



PERFORMANCE

**U14-U21 COMPETITIVE SOCCER
INDOOR PROGRAM GUIDE**

2023/2024



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CSWU Player Pathway

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

Additional Information

PERFORMANCE 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.

**** 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.

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.
- On-Line Registration for Outdoor 2023 Developmental Programs closes April 30, 2023.

AGE GROUP/BIRTHYEAR CHART

Age Groups		U3	U4	U5/ 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 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 and we will be happy to help.

PROOF OF AGE

New players or Grassroots players entering into any 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 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 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

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 Community 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/. All refund requests go to info@CSWUsoccer.com

- An Administration fee applies and will be deducted from all refunds.
- Administration Fee: Community \$50, CMSA/AYSL \$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

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

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.

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:

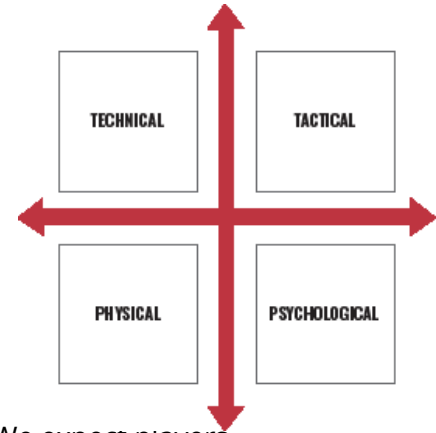
[FORMS - Calgary Southwest United Soccer](#)

CSWU COACH EDUCATION AND DEVELOPMENT

CSWU 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.

CSWU CURRICULUM

The SWU Technical curriculum creates a relevant, coherent, and engaging environment for all players, parents, and coaches. The CSWU 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 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. CSWU prides itself on developing players that have an increased relationship with the ball.

Through our structured and progressive age group appropriate curriculum, players learn how to solve soccer challenges creatively and skillfully. From the beginning, CSWU coaches emphasize both smart decision-making (tactical) and correct technique (technical) to gain confidence and improve execution in the game environment. The importance of player habits as illustrated below has a significant impact on a player's development. CSWU is committed to ensuring that players have habits that will improve them in the 4 Moments of the Game (In Possession, Defensive Transition, Out of Possession and Attacking Transition).



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 CSWU philosophy of a possession orientated 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 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.

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. CSWU 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 CSWU route to playing a possession-oriented style of play may take longer to show results in the win-loss column, we are committed to developing players with a great relationship with the ball. We believe this mentality of development will enable players to be lifelong soccer players but also enable them to have a greater opportunity to progress through the player pathway system in Canada.

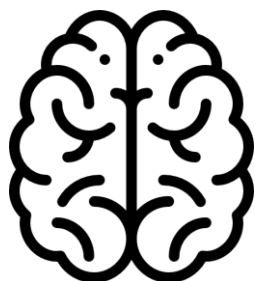
SPORTS SCIENCE PROGRAM

This program is instrumental in assisting the development of athletes in the CSWU Performance Stream and is introduced to athlete at the U12 age group. The Program 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 and Canada Soccer National Development Centre 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

CSWU U14 to Adult 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 U14 - U17 League

CMSA's league offering for U14 - U17 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 U14-U17 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

1. More developed players:

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

2. Year-round soccer participation:

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

3. Increased weekly commitment:

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

Tier III and Tier IV Considerations:

1. More entry-level players:

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

2. Seasonal or multisport athletes:

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

3. Decreased weekly commitment:

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



PROGRAM INFORMATION

U14 to U17 CMSA League "Tier 1 & 2" - Born 2007 - 2010

Registration \$1495.00 + \$50 Facility Fee

Prices include Fitness and Technical Sessions

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 Training: October 23rd
- Regular Season: October 28th – March 3rd (No games or training Dec 22nd – Jan 5th or Family Day Weekend)
- Challenge Cup (Final Four): March 4th – 10th

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
- May have match days any day of the week.

Evaluations

- Evaluations are required and will be held October 10th – 15th

Skills Training

- Players will have the **option** for additional skills training through our skills training centre by contacting info@csvusoccer.com.

Uniforms

- All players will be required to purchase their Jerseys kits via Team Manager (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 yourchild. Team photos will be provided by SWU.

Volunteer Team Coaches

- Register to coach or manage your child's team by completing the "Volunteer Now" link- Member Zone Account
- Coaches are selected based on experience, history, and their willingness to develop further with coaching specific certification & licenses. We require all coaches to have a valid Criminal Record check on file with CMSA. Contact: chris@csvusoccer.com



U14 to U17 CMSA League "Tier 3" - Born 2007 - 2010
Registration \$995.00 + \$50 Facility Fee

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 Training: October 23rd
- Regular Season: October 28th – March 3rd (No games or training Dec 22nd – Jan 5th or Family Day Weekend)
- Challenge Cup (Final Four): March 4th – 10th

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
- May have match days any day of the week.

Evaluations

- Evaluations are required and will be held October 10th – 15th

Skills Training

- Players will have the **option** for additional skills training through our skills training centre by contacting info@csvusoccer.com.

Uniforms

- All players will be required to purchase their Jerseys kits via Team Manager (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 or manage your child's team by completing the "Volunteer Now" link- Member Zone Account
- Coaches are selected based on experience, history, and their willingness to develop further with coaching specific certification & licenses. We require all coaches to have a valid Criminal Record check on file with CMSA. Contact: chris@csvusoccer.com

PROGRAM INFORMATION



PROGRAM INFORMATION

U14 to U17 CMSA League "Tier 4" - Born 2007 - 2010
Registration \$675.00 + \$50 Facility Fee
Technical \$355.00 (Optional Program on a team-by-team basis)

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 Training: October 23rd
- Regular Season: October 28th – March 3rd (No games or training Dec 22nd – Jan 5th or Family Day Weekend)
- Challenge Cup (Final Four): March 4th – 10th

Program Overview:

Team Practices

- 1x75 minute team session per week with Team Coach

Technical Sessions (Optional Program)

- 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
- May have match days any day of the week.

Evaluations

- Evaluations are required and will be held October 10th – 15th

Skills Training

- Players will have the **option** for additional skills training through our skills training centre by contacting info@csvusoccer.com.

Uniforms

- All players will be required to purchase their Jerseys kits via Team Manager (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 or manage your child's team by completing the "Volunteer Now" link- Member Zone Account
- Coaches are selected based on experience, history, and their willingness to develop further with coaching specific certification & licenses. We require all coaches to have a valid Criminal Record check on file with CMSA. Contact: chris@csvusoccer.com



PROGRAM INFORMATION

U14 to U17 AYSL Program / Born 2007 - 2010

Registration \$1600.00 + \$50 Facility Fee

Prices include Fitness, Technical Sessions & Nutrition/Mental Training

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 Training: November 1st
- Regular s: January 6th - March 24th

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 optimize the development of Strength, Speed, Agility and Quickness led by the STRIVE FITNESS TEAM

Player Reports

- Players registered in this program will receive a player feedback report prior to the conclusion of the season.

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

Evaluations

- Evaluations are required and will be held October 10th - 15th

Skills Training

- Players will have the **option** for additional skills training through our skills training centre by contacting info@cswusoccer.com.

Uniforms

- All players will be required to purchase their Jerseys kits via Team Manager (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

Dedicated Player Program - U18-21 Program Born 2003 - 2006

Registration \$1500.00 + \$50.00 Facility Fee

Prices include Fitness, Technical Sessions & Nutrition/Mental Training

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 Training: October 23rd
- Indoor Games:

Program Overview:

Technical/Practice Sessions

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

Games

- 1 - Futsal Game and/or 1 - 7 v 7 Game per week scheduled by CUSA or CWSA
- Games will be played in Calgary
- Games will commence week of November 1

Sports Science

- 2 x Mental Training Sessions
- 2 x Nutrition Sessions

Evaluations

- Evaluations are required and will be held October 10th - 15th

Program Info & Games

- An opportunity for current/former CSWU players and outside members to be able to remain in a positive, consistent and structured training environment. As players transition from Youth to Adult programming, players will be given the opportunity to train and compete with the frequency and quality of coaching they experienced throughout their youth careers. The DEDICATED PLAYER PROGRAM initiative will provide players with a home for their grade 11/12 years and beyond where they can continue to improve, be challenged, and play under the CSWU badge. This program is being offered year-round to continue the development of players during a critical time-period prior to joining or returning to post secondary and/or higher level programming. It is very important in these transitional years that players continue in their development by maintaining their technical, tactical and physical attributes in their early senior soccer careers. CSWU will facilitate the placement of players on to CSWU or Affiliate CUSA/CWSA Major, Premier or Tier 1 Adult Teams dependent on the player's level of play.

Tournaments

- Registrants (upon agreement amongst the players) will have the opportunity to attend tournament (s) (at an additional cost) as a group to assist in their development and exposure.

Uniforms

- All players will be required to purchase their Jersey kits via Team Manager (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

CSWU SKILLS CENTRE

Registration **\$295.00**

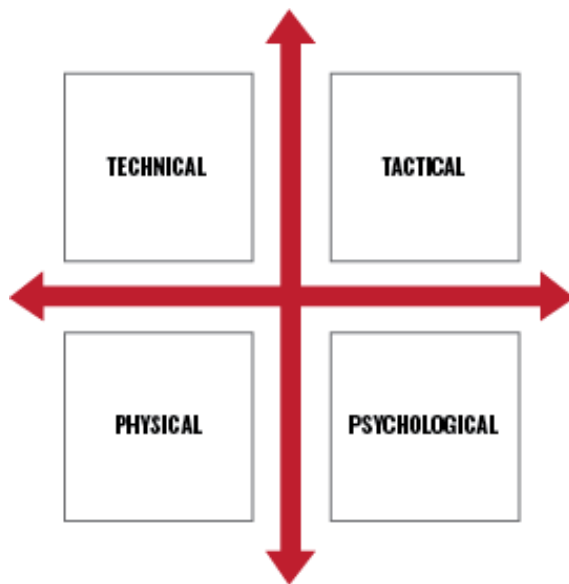
We will be offering Skills Centre for all our Tiers and age groups. Starting at the U7 Grassroots all the way up to U17.

The CSWU 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 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, positioning

CSWU 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 league schedules are confirmed.**