



# Community

## INDOOR PROGRAM GUIDE

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# 2023/2024

[CSWUsoccer.com](http://CSWUsoccer.com)



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# CSWU Player Pathway

Excellence	Performance	Competitive	Recreational	Snr. National Teams Professional Teams	<b>Program:</b> Senior National Teams <b>Age Group:</b> 16+ <b>LTPD Stage:</b> Train to Win <b>#Events/week:</b> Varies on Competition	<b>Program:</b> Professional Teams <b>Age Group:</b> 16+ <b>LTPD Stage:</b> Train to Win <b>#Events/week:</b> 5 Prac, 1 or 2 Games		
				Performance Leagues	<b>Program:</b> League-1 Alberta, Universities <b>Age Group:</b> 16+ <b>LTPD Stage:</b> Train to Compete <b>#Events/week:</b> 4-5 Prac, 1-2 Games			
Excellence	Performance	Competitive	Recreational	CUSA/CWSA/ASA Adult Leagues	<b>Program:</b> Alberta Major Soccer League/Premier <b>Age Group:</b> 16+ <b>LTPD Stage:</b> Soccer For Life (Comp.) <b>#Events/week:</b> 2 Prac, 1-2 Games	<b>Program:</b> Div 1 to Masters <b>Age Group:</b> U16+ <b>LTPD Stage:</b> Soccer For Life (Rec.) <b>#Events/week:</b> 1 Prac, 1 Game		
				Yth. National Teams Professional Team Academies	<b>Program:</b> Youth National Teams/Professional Academies <b>Age Group:</b> U15 <b>LTPD Stage:</b> Learn to Compete <b>#Events/week:</b> Varies on the Competition	<b>Program:</b> Youth National Teams/Prof. Academies <b>Age Group:</b> U17 to U20 <b>LTPD Stage:</b> Train to Compete <b>#Events/week:</b> Varies on the Competition		
Developmental	Community	Competitive	Recreational	Standard Based U14-U17 Leagues	<b>Program:</b> Alberta Youth Soccer League <b>Age Group:</b> U14 to U17 <b>LTPD Stage:</b> Train to Train <b>#Events/week:</b> 2 Tech, 1 Prac, 1 Game			
				CSMA U14-U19 Leagues	<b>Program:</b> CSMA League Tier 1 & 2 <b>Age Group:</b> U14 to U19(T2 Only) <b>LTPD Stage:</b> Soccer for Life(Comp.) <b>#Events/week:</b> 2 Tech, 1 Prac, 1 Game	<b>Program:</b> CSMA League Tier 3 <b>Age Group:</b> U14 to U19 <b>LTPD Stage:</b> Soccer for Life(Rec.) <b>#Events/week:</b> 1 Tech, 1 Prac, Game	<b>Program:</b> CSMA League Tier 4 <b>Age Group:</b> U14 to U19 <b>LTPD Stage:</b> Soccer for Life(Rec.) <b>#Events/week:</b> 1 Tech (Optional), 1 Prac, 1 Game	
Developmental	Community	Competitive	Recreational	CSMA U12-U13 Leagues	<b>Program:</b> CSMA League Tier 1 & 2 <b>Age Group:</b> U12 & U13 <b>LTPD Stage:</b> Learn to Train/Soccer for Life <b>#Events/week:</b> 2 Tech, 1 Prac, 1 Game	<b>Program:</b> CSMA League Tier 3 <b>Age Group:</b> U12 & U13 <b>LTPD Stage:</b> Learn to Train/Soccer for Life <b>#Events/week:</b> 1 Tech, 1 Prac, Game	<b>Program:</b> CSMA League Tier 4 <b>Age Group:</b> U12 & U13 <b>LTPD Stage:</b> Learn to Train/Soccer for Life <b>#Events/week:</b> 1 Tech (Optional), 1 Prac, 1 Game	
				CSMA Developmental U10-U11 Leagues	<b>Program:</b> U10-U11 CSMA Dev. <b>Age Group:</b> U10 & U11 <b>LTPD Stage:</b> Learn to Train <b>Events/week:</b> 1 Practice, 1 Game	<b>Program:</b> U10 CSMA Dev. Plus <b>Age Group:</b> U10 <b>LTPD Stage:</b> Learn to Train <b>Events/week:</b> 1 Tech, 1 Prac, 1 Game	<b>Program:</b> U11 CSMA Dev. Plus <b>Age Group:</b> U11 <b>LTPD Stage:</b> Learn to Train <b>Events/week:</b> 2 Tech, 1 Prac, 1 Game	
Developmental	Community	Competitive	Recreational	CSWU Community U10-U11 Leagues	<b>Program:</b> U11 & U12 Community League <b>Age Group:</b> U11 & U12 <b>LTPD Stage:</b> Learn to Train <b>#Events/week:</b> 1 Practice, 1 Game			
				CSWU Community U9-U10 Leagues	<b>Program:</b> U9 & U10 Community League <b>Age Group:</b> U9 & U10 <b>LTPD Stage:</b> Learn to Train <b>#Events/week:</b> 1 Practice, 1 Game			
Developmental	Community	Competitive	Recreational	CMSA Grassroots U7-U9 Leagues	<b>Program:</b> U7-U8 CMSA Grassroots League <b>Age Group:</b> U7 & U8 <b>LTPD Stage:</b> FUNdamentals <b>#Events/week:</b> 2 Tech, 1 Game	<b>Program:</b> U9 CMSA Grassroots League <b>Age Group:</b> U9 <b>LTPD Stage:</b> Learn to Train <b>#Events/week:</b> 2 Tech, 1 Game		
				CSWU Community U7-U8 Leagues	<b>Program:</b> U7-U8 Community League <b>Age Group:</b> U7 & U8 <b>LTPD Stage:</b> FUNdamentals <b>#Events/week:</b> 1 Practice, 1 Game	<b>Program:</b> U9 Community League <b>Age Group:</b> U9 <b>LTPD Stage:</b> 3 Learn to Train <b>#Events/week:</b> 1 Practice, 1 Game		
Developmental	Community	Competitive	Recreational	CSWU Community Little Kickers	<b>Program:</b> Little Kickers U3/U4 Co-ed <b>Age Group:</b> U3 & U4 <b>LTPD Stage:</b> Active Start	<b>Program:</b> Little Kickers U5/U6 Co-ed <b>Age Group:</b> U5 & U6 <b>LTPD Stage:</b> Active Start		

# Soccer Streams 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 offers three streams of soccer:**

## COMMUNITY:

The CSWU Community Stream provides a solid foundation for players between the ages of 3-12 to learn the value of sport and the life lessons it provides. It encourages Children to become passionate about soccer as they learn new skills and embrace camaraderie with team-mates.

## DEVELOPMENTAL:

The CSWU Developmental Stream builds upon the foundation laid by the Community Program by creating an environment that optimises the potential of athletes, as they learn to build a positive relationship with the ball.

## PERFORMANCE:

The CSWU Performance Stream creates an environment that caters to the needs of players as they start to reach the final stages of their Youth soccer career and beyond. Regardless of their level of play, CSWU continues to develop players technically but allocates significant time to improve players tactically, physically and psychologically.

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## Additional Information

### COMMUNITY VOLUNTEER CREDIT PROGRAM

CSWU offers volunteers a \$50 credit voucher for every 4-5 hours worked with the club. These credits can be earned throughout the season by helping in the following: Equipment Return, Bingo's, Casino's etc. Please be advised that these credits are different from Coaching credits.

### U3-U12 COMMUNITY COACH PROGRAM

Head Coach: \$50 Assist. Coach: \$25. Co-Coaches share equally.

A maximum of \$75 credit per team. **\*\* CREDITS HAVE NO CASH VALUE \*\***

### FREE SHOE EXCHANGE (Bring a pair -Take a pair).

Check out our free shoe exchange program in the front entry of the CSWU Centre. 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.

# NEW THIS SEASON

## **NEW U3-U8 Location – CEDARBRAE:**

We are thrilled to announce the addition of a new location to our Indoor Program for U3-U8 participants! Starting this season, the Cedarbrae Community Centre will be the hub for soccer fun on Sundays.

## **Bring a Friend Days/ Open play days.**

To spread the joy of playing soccer with CSWU, we will be hosting multiple "Bring a Friend Days" before the indoor season begins. Any players currently registered in the Indoor Program can bring a friend along to play for free and experience the spirit of our club firsthand. It's the perfect opportunity for new players to discover the thrill of the game and experience the family we have here at CSWU.

Additionally, we are introducing "Open Play Days". On selected days when we have availability at the facility, CSWU players can drop in and participate in soccer activities in a fun and relaxed environment. Open Play Days are an excellent chance for players of all skill levels to engage in the sport they love and connect with each other.

## **New Referral Program**

If you have a friend who has yet to be a part of the CSWU community, encourage them to register and mention your name during the process! As a token of our appreciation, you will receive a 10% discount on your own registration fees (maximum 1 friend per season). This way, we hope to welcome more members into our growing family and show our gratitude to those who continue to support us.

## **CSWU Youth Coaching Program**

At CSWU, we believe in nurturing leadership skills and fostering a culture of support and family among players. That's why this season we are implementing a Youth Coaching Program. Older players within our club (16+ years old) will have the opportunity to offer support by coaching teams in the community program. It's a fantastic chance for our more experienced players to share their knowledge, mentor younger athletes, and grow as both players and individuals. Through this program, we aim to foster a strong bond between our more experienced players and our younger athletes, enriching the learning experience and personal growth for all participants.

# REGISTRATION

## SET UP A REGISTRATION ACCOUNT

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 to participate in programs.
- Online Registration for Indoor 2023/24 Community Programs will remain open until the season begins. Subject to availability.

## AGE GROUP/BIRTHYEAR CHART

Age Groups		U3	U4	J5/U6	U7/ U8	U9/ U10	U11	U12	U13	U15	U17	U19	ADULT
Boys/ Girls	Mixed	✓	✓										
	Split			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Birth Year		2021	2020	2018 2019	2016 2017	2014 2015	2013	2012	2011	2009 2010	2007 2008	2005 2006	2004 +

## PAYMENTS

- Players are NOT considered registered until fees are **PAID IN FULL** before the season commences. If there are outstanding registration fees by the start of theseason, players may not be allowed to play.
- If you require additional information, please contact the Club at [info@CSWUsoccer.com](mailto: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 [terri@CSWUsoccer.com](mailto:terri@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)

# 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://www.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.
- Administration Fee: Community \$50, CMSA \$100
- There will be **NO** refunds granted or issued after November 1st, 2023.
- 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>October 1<sup>st</sup></b>
<b>Injury related (with doctor's note) Deadline</b>	<b>November 1<sup>st</sup></b>
<b>Moving/relocating (with proof) Deadline</b>	<b>November 1<sup>st</sup></b>

## CONDITIONS FOR REFUND

**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 Community teams is by community or combining communities as needed for numbers.

# POLICIES

Calgary South West United Soccer Association (CSWU) adheres to CSWU, CMSA, ASA and CSA Policies. For further details please visit the CSWU website at the link below:

[FORMS - Calgary Southwest United Soccer](#)

## 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 Manager of Community Programming, 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 Coach Education Courses at our expense. We do require that all coaches accept the CSWU Harassment Policy and agree to abide by our Coach Code of Conduct. If you are interested in coaching your child's team, please send an email to [info@CSWUsoccer.com](mailto:info@CSWUsoccer.com)

### **COMMUNITY COACH CREDIT PROGRAM!**

Credits will be offered at the end of the season for coaches to be used in the following season. \$50 - Head Coach, \$25 - Assistant Coach. (Max \$75 per team).



# CSWU Community U3-U4 Co-Ed LITTLE KICKERS: 2020/2021 Born REGISTRATION \$179.00 FACILITY FEE \$10.00

## SEASON

- Season runs October 28<sup>th</sup> to March 3<sup>rd</sup> (No games Dec 23<sup>rd</sup> to Jan 6<sup>th</sup> & Family Day Long Weekend)
- Pre-season Meet & Greet October 22<sup>nd</sup> at the CSWU Facility (10450 50 Street SE, Unit 116)
- Post-season Mini Fest March 3<sup>rd</sup> at the CSWU Facility (10450 50 Street SE, Unit 116)

## PROGRAM OVERVIEW

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

## PRACTICE/GAMES

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

## LOCATIONS

You may register for any of the following locations:

- **Saturdays** – YMCA – Cardel Shawnessy – 333 Shawville Blvd SE, Calgary
- **Sundays** – Cedarbrae Community Centre

## UNIFORMS

Team jersey, shorts and soccer socks are included.

- Players are required to have their own shin pads, black soccer shorts, indoor 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 CSWU.

## EXPECTATIONS

- Due to the young age of the participants, 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

- Coaches will receive in-house assistance and mentoring by our Manager of Community Programming along with on-line access to age appropriate drills and weekly session plans.
- CSWU provides pre-season coach orientations, NCCP Community Coach Education Courses at our expense.
- We do require that all coaches have a valid Criminal Record Check, accept the CSWU Harassment Policy and agree to abide by the CSWU Coach Code of Conduct.
- If you are interested in coaching your child's team, please send an email to [info@cswusoccer.com](mailto:info@cswusoccer.com)  
We also offer a credit at the end of the season for coaches to use the following season. \$50 Head Coach, \$25 Assistant Coach.



# PROGRAM INFORMATION

# CSWU Community U5-U6 LITTLE KICKERS: 2018/2019 Born REGISTRATION \$179.00 FACILITY FEE \$10.00

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## SEASON

- Season runs October 28<sup>th</sup> to March 3<sup>rd</sup> (No games Dec 23<sup>rd</sup> to Jan 6<sup>th</sup> & Family Day Long Weekend)
- Pre-season Meet & Greet October 22<sup>nd</sup> at the CSWU Facility (10450 50 Street SE, Unit 116)
- Post-season Mini Fest March 3<sup>rd</sup> at the CSWU Facility (10450 50 Street SE, Unit 116)

## PRACTICE/GAMES

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

## LOCATIONS

You may register for any of the following locations:

- **Saturdays** – YMCA – Cardel Shawnessy – 333 Shawville Blvd SE, Calgary
- **Sundays** – Cedarbrae Community Centre

## UNIFORMS

Team jersey, shorts 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 CSWU.
- Volunteer coaches

## EXPECTATIONS

- Due to the young age of the participants, 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

- Coaches will receive in-house assistance and mentoring by our Manager of Community Programming along with on-line access to age-appropriate drills and weekly session plans.
- CSWU provides pre-season coach orientations, NCCP Community Coach Education Courses at our expense.
- We do require that all coaches have a valid Criminal Record Check, accept the CSWU Harassment Policy and agree to abide by the CSWU Coach Code of Conduct.
- If you are interested in coaching your child's team, please send an email to [info@cswusoccer.com](mailto:info@cswusoccer.com)

We also offer a credit at the end of the season for coaches to use the following season.  
\$50 Head Coach, \$25 Assistant Coach.



PROGRAM INFORMATION

# CSWU Community U7-U8 LEAGUE: 2016/2017 Born

## REGISTRATION \$199.00

## FACILITY FEE \$10.00

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### SEASON

- Season runs October 28<sup>th</sup> to March 3<sup>rd</sup> (No games Dec 23<sup>rd</sup> to Jan 6<sup>th</sup> & Family Day Long Weekend)
- Pre-season Meet & Greet October 22<sup>nd</sup> at the CSWU Facility (10450 50 Street SE, Unit 116)
- Post-season Mini Fest March 3<sup>rd</sup> at the CSWU Facility (10450 50 Street SE, Unit 116)

### PRACTICE/GAMES

- 1 combined game / practice per week on Saturday OR Sunday afternoons
- Sessions begin with a 30-minute practice followed by a 50-minute game. 2 x 25-minute halves.
- Small-sided soccer with 4 players per side (4V4) NO goal keepers

### LOCATIONS

You may register for any of the following locations:

- **Saturdays** – CSWU Facility – 10450 50 Street SE, Unit 116
- **Sundays** – Cedarbrae Community Centre

### UNIFORMS

Team jersey, shorts 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 CSWU.
- Volunteer coaches

### EXPECTATIONS

- Due to the young age of the participants, 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

- Coaches will receive in-house assistance and mentoring by our Manager of Community Programming 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 NCCP Community Coach Education Courses at our expense.
- We do require that all coaches have a valid Criminal Record Check, accept the CSWU Harassment Policy and agree to abide by our Coach Code of Conduct.
- If you are interested in coaching your child's team, please send an email to [info@cswusoccer.com](mailto:info@cswusoccer.com)

We also offer a credit at the end of the season for coaches to be used in the following season. \$50 Head Coach, \$25 Assistant Coach.



## CSWU Community U9-U10 League: 2014/2015 Born

**REGISTRATION \$209.00**

**FACILITY FEE \$15.00**

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### SEASON

- Season runs October 28<sup>th</sup> to March 3<sup>rd</sup> (No games Dec 23<sup>rd</sup> to Jan 6<sup>th</sup> & Family Day Long Weekend)
- Pre-season Meet & Greet October 22<sup>nd</sup> at the CSWU Facility (10450 50 Street SE, Unit 116)
- Post-season Mini Fest March 3<sup>rd</sup> at the CSWU Facility (10450 50 Street SE, Unit 116)

### PRACTICE/GAMES

- 1 combined game/practice on Saturdays
- 30-minute practice, followed by a 40-minute game – 2 x 20-minute halves
- 5v5 including goal keeper

### LOCATIONS

- CSWU Facility – 10450 50 Street SE, Unit 116

### UNIFORMS

Team jersey, shorts 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 CSWU.
- Volunteer coaches

### EXPECTATIONS

- Due to the young age of the participants, 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

- Coaches will receive in-house assistance and mentoring by our Manager of Community Programming 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 NCCP Community Coach Education Courses at our expense.
- We do require that all coaches have a valid Criminal Record Check, accept the CSWU Harassment Policy and agree to abide by our Coach Code of Conduct.
- If you are interested in coaching your child's team, please send an email to [info@cswusoccer.com](mailto:info@cswusoccer.com)

We also offer a credit at the end of the season for coaches to be used in the following season. \$50 Head Coach, \$25 Assistant Coach.



**PROGRAM INFORMATION**

**CSWU Community U11-U12 League: 2012/2013 Born**  
**REGISTRATION \$209.00**  
**FACILITY FEE \$15.00**

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**SEASON**

- Season runs October 28<sup>th</sup> to March 3<sup>rd</sup> (No games Dec 23<sup>rd</sup> to Jan 6<sup>th</sup> & Family Day Long Weekend)
- Pre-season Meet & Greet October 22<sup>nd</sup> at the CSWU Facility (10450 50 Street SE, Unit 116)
- Post-season Mini Fest March 3<sup>rd</sup> at the CSWU Facility (10450 50 Street SE, Unit 116)

**PRACTICE/GAMES**

- 1 combined game/practice on Saturdays
- 30-minute practice, followed by a 40-minute game – 2 x 20-minute halves
- 5v5 including goal keeper

**LOCATIONS**

- CSWU Facility – 10450 50 Street SE, Unit 116

**UNIFORMS**

Team jersey, shorts 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 CSWU.
- Volunteer coaches

**EXPECTATIONS**

- Due to the young age of the participants, 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**

- Coaches will receive in-house assistance and mentoring by our Manager of Community Programming 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 NCCP Community Coach Education Courses at our expense.
- We do require that all coaches have a valid Criminal Record Check, accept the CSWU Harassment Policy and agree to abide by our Coach Code of Conduct.
- If you are interested in coaching your child's team, please send an email to [info@cswusoccer.com](mailto:info@cswusoccer.com)

We also offer a credit at the end of the season for coaches to be used in the following season. \$50 Head Coach, \$25 Assistant Coach.



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