



Community Soccer

INDOOR PROGRAM GUIDE

2022/2023

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

Competitive (CMSA/AYSL)

The CMSA is a city-wide competitive soccer league that provides for U8-U19 age groups. The AYSL is a “standards based” Provincial League administered by Alberta Soccer for U14-U17 age groups.

2

Community (In-house)

Our Community program provides a solid foundation for kids between the ages of 3-8 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 by helping out in the following equipment return, Bingo's Casino's. Please be advised that these credits are different from the Coaching credits.

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 Community Programming**
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.2

REGISTRATION

To register for a program at Calgary South West United Soccer (CSWU), please create an account using our CSWU Member Zone at the following : <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 indoor 2022 – 2023 Grassroots Programs remains open until season start. Please note: Prior to October 1 – placement is guaranteed. After October 1 – placement is based on available space.

GROUPING CHART

| Age Groups | | U3 | U4 | U5/ U6 | U7/ U8 | U9/ U10 | U11 | U12 | U13 | U14/ U15 | U16/ U17 | U18/ U19 |
|----------------|-------|------|------|--------------|--------------|--------------|------|------|------|--------------|--------------|--------------|
| Boys/ Girls | Mixed | X | X | | | | | | | | | |
| | Split | | | X | X | X | X | X | X | X | X | X |
| Birth Year | | 2020 | 2019 | 2017 2018 | 2015 2016 | 2013 2014 | 2012 | 2011 | 2010 | 2008 2009 | 2006 2007 | 2004 2005 |

PAYMENTS

- Players are NOT considered registered until families ensure their Power Up Registration Account is current and all outstanding Registration Fees are paid when due, before the season commences on **October 23 2022**. If there are outstanding registration fees players may not be able to participate until those fees are paid.
- 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

- [Individual Child Grants | Jumpstart \(canadiantire.ca\)](http://www.canadiantire.ca)

❖ 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 November 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 | October 1st |
| Injury related (with doctor's note) Deadline | November 1st |
| Moving/relocating (with proof) Deadline | November 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.

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 Technical Department, supplemented with weekly offerings of age-appropriate drills and session plans.

CSWU also provides pre-season orientations and the opportunity to complete the NCCP Community Coaching Courses at our expense. We do require that all coaches accept the SWU Harassment Policy and agree to abide by our Coach Code of Conduct. If you are interested in coaching your child's team, please send an email to grassroots@cswusoccer.com

NEW COACH CREDIT PROGRAM!

Credits will be offered at the end of the season for all Community Coaches to be used the following season.

\$50 - Head Coach, \$25 - Assistant Coach up to a Maximum of \$75 per team.



PROGRAM INFORMATION

U3 Co-Ed Little Kickers **Born 2020** Registration **\$169.00+\$10.00 Facility Fee**

SEASON

Season runs October 29 to March 4th (No games Dec 23 to Jan 6 & Family Day Long weekend)

Pre-Season – Meet and greet teams Oct 22 at the CSWU Facility located at Unit 116, 10450 50th Street SE

Post season - Mini Fest will be hosted by SWU. March 4th at the SWU Facility Unit 116, 10450 50th Street SE

PROGRAM OVERVIEW

Our program for the U3 age group is a parent with child experience. Please be prepared to participate on the field in activities with your children.

The emphasis at U3 and U4 should be on movement skills such as running, jumping, dribbling, and having fun!

PRACTICE/GAMES

1 combined game / practice per week Saturday Mornings any time between 9:00AM to

1:00 PM 25-minute Practice, 5 min Snack then 25-minute Game

Small-sided soccer with 3 players per side (3V3) NO goalkeepers

LOCATIONS

YMCA – Cardel Shawnessy – 333 Shawville Blvd SE, Calgary, AB

UNIFORMS

Team jersey and soccer socks are included

Players are required to have their own shin pads, black soccer shorts, indoor 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 Technical Department 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.

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

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.

New this year! We will be offering a credit at the end of the season for all coaches to be used the following season.

U4 Co-Ed Little Kickers **Born 2019**

Registration **\$169.00+\$10.00 Facility Fee**

SEASON

Season runs October 29 to March 4th (No games Dec 23 to Jan 6 & Family Day long weekend)

Pre Season – Meet and greet teams Oct 22 at our facility Unit 116 10450 50 Street SE

Post season - Mini Fest will be hosted by SWU on March 4th at our facility Unit 116 10450 50 Street SE

PROGRAM OVERVIEW

Our program for the U4 age group is a parent with child experience.

Please be prepared to participate on the field in activities with your children.

The emphasis at U3 and U4 should be on movement skills such as running, jumping, dribbling, and having fun!

PRACTICE/GAMES

1 combined game / practice per week Saturday Mornings any time between 9:00AM to 1:00PM

25-minute Practice, 5 min Snack then 25-minute Game

Small sided soccer with 3 players per side (3V3) NO goalkeepers

LOCATIONS

YMCA – Gardel Shawnessy – 333 Shawville Blvd SE, Calgary, AB

UNIFORMS

Team jersey and soccer socks are included

Players are required to have their own shin pads, black soccer shorts, indoor 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 Technical Department 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.

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

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.

New this year! We will be offering a credit at the end of the season for all coaches to be used the following season



PROGRAM INFORMATION

U5-U6 Co-Ed Little Kickers **Born 2017/18** Registration **\$169.00+\$10.00 Facility Fee**

SEASON

Season runs October 29 to March 4th (No games Dec 23 to Jan 6 & Family Day long weekend)

Pre Season – Meet and greet teams Oct 22 at our facility Unit 116 10450 50 Street SE

Post season - Mini Fest will be hosted by SWU on March 4th at our facility Unit 116 10450 50 Street SE

PRACTICE/GAMES

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

LOCATIONS

YMCA – Cardel Shawnessy – 333 Shawville Blvd SE, Calgary, AB

UNIFORMS

Team jersey and soccer socks are included

Players are required to have their own shin pads, black soccer shorts, indoor 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 Technical Department 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.

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

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.

New this year! We will be offering a credit at the end of the season for all coaches to be used the following season.



PROGRAM INFORMATION

U7-U8 Community **Born 2015/16**

Registration \$189.00+\$15.00 Facility Fee

SEASON

Season runs October 29 to March 4th (No games Dec 20 to Jan 3 on Family Day long weekend)

Pre Season – Meet and greet teams Oct 22 at our facility Unit 116 10450 50 Street SE

Post season - Mini Fest will be hosted by SWU. March 4th at our facility Unit 116 10450 50 Street SE, Calgary, AB

PRACTICE/GAMES

1 combined game / practice Saturdays

Sessions begin with a 30-minute practice followed by a 40-minute game. 2 x 20-minute halves.

Small sided soccer with 4 players per side (4V4)

NO goal Keepers

LOCATIONS

SWU facility - Unit 116 10450 50 Street SE, Calgary, AB

UNIFORMS

Team jersey and soccer socks are included

Players are required to have their own shin pads, black soccer shorts, indoor 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 Technical Department 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 FUNdamentals Coach Certification Course at our expense.

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

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.

New this year! We will be offering a credit at the end of the season for all coaches to be used the following season.



PROGRAM INFORMATION

U9 TO U12 Community Born 2011/2012/2013/2014 \$199.00+\$15.00 Facility Fee

SEASON

Season runs October 29 to March 4th (No games Dec 20 to Jan 3 on Family Day long weekend)

Pre Season – Meet and greet teams Oct 22 at our facility Unit 116 10450 50 Street SE

Post season - Mini Fest will be hosted by SWU. March 4th at our facility Unit 116 10450 50 Street SE, Calgary, AB

PRACTICE/GAMES

1 combined game / practice Saturdays

Sessions begin with a 30-minute practice followed by a 40-minute game. 2 x 20-minute halves.

5v5 with a goalkeeper included

LOCATIONS

SWU facility - Unit 116 10450 50 Street SE, Calgary, AB

UNIFORMS

Team jersey and soccer socks are included

Players are required to have their own shin pads, black soccer shorts, indoor 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 Technical Department 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 Learn to Train Coach Certification Course at our expense.

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

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.

New this year! We will be offering a credit at the end of the season for all coaches to be used the following season.