



# Competitive Soccer

**INDOOR PROGRAM GUIDE**

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**2022/2023**

[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

## **Competitive (CMSA/AYSL)**

The CMSA is a city wide competitive soccer league that provides for levels 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 Grassroots 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.

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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 by helping out in the following equipment return, Bingo's Casino's. Please be advised that we are currently not offering credits for coaches and Managers in the CMSA program

**\*\* 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 Indoor 2022 – 2023 CMSA Programs closes **October 1 2022**.

## 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	201 2	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. If there are outstanding registration fees due, players may not be able to participate until fees are paid.
- 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@cswusoccer.com](mailto: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](mailto:bingo@cswusoccer.com)

## PLAYER PLACEMENT POLICY STATEMENT

When a player registers for CSWU, we guarantee player placement on a team (dependent on adequate player registration numbers), but will not guarantee a certain level of play. Player placement for CMSA teams will be determined by the evaluation process unless otherwise indicated. Player placement for Grassroots teams is by community or combining communities as needed for numbers.

## 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/](http://cswusoccer.com/forms/). All refund requests go to [info@cswusoccer.com](mailto:info@cswusoccer.com)

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

- 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 – October

Injury related (with doctor's note) – November 1

Moving/relocating (with proof) – November 1

## **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 Doctor'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.

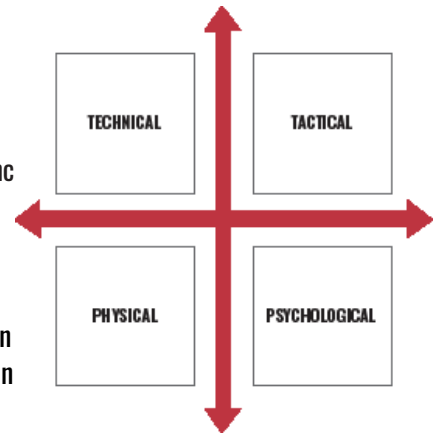
## **POLICIES**

**Calgary South West United Soccer Association (CSWU) adheres to internal Club Policies Canada Soccer, Alberta Soccer and CMSA Policies. In particular, please note the following:**

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

# SWU CURRICULUM

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

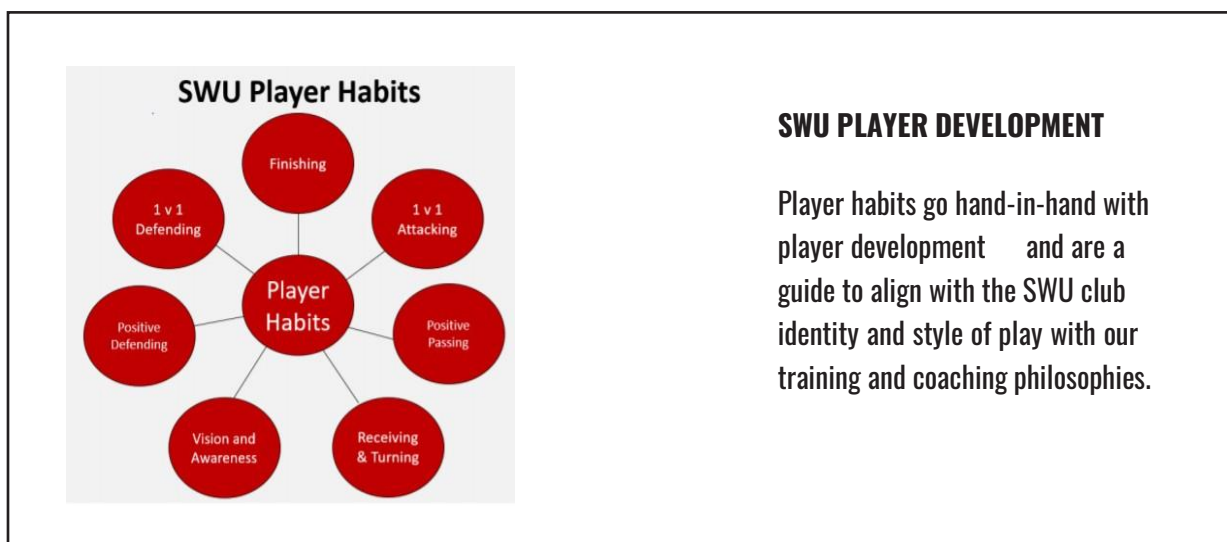


South West United's primary focus is to develop both technically and tactically sound players that are capable of making confident decisions within the flow of a game. We expect players to be competitive in matches; however, winning is a secondary goal at our youngest age groups as we adhere to the Canadian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

Through our structured and progressive age group appropriate 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 individual possession first before collective possession – players learn to “own the ball before you share the ball” with the SWU philosophy of a possession orientated style of play. Possession – which 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 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.

During the early years of development players will make costly mistakes often, especially as they learn how to build attacks from our goalkeeper and defenders. SWU refuses to discourage this philosophy as players make mistakes in their play; 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 and surpass these types of teams as the players get older. These positive outcomes will create more opportunities for our players as they mature and learn.





# Calgary South West United Soccer Club Player Pathway (Age and LTPD Stage of Development)

 COMPETITIVE DEVELOPMENTAL COMMUNITY	<b>SWU Soccer-for-life</b>	<b>U16+</b>	<ul style="list-style-type: none"> <li>• U16+ Soccer-for-Life</li> <li>• 4x Training &amp; 1-2x Game /wk</li> </ul>	<ul style="list-style-type: none"> <li>• AMSL/CUSA/CWSA (Semi Pro - Pro)</li> <li>• Competitive &amp; Recreational</li> </ul>	   
	<b>SWU AYSL</b>	<b>U14+</b>	<ul style="list-style-type: none"> <li>• U14+ Training-to-Train</li> <li>• 3-4x Training &amp; 1x Game /wk</li> </ul>	<ul style="list-style-type: none"> <li>• AYSL</li> </ul>	
	<b>SWU Competitive</b>	<b>U13+</b>	<ul style="list-style-type: none"> <li>• U13-U19 Soccer-for-Life</li> <li>• 2-3x Training &amp; 1x Game /wk</li> </ul>	<ul style="list-style-type: none"> <li>• CMSA</li> </ul>	
	<b>SWU Learn-to-Train</b>	<b>U9-U12</b>	<ul style="list-style-type: none"> <li>• U9-U12 Learning-to-Train</li> <li>• 1x Practice &amp; 1x Game /wk</li> </ul>	<ul style="list-style-type: none"> <li>• Community Soccer</li> <li>• CMSA</li> </ul>	
	<b>SWU FUNDamental</b>	<b>U7-U8</b>	<ul style="list-style-type: none"> <li>• U7-U8 FUNDamentals</li> <li>• 1x Combined Practice/Game /wk</li> </ul>	<ul style="list-style-type: none"> <li>• Community Soccer</li> <li>• CMSA</li> </ul>	 
	<b>SWU Little Kickers</b>	<b>U3-U6</b>	<ul style="list-style-type: none"> <li>• U3-U6 Active Start</li> <li>• 1x Combined Practice/Game /wk</li> </ul>	<ul style="list-style-type: none"> <li>• Community Soccer</li> </ul>	

## 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 financial support for those who successfully complete approved courses.



# SPORTS SCIENCE PROGRAM

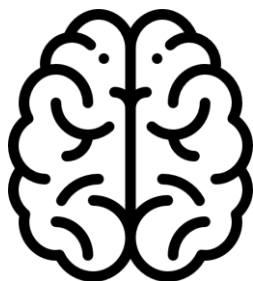
Our latest core program addition for AYSL players is Sports Science. This program covers a large area of Performance Stream Athlete Development and is broken into **2 specific areas**:

## 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 & Behavioural 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



# THE SWU **DIFFERENCE**

## **Experience**

CSWU has served the Calgary Soccer Community for over 20 years

## **Championships**

CSWU have won over 75 Provincial Championships and Medaled in 18 National Championships

## **Professionals**

CSWU have assisted in the Development of several players over the years who have become Professional Players in countries all over the world. In addition CSWU players are consistently recruited to the Vancouver Whitecaps full-time Residency programs in Vancouver, British Columbia.

## **University**

CSWU has and continues to develop an abundance of players who move on to University programs in both Canada and the US.

## **National Teams**

CSWU has produced many players who have represented Canada for both the Youth and Senior National teams.

## **Player Development**

CSWU is known for the development of players and subsequent promotion of players within the club and to higher levels of play.

## **Curriculum**

CSWU uses a specific developmental curriculum for all age groups in line with best practices from Canada Soccer.



# PROGRAM INFORMATION

## U7-U9 CMSA Grassroots **Born-2014 to 2016** Registration **\$495.00 + \$25.00 Facility Fee** 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 Mid October
- Regular Season: October 29 – February 25
- Post season: Festival will be hosted by CMSA March 4, 2023 – Location TBA
- Winter Break December 17, 2022 – Jan 8, 2023 – No games or practices on the Family Day long weekend

### Program Overview:

#### Technical Sessions

- 2x60 minutes technical team sessions led by our CLUB technical staff coaches

#### CMSA Games

- 1 Match Day per week on Saturdays - Games may have a different format every week
- Quadrant-based skill centre festival format (Saturdays – Location TBA)
- Skill centre festivals are played on CMSA supplied fields
- NO Referees and NO Goalkeepers
- U7 - 3V3; U8 – 4V4; U9 – 5V5 with GK - Volunteer Parents to support in CMSA Festivals on Saturdays

#### Evaluations

- Evaluations are not required

#### 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

- SWU will supply jerseys from Shane Homes
- 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.
- Wrap up festival Saturday March 4, 2023 – Location 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@cswusoccer.com](mailto:jesusmelo@cswusoccer.com)
- 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 Grassroots **Born-2013** Registration **\$695.00 + \$25.00 Facility Fee** 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 Mid October
- Regular Season: October 29 – February 25
- Post season: Festival will be hosted by CMSA March 4, 2023 – Location TBA
- Winter Break December 17, 2022 – Jan 8, 2023 – No games or practices on the Family Day long weekend

### Program Overview:

#### Technical Sessions

- 2x60 minutes technical team sessions led by our CLUB technical staff coaches

#### CMSA Games

- 1 Match Day per week on Saturdays - Games may have a different format every week
- Quadrant-based skill centre festival format (Saturdays – Location TBA)
- Skill centre festivals are played on CMSA supplied fields
- NO Referees and NO Goalkeepers
- U10 - 7V7 with GK - Volunteer Parents to support in CMSA Festivals on Saturdays

#### 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

- SWU will supply jerseys from Shane Homes
- 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.
- Wrap up festival Saturday March 4 2023 – Location 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 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 - U12 CMSA League “Developmental” Born-2011 to 2012

Registration **\$1435.00 + \$25.00 Facility Fee**  
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: Team training to begin Mid October
- Regular Season: October 29 – March 12
- Post season: U11 & U12 Wrap-up will be hosted by CMSA March 12, 2023 – Location TBA
- Winter Break December 22, 2022 – Jan 8, 2023 – No games or practices on the Family Day long weekend

### 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
- 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
- May have match days any day of the week.
- All Games will consist of two (2) thirty (25) minute halves - 7v7 (including GK)

#### Evaluations

- Evaluations are required and will begin in October. 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.



# PROGRAM INFORMATION

## U11-U12 CMSA League “Recreational” Born-2011 to 2012

**Registration \$645.00 + \$25.00 Facility Fee**  
**Technical \$355.00 (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: Team training to begin Mid October
- Regular Season: October 29 – March 12
- Post season: U11 & U12 Wrap-up will be hosted by CMSA March 12, 2023 – Location TBA
- Winter Break December 22, 2022 – Jan 8, 2023 – No games or practices on the Family Day long weekend

### Program Overview:

#### Team Practices

- 1x75 minute team session per week with Team Coach

#### Technical Sessions (OPTIONAL PROGRAM)

- 1x75 minute 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
- May have match days any day of the week.
- All Games will consist of two (2) twenty-five (25) minute halves - 7V7 (including GK)

#### Evaluations

- Evaluations are required and will begin in October. 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 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

## CSWU U13 to U19 Program Offerings

As a long-serving Member of the Calgary Minor Soccer Association, Alberta Soccer and Canada Soccer the CSWU Soccer Club is proud to align with our governing bodies to provide quality programming to our members. As youth players graduate in to older age groups, considerations for different levels of commitment and ability factor in to decisions regarding where families wish to participate. CSWU is committed to providing quality programming for all of our families as they reach these later Stages of Athlete Development. CMSA leagues provide age-based programming for Tiers 1 to 4 and the Alberta Youth Soccer League (a Standards Based League endorsed by Canada Soccer) provides age-based programming for more advanced athletes. We have provided some considerations (courtesy of CMSA) to assist in your decisions as to where to register your child.

### **Goals of the CMSA U13 - U19 League**

CMSA's league offering for U13 - U19 includes quality programming for youth at all ages, stages of development, and interest/commitment levels.

CMSA welcomes experienced and novice players into any of our clubs to continue or begin their soccer journey. The CMSA U13-U19 leagues operate in alignment with Long-Term Player Development (LTPD) Standards and would be a part of Stage 7 - Active for Life or Competitive for Life.

CMSA advocates for equitable playing time for all players regardless of Tier in these ages.

A balance of skill level and commitment should be considered when tiering players. CMSA recommends the following considerations to ensure that players and families are placed accordingly:

#### **Tier I and Tier II Considerations**

##### **More developed players:**

For players who are more developed and experienced in the game of soccer

##### **Year-round soccer participation:**

For players who are more likely to play year-round and/or have soccer as their primary activity

##### **Increased weekly commitment:**

For families committed to 3 or more soccer activities each week (training and matches)

#### **Tier III and Tier IV Considerations:**

##### **More entry-level players:**

For recreational players and/or players who are entering the sport for the first time

##### **Seasonal or multisport athletes:**

For multi-sport athletes interested in seasonal participation or a variety of activities

##### **Decreased weekly commitment:**

For families committed to less than 3 soccer activities each week (training and matches)



# PROGRAM INFORMATION

## U13-U19 CMSA League “Tier 1 & 2” - Born 2004 to 2010

Registration **\$1495.00 + \$25 Facility Fee**

Prices include **Fitness and 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: Team training to begin Mid October
- Regular Season: October 29 – March 12
- Post season: TBD
- Winter Break December 22, 2022 – Jan 8, 2023 – No games or practices on the Family Day long weekend

### Program Overview:

#### Team Practices

- 1x75 minute team session per week with Team Coach

#### Technical Sessions

- 2x75 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 U13-19 Tiers may play any day of the week
- All games will consist of two (2) – 30-minute halves, will play 7V7

#### Evaluations

- Evaluations are required and will begin in October. 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.





## U13-U19 CMSA League “Tier 3” - Born 2004 to 2010

Registration **\$995.00 + \$25 Facility Fee**

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: Team training to begin Mid October
- Regular Season: October 29 – March 12
- Post season: TBD
- Winter Break December 22, 2022 – Jan 8, 2023 – No games or practices on the Family Day long weekend

### Program Overview:

#### Team Practices

- 1x75 minute team session per week with Team Coach

#### Technical Sessions

- 1x75 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 Tiers may play any day of the week
- All games will consist of two (2) – 30-minute halves, will play 7V7

#### Evaluations

- Evaluations are required and will begin in October. 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)

PROGRAM INFORMATION



# PROGRAM INFORMATION

## U13-U19 CMSA League “Tier 4” - Born 2004 to 2010

Registration **\$645 + \$25 Facility Fee**

Technical **\$355.00 (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: Team training to begin Mid October
- Regular Season: October 29 – March 12
- Post season: TBD
- Winter Break December 22, 2022 – Jan 8, 2023 – No games or practices on the Family Day long weekend

### Program Overview:

#### Team Practices

- 1x75 minute team session per week with Team Coach

#### Technical Sessions (OPTIONAL PROGRAM)

- 1x75 minute 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) – 30-minute halves, will play 7V7

#### Evaluations

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

#### Skills Training

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



# PROGRAM INFORMATION

## U14 to U17 AYSL Program / Born 2006 to 2009

Registration **1550 + \$25 Facility Fee**

Prices include **Fitness, Technical Sessions & Nutrition/Mental Training**

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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: Program to begin Mid October
- Regular Season: TBD
- Winter Break December 22, 2022 – Jan 2, 2023 – No games or practices on the Family Day long weekend

### Program Overview:

#### Team Practices

- 1x75 minute team session per week with Team Coach

#### Technical Sessions

- 2x75 minutes technical team sessions per week led by our CLUB Technical Staff Coaches
- Fitness program to be implemented over the winter and spring months to optimize the development of Strength, Speed, Agility and Quickness led by the STRIVE FITNESS TEAM

#### Sports Science

- 2 x Mental Training Sessions
- 2 x Nutrition Sessions

#### AYSL Games

- 1 game per week scheduled by AYSL
- Games will be played in Calgary, Red Deer or Edmonton
- Game format to be confirmed

#### Evaluations

- Evaluations are required and will begin in October. 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



# PROGRAM INFORMATION

## SKILLS CENTRE

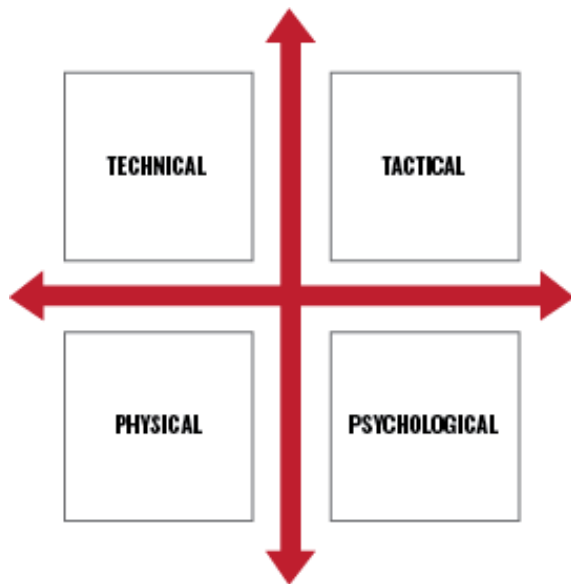
Registration **\$295.00**

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 their 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 of drills to develop and enhance their soccer skills.

Our primary 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 league schedules.**