitness and Technical Sessions**

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### Payment Options:

**Option 1** – In full at time of registration

**Option 2** – 40% due at registration; first instalment of 30% due 30 days after registration; second instalment of remaining 30% due 30 days after first instalment.

### Season:

- Pre-Season: April 23 – May 19 2022
- Regular Season: May 23 – July 28 & August 22 – September 25 2022
- Summer Break: July 29 – August 21 2022
- Post Season: Final Four tier 1 & 2 September 26 – 29 2021

### Program Overview:

#### Team Practices

- 1x90 minute team session per week with Team Coach

#### Technical Sessions

- 2x90 minutes technical team sessions per week led by our CLUB Technical Staff Coaches
- 1x45 minute fitness session per week led by the STRIVE FITNESS TEAM

#### CMSA Games

- 1 game per week scheduled by CMSA
- Games can be played anywhere in the city per CMSA format
- Tier I play on Saturday and/or Monday
- Tier II play on Sunday and/or Wednesday
- All Games will consist of two (2) thirty (30) minute halves (9 v 9)

#### Evaluations

- Evaluations are required and will begin in March. Date is TBA

#### Uniforms

- All players will be required to purchase their Jerseys kits via a team order through SWU (Socks, Shorts and Team Jersey)
- All players will be required to purchase their Tech Shirt for Tech sessions - available for purchase at Kicks Sporting goods store - 9737 Macleod Trail

#### 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.

#### Volunteer Team Coaches

- Register to coach your child's team by completing the "Volunteer Now" link- Member Zone Account
- Coaches are selected based on experience, past history, and their willingness to develop further with coaching specific certification & licenses. Interested in Coaching? Contact [jesusmelo@cswusoccer.com](mailto:jesusmelo@cswusoccer.com)
- We support all our Coaches with in-house support, mentoring and NCCP Courses  
We require all coaches to have a Valid Criminal Record Check on file with CMSA  
SWU Coaches are required to abide by the SWU Harassment Policy and Coach Code of Conduct



# PROGRAM INFORMATION

## U12 CMSA Elite Program / Tier 3 / Born 2010

Registration **\$949.00**

Prices include **Technical Session**

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### Payment Options:

**Option 1** – In full at time of registration

**Option 2** – 40% due at registration; first instalment of 30% due 30 days after registration; second instalment of remaining 30% due 30 days after first instalment.

### Season:

- Pre-Season: April 23 – May 19 2022
- Regular Season: May 23 – July 28 2022
- Post Season: Final Four July 25 – 28 2022

### Program Overview:

#### Team Practices

- 1x90 minute team session per week with Team Coach

#### Technical Sessions

- 1x90 minutes technical team sessions per week led by our CLUB Technical Staff Coaches

#### CMSA Games

- 1 game per week scheduled by CMSA
- Games can be played anywhere in the city per CMSA format
- Tier III play on Saturday and/or Tuesday
- All Games will consist of two (2) thirty (30) minute halves (9 v 9)

#### Evaluations

- Evaluations are required and will begin in March. Date is TBA

#### Skills Training

- Players will have the option for additional skills training through our skills training centre by contacting [info@cswusoccer.com](mailto:info@cswusoccer.com).

#### Uniforms

- All players will be required to purchase their Jerseys kits via a team order through SWU (Socks, Shorts and Team Jersey)
- All players will be required to purchase their Tech Shirt for Tech sessions - available for purchase at Kicks Sporting goods store - 9737 Macleod Trail

#### 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.

#### Volunteer Team Coaches

- Register to coach your child's team by completing the "Volunteer Now" link- Member Zone Account
- Coaches are selected based on experience, past history, and their willingness to develop further with coaching specific certification & licenses. Interested in Coaching? Contact [jesusmelo@cswusoccer.com](mailto:jesusmelo@cswusoccer.com)
- We support all our Coaches with in-house support, mentoring and NCCP
- We require all coaches to have a valid Criminal Record Check on file with CMSA
- SWU Coaches are required to abide by the SWU Harassment Policy and Coach Code of Conduct



# PROGRAM INFORMATION

## U12 CMSA Select Program / Tier 4 & 5 / Born 2010

Registration **\$595.00**

**Technical (Optional program on a team-by-team basis)**

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### Payment Options:

**Option 1** – In full at time of registration

**Option 2** – 40% due at registration; first instalment of 30% due 30 days after registration; second instalment of remaining 30% due 30 days after first instalment.

### Season:

- Pre-Season: April 23 – May 19 2022
- Regular Season: May 23 – July 28 2022
- Post Season: Final Four July 25 – 28 2022

### Program Overview:

#### Team Practices

- 1x90 minute team session per week with Team Coach

#### CMSA Games

- 1 game per week scheduled by CMSA
- Games can be played anywhere in the city per CMSA format
- Tier IV play on Saturday and/or Thursday
- Tier V play on Sunday and/or Wednesday
- All Games will consist of two (2) thirty (30) minute halves (9 v 9)

#### Evaluations

- Evaluations are required and will begin in March. Date is TBA

#### Skills Training

- Players will have the **option** for additional skills training through our skills training centre by contacting [info@cswusoccer.com](mailto:info@cswusoccer.com).

#### Uniforms

- All players will be required to purchase their Jerseys kits via a team order through SWU (Socks, Shorts and Team Jersey)
- All players will be required to purchase their Tech Shirt for Tech sessions - available for purchase at Kicks Sporting goods store - 9737 Macleod Trail

#### 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.

#### Volunteer Team Coaches

- Register to coach your child's team by completing the "Volunteer Now" link- Member Zone Account
- Coaches are selected based on experience, past history, and their willingness to develop further with coaching specific certification & licenses. Interested in Coaching? Contact [jesusmelo@cswusoccer.com](mailto:jesusmelo@cswusoccer.com)
- We support all our Coaches with in-house support, mentoring and NCCP Courses
- We require all coaches to have a valid Criminal Record Check on file with CMSA
- SWU Coaches are required to abide by the SWU Harassment Policy and Coach Code of Conduct





# PROGRAM INFORMATION

## U13 Premier Program / Tier 1 & 2 / Born 2009

Registration **\$1395.00**

Prices include **Fitness and Technical Sessions**

\*Additional fees will apply for players registering in The High-Performance (PDP) Program

### Payment Options:

**Option 1** – In full at time of registration

**Option 2** – 40% due at registration; first instalment of 30% due 30 days after registration; second instalment of remaining 30% due 30 days after first instalment.

### Season:

- Pre-Season: April 23 – May 19 2022
- Regular Season: May 23 – July 28 & August 22 – September 25 2022
- Summer Break: July 29 – August 21 2022

### Program Overview:

#### Team Practices

- 1x90 minute team session per week with Team Coach

#### Technical Sessions

- 2x90 minutes technical team sessions per week led by our CLUB Technical Staff Coaches
- 1x60 minute fitness session per week led by the STRIVE FITNESS TEAM

#### CMSA Games

- 1 game per week scheduled by CMSA
- Games can be played anywhere in the city per CMSA format
- All U13 Tiers may play any day of the week
- All games will consist of two (2) – 40-minute halves 9 players a-side (9 v 9)

#### Cup Competition

- Provincial qualification will take place through an opt-in cup competition that will run alongside regular season league play
- Dates May 20 – July 17 2022
- Provincial Competition dates: Tier 1 August 25 – August 28 Tier 2 August 12 – August 14

#### Evaluations

- Evaluations are required and will begin in March. Date is TBA

#### Uniforms

- All players will be required to purchase their Jerseys kits via a team order through SWU (Socks, Shorts and Team Jersey)
- All players will be required to purchase their Tech Shirt for Tech sessions - available for purchase at Kicks Sporting goods store - 9737 Macleod Trail

#### 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.

#### Volunteer Team Coaches

- Register to coach your child's team by completing the "Volunteer Now" link- Member Zone Account
  - Coaches are selected based on experience, past history, and their willingness to develop further with coaching specific certification & licenses. Interested in Coaching? Contact [jesusmelo@cswusoccer.com](mailto:jesusmelo@cswusoccer.com)
  - We support all our Coaches with in-house support, mentoring and NCCP Courses
- We require all coaches to have a valid Criminal Record Check on file with CMSA  
SWU Coaches are required to abide by the SWU Harassment Policy and Coach Code of Conduct

## U13 CMSA Elite Program / Tier 3 / Born 2009

Registration **\$949.00**

Prices include **Technical Sessions**

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### Payment Options:

**Option 1** – In full at time of registration

**Option 2** – 40% due at registration; first instalment of 30% due 30 days after registration; second instalment of remaining 30% due 30 days after first instalment.

### Season:

- Pre-Season: April 23 – May 19 2022
- Regular Season: May 23 – July 28 2022

### Program Overview:

#### Team Practices

- 1x90 minute team session per week with Team Coach

#### Technical Sessions

- 1x90 minutes technical team sessions per week led by our CLUB Technical Staff Coaches

#### CMSA Games

- 1 game per week scheduled by CMSA
- Games can be played anywhere in the city per CMSA format
- All U13 Tiers may play any day of the week
- All games will consist of two (2) – 40-minute halves 9 players a-side (9 v 9)

#### Cup Competition

- Provincial qualification will take place through an opt-in cup competition that will run alongside regular season league play
- Dates May 20 – July 17 2022
- Provincial Competition dates: Tier 3 August 12 – August 14

#### Evaluations

- Evaluations are required and will begin in March. Date is TBA

#### Skills Training

- Players will have the option for additional skills training through our skills training centre by contacting [info@csvusoccer.com](mailto:info@csvusoccer.com).

#### Uniforms

- All players will be required to purchase their Jerseys kits via a team order through SWU (Socks, Shorts and Team Jersey)
- All players will be required to purchase their Tech Shirt for Tech sessions - available for purchase at Kicks Sporting goods store - 9737 Macleod Trail

#### Volunteer Team Coaches

- Register to coach your child's team by completing the "Volunteer Now" link- Member Zone Account
- Coaches are selected based on experience, past history, and their willingness to develop further with coaching specific certification & licenses. Interested in Coaching? Contact [jevsone@csvusoccer.com](mailto:jevsone@csvusoccer.com)
- We support all our Coaches with in-house support, mentoring and NCCP Courses
- We require all coaches to have a valid Criminal Record Check on file with CMSA
- SWU Coaches are required to abide by the SWU Harassment Policy and Coach Code of Conduct



**PROGRAM INFORMATION**



# PROGRAM INFORMATION

## U13 CMSA Select Program / Tier 4 & 5 / Born 2009

Registration **\$595.00**

Technical (Optional Program on a team-by-team basis)

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### Payment Options:

**Option 1** – In full at time of registration

**Option 2** – 40% due at registration; first instalment of 30% due 30 days after registration; second instalment of remaining 30% due 30 days after first instalment.

### Season:

- Pre-Season: April 23 – May 19 2022
- Regular Season: May 23 – July 28 2022

### Program Overview:

#### Team Practices

- 1x90 minute team session per week with Team Coach

#### CMSA Games

- 1 game per week scheduled by CMSA
- Games can be played anywhere in the city per CMSA format
- All U13 Tiers may play any day of the week
- All games will consist of two (2) – 40-minute halves 9 players a-side (9 v 9)

#### Cup Competition

- Provincial qualification will take place through an opt-in cup competition that will run alongside regular season league play, Tier 5 teams can enter the Tier 4 cup. Dates May 20 – July 17 2022
- Provincial Competition dates: Tier 4 July 22 – July 24

#### Evaluations

- Evaluations are required and will begin in March. Date is TBA

#### Skills Training

- Players will have the option for additional skills training through our skills training centre by contacting [info@csvusoccer.com](mailto:info@csvusoccer.com).

#### Uniforms

- All players will be required to purchase their Jerseys kits via a team order through SWU (Socks, Shorts and Team Jersey)
- All players will be required to purchase their Tech Shirt for Tech sessions - available for purchase at Kicks Sporting goods store - 9737 Macleod Trail

#### 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.

#### Volunteer Team Coaches

- Register to coach your child's team by completing the "Volunteer Now" link- Member Zone Account
- Coaches are selected based on experience, past history, and their willingness to develop further with coaching specific certification & licenses. Interested in Coaching? Contact [jesusmelo@csvusoccer.com](mailto:jesusmelo@csvusoccer.com)
- We support all our Coaches with in-house support, mentoring and NCCP Courses
- We require all coaches to have a valid Criminal Record Check on file with CMSA
- SWU Coaches are required to abide by the SWU Harassment Policy and Coach Code of Conduct



# PROGRAM INFORMATION

## U14 CMSA Premier Program / Tier 1 & 2 / **Born 2008**

Registration **\$1450.00**

Prices Include **Technical Session**

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### Payment Options:

**Option 1** – In full at time of registration

**Option 2** – 40% due at registration; first instalment of 30% due 30 days after registration; second instalment of remaining 30% due 30 days after first instalment.

### Season:

- Pre-Season: April 23 – May 19 2022
- Regular Season: May 23 – July 28 & August 22 – September 25 2022
- Summer Break: July 29 – August 21 2022

### Program Overview:

#### Team Practices

- 1x90 minute team session per week with Team Coach

#### Technical Sessions

- 2x90 minutes technical team sessions per week led by our CLUB Technical Staff Coaches
- 1x60 minute fitness session per week led by the STRIVE FITNESS TEAM

#### CMSA Games

- 1 game per week scheduled by CMSA
- Games can be played anywhere in the city per CMSA format
- All U14 to U17 Tiers may play any day of the week
- All games will consist of two (2) forty-five (45) minute halves 11 players a-side (11 v 11)

#### Evaluations

- Evaluations are required and will begin in March. Date is TBA

#### Skills Training

- Players will have the option for additional skills training through our skills training centre by contacting [info@cswusoccer.com](mailto:info@cswusoccer.com).

#### Uniforms

- All players will be required to purchase their Jerseys kits via a team order through SWU (Socks, Shorts and Team Jersey)
- All players will be required to purchase their Tech Shirt for Tech sessions - available for purchase at Kicks Sporting goods store - 9737 Macleod Trail



# PROGRAM INFORMATION

## U14 CMSA Elite Program / Tier 3 / Born 2008

Registration **\$950.00**

Prices include **Technical Session**

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### Payment Options:

**Option 1** – In full at time of registration

**Option 2** – 40% due at registration; first instalment of 30% due 30 days after registration; second instalment of remaining 30% due 30 days after first instalment.

### Season:

- Pre-Season: April 23 – May 19 2022
- Regular Season: May 23 – July 28 2022

### Program Overview:

#### Team Practices

- 1x90 minute team session per week with Team Coach

#### Technical Sessions

- 1x90 minutes technical team session per week led by our CLUB Technical Staff Coaches

#### CMSA Games

- 1 game per week scheduled by CMSA
- Games can be played anywhere in the city per CMSA format
- All U14 to U17 Tiers may play any day of the week
- All games will consist of two (2) forty-five (45) minute halves 11 players a-side (11 v 11)

#### Cup Competition

- Provincial qualification will take place through an opt-in cup competition that will run alongside regular season league play, U14 Teams may register into the U15 Cup competition to be eligible for U15 Provincials. Dates May 20 – July 17 2022
- Provincial Competition dates: Tier 4 July 22 – July 24
- Tier 3 August 12 – Aug 14

#### Evaluations

- Evaluations are required and will begin in March. Date is TBA

#### Skills Training

- Players will have the option for additional skills training through our skills training centre by contacting [info@csvusoccer.com](mailto:info@csvusoccer.com).

#### Uniforms

- All players will be required to purchase their Jerseys kits via a team order through SWU (Socks, Shorts and Team Jersey)
- All players will be required to purchase their Tech Shirt for Tech sessions - available for purchase at Kicks Sporting goods store - 9737 Macleod Trail

#### Volunteer Team Coaches

- Register to coach your child's team by completing the "Volunteer Now" link- Member Zone Account
- Coaches are selected based on experience, past history, and their willingness to develop further with coaching specific certification & licenses. Interested in Coaching? Contact [jesusmelo@csvusoccer.com](mailto:jesusmelo@csvusoccer.com)
- We support all our Coaches with in-house support, mentoring and NCCP Courses
- We require all coaches to have a valid Criminal Record Check on file with CMSA
- SWU Coaches are required to abide by the SWU Harassment Policy and Coach Code of Conduct



## U14 CMSA Select Program / Tier 4 & 5 / Born 2008

Registration **\$595.00**

**Technical (Optional Program on a team-by-team basis)**

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### Payment Options:

**Option 1** – In full at time of registration

**Option 2** – 40% due at registration; first instalment of 30% due 30 days after registration; second instalment of remaining 30% due 30 days after first instalment.

### Season:

- Pre-Season: April 23 – May 19 2022
- Regular Season: May 23 – July 28 2022

### Program Overview:

#### Team Practices

- 1x90 minute team session per week with Team Coach

#### CMSA Games

- 1 game per week scheduled by CMSA
- Games can be played anywhere in the city per CMSA format
- All U14 to U17 Tiers may play any day of the week
- All games will consist of two (2) forty-five (45) minute halves 11 players a-side (11 v 11)

#### Cup Competition

- Provincial qualification will take place through an opt-in cup competition that will run alongside regular season league play, U14 Teams may register into the U15 Cup competition to be eligible for U15 Provincials. Dates May 20 – July 17 2022
- Provincial Competition dates: Tier 4 July 22 – July 24

#### Evaluations

- Evaluations are required and will begin in March. Date is TBA

#### Skills Training

- Players will have the option for additional skills training through our skills training centre by contacting [info@cswusoccer.com](mailto:info@cswusoccer.com).

#### Uniforms

- All players will be required to purchase their Jerseys kits via a team order through SWU (Socks, Shorts and Team Jersey)
- All players will be required to purchase their Tech Shirt for Tech sessions - available for purchase at Kicks Sporting goods store - 9737 Macleod Trail

#### Volunteer Team Coaches

- Register to coach your child's team by completing the "Volunteer Now" link- Member Zone Account
- Coaches are selected based on experience, past history, and their willingness to develop further with coaching specific certification & licenses. Interested in Coaching? Contact [jesusmelo@cswusoccer.com](mailto:jesusmelo@cswusoccer.com)
- We support all our Coaches with in-house support, mentoring and NCCP Courses
- We require all coaches to have a valid Criminal Record Check on file with CMSA
- SWU Coaches are required to abide by the SWU Harassment Policy and Coach Code of Conduct



**PROGRAM INFORMATION**



# PROGRAM INFORMATION

## U15 CMSA Premier Program / Tier 1 & 2 / **Born 2007**

Registration **\$1450.00**

Price Includes **Technical Session**

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### Payment Options:

**Option 1** – In full at time of registration

**Option 2** – 40% due at registration; first instalment of 30% due 30 days after registration; second instalment of remaining 30% due 30 days after first instalment.

### Season:

- Pre-Season: April 23 – May 19 2022
- Regular Season: May 23 – July 28 & August 22 – September 25 2022
- Summer Break: July 29 – August 21 2022

### Program Overview:

#### Team Practices

- 1x90 minute team session per week with Team Coach

#### Technical Sessions

- 2x90 minutes technical team sessions per week led by our CLUB Technical Staff Coaches
- 1x60 minute fitness session per week led by the STRIVE FITNESS TEAM

#### CMSA Games

- 1 game per week scheduled by CMSA
- Games can be played anywhere in the city per CMSA format
- All U14 to U17 Tiers may play any day of the week
- All games will consist of two (2) forty-five (45) minute halves 11 players a-side (11 v 11)

#### Cup Competition

- Provincial qualification will take place through an opt-in cup competition that will run alongside regular season league play, Dates May 20 – July 17 2022
- Provincial Competition dates: Tier 1 August 25 – Aug 28, Tier 2 August 12 – Aug 14

#### Evaluations

- Evaluations are required and will begin in March. Date is TBA

#### Skills Training

- Players will have the option for additional skills training through our skills training centre by contacting [info@cswusoccer.com](mailto:info@cswusoccer.com).

#### Uniforms

- All players will be required to purchase their Jerseys kits via a team order through SWU (Socks, Shorts and Team Jersey)
- All players will be required to purchase their Tech Shirt for Tech sessions - available for purchase at Kicks Sporting goods store - 9737 Macleod Trail



# PROGRAM INFORMATION

## U15 CMSA Elite Program / Tier 3 / Born 2007

Registration **\$950.00**

Price Includes **Technical Session**

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### Payment Options:

**Option 1** – In full at time of registration

**Option 2** – 40% due at registration; first instalment of 30% due 30 days after registration; second instalment of remaining 30% due 30 days after first instalment.

### Season:

- Pre-Season: April 23 – May 19 2022
- Regular Season: May 23 – July 28 2022

### Program Overview:

#### Team Practices

- 1x90 minute team session per week with Team Coach

#### Technical Sessions

- 1x90 minutes technical team session per week led by our CLUB Technical Staff Coaches

#### CMSA Games

- 1 game per week scheduled by CMSA
- Games can be played anywhere in the city per CMSA format
- All U14 to U17 Tiers may play any day of the week
- All games will consist of two (2) forty-five (45) minute halves 11 players a-side (11 v 11)

#### Cup Competition

- Provincial qualification will take place through an opt-in cup competition that will run alongside regular season league play, Dates May 20 – July 17 2022
- Provincial Competition dates: Tier 3 August 12 – Aug 14

#### Evaluations

- Evaluations are required and will begin in March. Date is TBA

#### Skills Training

- Players will have the option for additional skills training through our skills training centre by contacting [info@cswusoccer.com](mailto:info@cswusoccer.com).

#### Uniforms

- All players will be required to purchase their Jerseys kits via a team order through SWU (Socks, Shorts and Team Jersey)
- All players will be required to purchase their Tech Shirt for Tech sessions - available for purchase at Kicks Sporting goods store - 9737 Macleod Trail

#### Volunteer Team Coaches

- Register to coach your child's team by completing the "Volunteer Now" link- Member Zone Account
- Coaches are selected based on experience, past history, and their willingness to develop further with coaching specific certification & licenses. Interested in Coaching? Contact [jesusmelo@cswusoccer.com](mailto:jesusmelo@cswusoccer.com)
- We support all our Coaches with in-house support, mentoring and NCCP Courses
- We require all coaches to have a valid Criminal Record Check on file with CMSA
- SWU Coaches are required to abide by the SWU Harassment Policy and Coach Code of Conduct



# PROGRAM INFORMATION

## U15 CMSA Select Program / Tier 4 & 5 / Born 2007

Registration **\$595.00**

**Technical (Optional program on a team-by-team basis)**

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### Payment Options:

**Option 1** – In full at time of registration

**Option 2** – 40% due at registration; first instalment of 30% due 30 days after registration; second instalment of remaining 30% due 30 days after first instalment.

### Season:

- Pre-Season: April 23 – May 19 2022
- Regular Season: May 23 – July 28 2022

### Program Overview:

#### Team Practices

- 1x90 minute team session per week with Team Coach

#### CMSA Games

- 1 game per week scheduled by CMSA
- Games can be played anywhere in the city per CMSA format
- All U14 to U17 Tiers may play any day of the week
- All games will consist of two (2) forty-five (45) minute halves 11 players a-side (11 v 11)

#### Cup Competition

- Provincial qualification will take place through an opt-in cup competition that will run alongside regular season league play, U14 Teams may register into the U15 Cup competition to be eligible for U15 Provincials. Dates May 20 – July 17 2022
- Provincial Competition dates: Tier 4 July 22 – July 24

#### Evaluations

- Evaluations are required and will begin in March. Date is TBA

#### Skills Training

- Players will have the option for additional skills training through our skills training centre by contacting [info@csvusoccer.com](mailto:info@csvusoccer.com).

#### Uniforms

- All players will be required to purchase their Jerseys kits via a team order through SWU (Socks, Shorts and Team Jersey)
- All players will be required to purchase their Tech Shirt for Tech sessions - available for purchase at Kicks Sporting goods store - 9737 Macleod Trail

#### Volunteer Team Coaches

- Register to coach your child's team by completing the "Volunteer Now" link- Member Zone Account
- Coaches are selected based on experience, past history, and their willingness to develop further with coaching specific certification & licenses. Interested in Coaching? Contact [jesusmelo@csvusoccer.com](mailto:jesusmelo@csvusoccer.com)
- We support all our Coaches with in-house support, mentoring and NCCP Courses
- We require all coaches to have a valid Criminal Record Check on file with CMSA
- SWU Coaches are required to abide by the SWU Harassment Policy and Coach Code of Conduct

## U16 CMSA Premier Program / Tier 1 & 2 / Born 2006

Registration **\$1450.00**

Price Includes **Technical Session**

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### Payment Options:

**Option 1** – In full at time of registration

**Option 2** – 40% due at registration; first instalment of 30% due 30 days after registration; second instalment of remaining 30% due 30 days after first instalment.

### Season:

- Pre-Season: April 23 – May 19 2022
- Regular Season: May 23 – July 28 & August 22 – September 25 2022
- Summer Break: July 29 – August 21 2022

### Program Overview:

#### Team Practices

- 1x90 minute team session per week with Team Coach

#### Technical Sessions

- 2x90 minutes technical team sessions per week led by our CLUB Technical Staff Coaches
- 1x60 minute fitness session per week led by the STRIVE FITNESS TEAM

#### CMSA Games

- 1 game per week scheduled by CMSA
- Games can be played anywhere in the city per CMSA format
- All U14 to U17 Tiers may play any day of the week
- All games will consist of two (2) forty-five (45) minute halves 11 players a-side (11 v 11)

#### Cup Competition

- Provincial qualification will take place through an opt-in cup competition that will run alongside regular season league play, U16 Teams may register into the U17 Cup competition to be eligible for U17 Provincials. Dates May 20 – July 17 2022
- Provincial Competition dates: Tier 4 July 22 – July 24
- Tier 1 August 25 – Aug 28, Tier 2 August 12 – Aug 14

#### Evaluations

- Evaluations are required and will begin in March. Date is TBA

#### Skills Training

- Players will have the option for additional skills training through our skills training centre by contacting [info@cswusoccer.com](mailto:info@cswusoccer.com).

#### Uniforms

- All players will be required to purchase their Jerseys kits via a team order through SWU (Socks, Shorts and Team Jersey)
- All players will be required to purchase their Tech Shirt for Tech sessions - available for purchase at Kicks Sporting goods store - 9737 Macleod Trail



**PROGRAM INFORMATION**



## U16 CMSA Elite Program / Tier 3 / Born 2006

Registration **\$950.00**

Prices Include **Technical Session**

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### Payment Options:

**Option 1** – In full at time of registration

**Option 2** – 40% due at registration; first instalment of 30% due 30 days after registration; second instalment of remaining 30% due 30 days after first instalment.

### Season:

- Pre-Season: April 23 – May 19 2022
- Regular Season: May 23 – July 28 2022

### Program Overview:

#### Team Practices

- 1x90 minute team session per week with Team Coach

#### Technical Sessions

- 1x90 minutes technical team session per week led by our CLUB Technical Staff Coaches

#### CMSA Games

- 1 game per week scheduled by CMSA
- Games can be played anywhere in the city per CMSA format
- All U14 to U17 Tiers may play any day of the week
- All games will consist of two (2) forty-five (45) minute halves 11 players a-side (11 v 11)

#### Cup Competition

- Provincial qualification will take place through an opt-in cup competition that will run alongside regular season league play, U16 Teams may register into the U17 Cup competition to be eligible for U17 Provincials. Dates May 20 – July 17 2022
- Provincial Competition dates: Tier 3 August 12 – Aug 14

#### Evaluations

- Evaluations are required and will begin in March. Date is TBA

#### Skills Training

- Players will have the option for additional skills training through our skills training centre by contacting [info@cswusoccer.com](mailto:info@cswusoccer.com).

#### Uniforms

- All players will be required to purchase their Jerseys kits via a team order through SWU (Socks, Shorts and Team Jersey)
- All players will be required to purchase their Tech Shirt for Tech sessions - available for purchase at Kicks Sporting goods store - 9737 Macleod Trail

#### Volunteer Team Coaches

- Register to coach your child's team by completing the "Volunteer Now" link- Member Zone Account
- Coaches are selected based on experience, past history, and their willingness to develop further with coaching specific certification & licenses. Interested in Coaching? Contact [jusmelo@cswusoccer.com](mailto:jusmelo@cswusoccer.com)
- We support all our Coaches with in-house support, mentoring and NCCP Courses
- We require all coaches to have a valid Criminal Record Check on file with CMSA
- SWU Coaches are required to abide by the SWU Harassment Policy and Coach Code of Conduct





# PROGRAM INFORMATION

## U16 CMSA Select Program / Tier 4 & 5 / Born 2006

Registration **\$595.00**

**Technical (Optional Program on a team-by-team basis)**

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### Payment Options:

**Option 1** – In full at time of registration

**Option 2** – 40% due at registration; first instalment of 30% due 30 days after registration; second instalment of remaining 30% due 30 days after first instalment.

### Season:

- Pre-Season: April 23 – May 19 2022
- Regular Season: May 23 – July 28 2022

### Program Overview:

#### Team Practices

- 1x90 minute team session per week with Team Coach

#### CMSA Games

- 1 game per week scheduled by CMSA
- Games can be played anywhere in the city per CMSA format
- All U14 to U17 Tiers may play any day of the week
- All games will consist of two (2) forty-five (45) minute halves 11 players a-side (11 v 11)

#### Cup Competition

- Provincial qualification will take place through an opt-in cup competition that will run alongside regular season league play, U16 Teams may register into the U17 Cup competition to be eligible for U17 Provincials. Dates May 20 – July 17 2022
- Provincial Competition dates: Tier 4 July 22 – July 24

#### Evaluations

- Evaluations are required and will begin in March. Date is TBA

#### Skills Training

- Players will have the option for additional skills training through our skills training centre by contacting [info@csvusoccer.com](mailto:info@csvusoccer.com).

#### Uniforms

- All players will be required to purchase their Jerseys kits via a team order through SWU (Socks, Shorts and Team Jersey)
- All players will be required to purchase their Tech Shirt for Tech sessions - available for purchase at Kicks Sporting goods store - 9737 Macleod Trail

#### Volunteer Team Coaches

- Register to coach your child's team by completing the "Volunteer Now" link- Member Zone Account
- Coaches are selected based on experience, past history, and their willingness to develop further with coaching specific certification & licenses. Interested in Coaching? Contact [jesusmelo@csvusoccer.com](mailto:jesusmelo@csvusoccer.com)
- We support all our Coaches with in-house support, mentoring and NCCP Courses
- We require all coaches to have a valid Criminal Record Check on file with CMSA
- SWU Coaches are required to abide by the SWU Harassment Policy and Coach Code of Conduct



# PROGRAM INFORMATION

## U17 CMSA Premier Program / Tier 1 & 2 / Born 2005

Registration **\$1450.00**

Prices Include **Technical Session**

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### Payment Options:

**Option 1** – In full at time of registration

**Option 2** – 40% due at registration; first instalment of 30% due 30 days after registration; second instalment of remaining 30% due 30 days after first instalment.

### Season:

- Pre-Season: April 23 – May 19 2022
- Regular Season: May 23 – July 28 & August 22 – September 25 2022
- Summer Break: July 29 – August 21 2022

### Program Overview:

#### Team Practices

- 1x90 minute team session per week with Team Coach

#### Technical Sessions

- 1x90 minutes technical team sessions per week led by our CLUB Technical Staff Coaches
- 1x60 minute fitness session per week led by the STRIVE FITNESS TEAM

#### CMSA Games

- 1 game per week scheduled by CMSA
- Games can be played anywhere in the city per CMSA format
- All U14 to U17 Tiers may play any day of the week
- All games will consist of two (2) forty-five (45) minute halves 11 players a-side (11 v 11)

#### Cup Competition

- Provincial qualification will take place through an opt-in cup competition that will run alongside regular season league play, Dates May 20 – July 17 2022
- Provincial Competition dates: Tier 1 August 25 – Aug 28, Tier 2 August 12 – Aug 14

#### Evaluations

- Evaluations are required and will begin in March. Date is TBA

#### Skills Training

- Players will have the **option** for additional skills training through our skills training centre by contacting [info@cswusoccer.com](mailto:info@cswusoccer.com).

#### Uniforms

- All players will be required to purchase their Jerseys kits via a team order through SWU (Socks, Shorts and Team Jersey)
- All players will be required to purchase their Tech Shirt for Tech sessions - available for purchase at Kicks Sporting goods store - 9737 Macleod Trail



# PROGRAM INFORMATION

## U17 CMSA Elite Program / Tier 3 / Born 2005

Registration **\$950.00**

Prices Include **Technical Session**

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### Payment Options:

**Option 1** – In full at time of registration

**Option 2** – 40% due at registration; first instalment of 30% due 30 days after registration; second instalment of remaining 30% due 30 days after first instalment.

### Season:

- Pre-Season: April 23 – May 19 2022
- Regular Season: May 23 – July 28 2022

### Program Overview:

#### Team Practices

- 1x90 minute team session per week with Team Coach

#### Technical Sessions

- 1x90 minutes technical team sessions per week led by our CLUB Technical Staff Coaches

#### CMSA Games

- 1 game per week scheduled by CMSA
- Games can be played anywhere in the city per CMSA format
- All U14 to U17 Tiers may play any day of the week
- All games will consist of two (2) forty-five (45) minute halves 11 players a-side (11 v 11)

#### Cup Competition

- Provincial qualification will take place through an opt-in cup competition that will run alongside regular season league play, Dates May 20 – July 17 2022
- Provincial Competition dates: Tier 3 August 12 – Aug 14

#### Evaluations

- Evaluations are required and will begin in March. Date is TBA

#### Skills Training

- Players will have the option for additional skills training through our skills training centre by contacting [info@cswusoccer.com](mailto:info@cswusoccer.com).

#### Uniforms

- All players will be required to purchase their Jerseys kits via a team order through SWU (Socks, Shorts and Team Jersey)
- All players will be required to purchase their Tech Shirt for Tech sessions - available for purchase at Kicks Sporting goods store - 9737 Macleod Trail

#### Volunteer Team Coaches

- Register to coach your child's team by completing the "Volunteer Now" link- Member Zone Account
- Coaches are selected based on experience, past history, and their willingness to develop further with coaching specific certification & licenses. Interested in Coaching? Contact [jesusmelo@cswusoccer.com](mailto:jesusmelo@cswusoccer.com)
- We support all our Coaches with in-house support, mentoring and NCCP Courses
- We require all coaches to have a valid Criminal Record Check on file with CMSA

- SWU Coaches are required to abide by the SWU Harassment Policy and Coach Code of Conduct

## U17 CMSA Select Program / Tier 4 & 5 / Born 2005

Registration **\$595.00**

**Technical (Optional Program on a team-by-team basis)**

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### Payment Options:

**Option 1** – In full at time of registration

**Option 2** – 40% due at registration; first instalment of 30% due 30 days after registration; second instalment of remaining 30% due 30 days after first instalment.

### Season:

- Pre-Season: April 23 – May 19 2022
- Regular Season: May 23 – July 28 2022

### Program Overview:

#### Team Practices

- 1x90 minute team session per week with Team Coach

#### CMSA Games

- 1 game per week scheduled by CMSA
- Games can be played anywhere in the city per CMSA format
- All U14 to U17 Tiers may play any day of the week
- All games will consist of two (2) forty-five (45) minute halves 11 players a-side (11 v 11)

#### Cup Competition

- Provincial qualification will take place through an opt-in cup competition that will run alongside regular season league play, Dates May 20 – July 17 2022
- Provincial Competition dates: Tier 4 July 22 – July 24

#### Evaluations

- Evaluations are required and will begin in March. Date is TBA

#### Skills Training

- Players will have the option for additional skills training through our skills training centre by contacting [info@cswusoccer.com](mailto:info@cswusoccer.com).

#### Uniforms

- All players will be required to purchase their Jerseys kits via a team order through SWU (Socks, Shorts and Team Jersey)
- All players will be required to purchase their Tech Shirt for Tech sessions - available for purchase at Kicks Sporting goods store - 9737 Macleod Trail

#### Volunteer Team Coaches

- Register to coach your child's team by completing the "Volunteer Now" link- Member Zone Account
- Coaches are selected based on experience, past history, and their willingness to develop further with coaching specific certification & licenses. Interested in Coaching? Contact [jesusmelo@cswusoccer.com](mailto:jesusmelo@cswusoccer.com)
- We support all our Coaches with in-house support, mentoring and NCCP Courses
- We require all coaches to have a valid Criminal Record Check on file with CMSA
- SWU Coaches are required to abide by the SWU Harassment Policy and Coach Code of Conduct



**PROGRAM INFORMATION**



# PROGRAM INFORMATION

## U18 & U19 / Tier 2 to 4 / Born 2003 & 2004

Registration **\$649.00**

**Technical (Optional Program on a team-by-team basis)**

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### Payment Options:

**Option 1** – In full at time of registration

**Option 2** – 40% due at registration; first instalment of 30% due 30 days after registration; second instalment of remaining 30% due 30 days after first instalment.

### Season:

- Regular Season: April 23 – July 28 2022
- Post Season Play: Tier 2 – 3 Provincial Competition August 12 – Aug 14

### Program Overview:

#### Team Practices

- 1x75 minute team session per week with Team Coach

#### Technical Sessions

- 1x90 minutes technical team sessions per week led by our CLUB Technical Staff Coaches

#### CMSA Games

- 1 game per week scheduled by CMSA
- Games can be played anywhere in the city per CMSA format
- All U19 Tiers may play any day of the week
- All games will consist of two (2) forty-five (45) minute halves 11 players a-side (11 v 11)

#### Cup Competition

- Provincial qualification will take place through an opt-in cup competition that will run alongside regular season league play, Dates May 20 – July 17 2022
- Provincial Competition dates: Tier 4 July 22 – July 24

#### Evaluations

- Evaluations are required and will begin in March. Date is TBA

#### Skills Training

- Players will have the **option** for additional skills training through our skills training centre by contacting [info@cswusoccer.com](mailto:info@cswusoccer.com).

#### Uniforms

- All players will be required to purchase their Jerseys kits via a team order through SWU (Socks, Shorts and Team Jersey)
- All players will be required to purchase their Tech Shirt for Tech sessions - available for purchase at Kicks Sporting goods store - 9737 Macleod Trail

#### Volunteer Team Coaches

- Register to coach your child's team by completing the "Volunteer Now" link- Member Zone Account
- Coaches are selected based on experience, past history, and their willingness to develop further with coaching specific certification & licenses. Interested in Coaching? Contact [info@cswusoccer.com](mailto:info@cswusoccer.com)
- We support all our Coaches with in-house support, mentoring and NCCP courses
- We require all coaches to have a valid Criminal Record Check on file with CMSA
- SWU Coaches are required to abide by the SWU Harassment Policy and Coach Code of Conduct



# PROGRAM INFORMATION

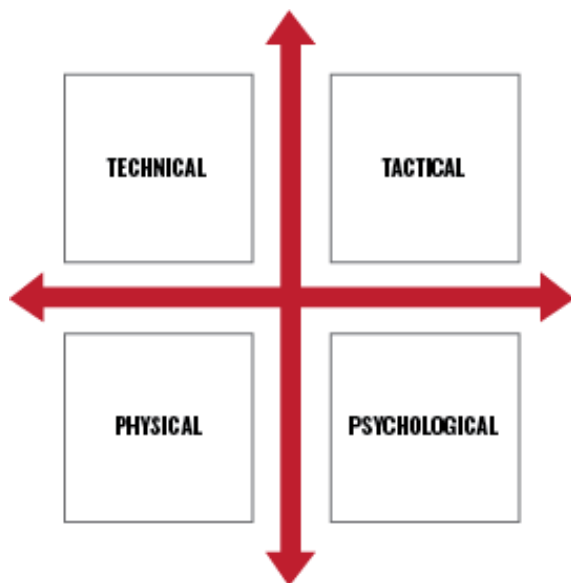
## SKILLS CENTRE

Registration **\$250.00**

We will be offering Skills Centre for all our Tiers and age groups. Starting at the U7 Grassroots all the way up to U19.

South West United Skills Centre is based on a model that helps players of all abilities grow and develop their skills. Our Skill Centre Program is designed to provide players with social experience, while enhancing their love of soccer and continuing to improve on teach skills and tactical soccer. Practices will be based on the Skill Centre model where players are split into groups each week, working on their skills and a series and drills to develop and enhance their soccer skills.

Our primarily goal is to develop at four different levels: coordinative (technical), cognitive (tactical or decision making), mental (socio-emotional) and physical, which also forms the 4 “pillars” of our learning methodology technical, tactical, physical & psychological.



- Ball sense & coordination
- Attacking: dribbling, 1v1, 2v1, 3v2 techniques, change of pace
- Defending: Zonal vs Man, positioning & body shape, counters, pressure
- Ball control & possession: Technique & styles, ball manipulation, passing & receiving, turning (front & back to goal)
- Shooting & finishing: In close & at a distance, techniques
- Spatial Awareness: Overlaps, switching, positional

South West United has designed a specific training methodology for the educational approach of teaching soccer in our club. The main aim of this project is to provide a progressive teaching structure which supports all our coaches and players to comply with our club’s philosophy.

**\*Dates and times will be determined once CMSA confirms the league schedules.**