



COMMUNITY

OUTDOOR PROGRAM GUIDE

2024



TABLE OF CONTENTS

3 CSWU Player Pathway

4 Soccer Streams Offered

5 Additional Information/Financial Assistance

6 Registration Information

7 Refunds

8 Policies/Volunteer Coaches

9 CSWU Community U3-U4 Co-Ed Little Kickers

10 CSWU Community U5-U6 Little Kickers

11 CSWU Community U7-U8 Leagues

12 CSWU Community U9-U10 Leagues

13 CSWU Community U11-U12 Leagues





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	Competitive	Recreational	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	Competitive	Recreational	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	Competitive	Recreational	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 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.

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 with 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 credit

Assist. Coach: \$25 credit

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

FREE SHOE EXCHANGE **Take what you need, leave what you can.**

Check out our free shoe exchange program on the black shelves in the CSWU Facility! 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.

FINANCIAL ASSISTANCE

CSWU works with many different sponsors and businesses offering player assistance programs. To apply for these programs, please complete the online applications 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

REGISTRATION

SET UP AN 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 Outdoor 2024 Community Programs remain open until the season begins.

*PLEASE NOTE: Prior to May 4th – placement on a team is guaranteed. After May 4th – placement is based upon availability.

AGE GROUP/BIRTHYEAR CHART

Age Groups		U3/U4	U5/ U6	U7 / U8	U9/ U10	U11/ U12	U13	U14	U15	U16	U17	U18/U21
Boys/ Girls	Mixed	✓	✓									
	Split			✓	✓	✓	✓	✓	✓	✓	✓	✓
Birth Year		2021 2020	2019 2018	2017 2016	2015 2014	2013 2012	2011	2010	2019	2008	2007	2006 2005 2004 2003

PAYMENTS

- Players are NOT considered registered until a minimum of 30% of fees are paid prior to the season start.
- If you require additional information, please contact the Club at info@CSWUsoccer.com and we will be happy to help.

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 \$100
- There will be **NO** refunds granted or issued after June 1st, 2024
- The timeline for receiving a refund will be 8 to 12 weeks from receipt of the refund request.

DEADLINES

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

CONDITIONS FOR REFUND

Refund requests must be approved by the Board of Directors and will **ONLY** be considered under the following circumstances:

- Request is received in our office prior to the deadline.
- For non-injury related requests - the player has not yet been placed on a team.
- Change in family circumstances during the season, by moving out of the city or country. Proof of relocation will be required, and all fees are pro-rated based on the season.
- Injury to a player that they will be medically deemed unable to play for the remainder of the season, accompanied by a doctor's note. Refunds with a doctor's note will be granted based on the admin fee and a pro-rated formula related to games played as dated on the Dr's note.
- In the event a program is cancelled due to government mandated restrictions related to the novel coronavirus (COVID-19), there will be no refunds provided. The club will offer full credit for any unused amounts paid toward future programs.

POLICY STATEMENT

When a player registers for CSWU, we guarantee player placement on a team, but will not guarantee a certain level of play. Player placement for CMSA teams will be determined in the evaluation process unless otherwise indicated. Player placement for 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, 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

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).



PROGRAM INFORMATION

CSWU Community U3-U4 Co-Ed LITTLE KICKERS: 2020/2021 Born REGISTRATION \$109.00 FACILITY FEE \$10.00

SEASON

- Meet and greet – May 4th / 5th
- Season runs May 11th to August 25th
- Mini Fest - August 24th / 25th
- No Games and Practices – (June 24th-July 1st) and (July 29th – August 5th)

PROGRAM OVERVIEW

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

PRACTICE/GAMES

- 1 combined game / practice per week on Saturday mornings
- 20-minute practice, 5-min snack, then 20-minute game
- Small-sided soccer with 3 players per side (3V3) NO goalkeepers

LOCATIONS

1x A WEEK – SATURDAY

Can play at any of the following locations:

- **Shawnee** – Can play at any of the following locations:
Bridlewood, Evergreen, Shawnee, Silverado & Somerset Fields 11:00 AM to 11:45 AM
- **Cedarbrae** - Cedarbrae Elementary - 10:00 AM to 10:45 AM
- **Chaparral/ Midsun/Sundance/Walden/Legacy** - Chaparral Elementary 9:00 AM to 9:45 AM
- **Fish Creek** – Woodbine Elementary 9:15 AM to 10:00 AM
- **Lake Bonavista/Acadia** – 11:15 AM-12:00 PM Location TBA
- **South East** – 10:15AM – 11:00AM Can play at any of the following communities:
Chaparral, New Brighton, Mahogany, Seton (Can play at different locations depending on enrolment)

UNIFORMS & ADDITIONAL ITEMS

Team jersey, shorts and soccer socks are included.

- Players are required to have their own shin pads, outdoor soccer shoes or runners, and a water bottle.
- 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

- This is not a drop-off service program. Parents are expected to stay with their child.
- If you are unable to be present, **you must make arrangements with another parent to supervise your child.**

VOLUNTEER COACHES ARE ESSENTIAL

- We support all coaches with in-house assistance and mentoring by our Manager of Community Programming along with on-line access to age appropriate drills and weekly session plans.
- 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. NCCP Community Coach Education Courses at our expense.
- If you are interested in coaching your child's team, please send an email to 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 1x/WEEK - \$119.00; 2x/WEEK – \$139.00 FACILITY FEE \$10.00

SEASON

- Meet and greet – May 4th / 5th
- Season runs May 11th to August 25th
- Mini Fest - August 24th / August 25th
- No Games and Practices – (June 24th-July 1st) and (July 29th – August 5th)

PRACTICE/GAMES

- 1 combined game / practice per week on Saturday mornings
- 25-minute practice, 5-min snack, then 25-minute game
- Small-sided soccer with 3 players per side (3V3) NO goalkeepers

LOCATIONS

MONDAY & WEDNESDAY EVENINGS - 6:00 PM – 7:00 PM

- **Shawnee** - Bridlewood, Evergreen, Shawnee, Silverado & Somerset Fields
- **Cedarbrae** - Cedarbrae Elementary
- **Chaparral/ Midsun /Sundance/ Walden/Legacy** - Chaparral Elementary (Can play at different locations depending on enrolment)

MONDAY EVENINGS & SATURDAY EARLY AFTERNOONS

- **Lake Bonavista/Acadia** – Saturday: 12:00 PM -1:00 PM - Location TBA
- **South East** – Saturday: 11:00 AM – 12:00 PM Can play at any of the following communities: Chaparral, New Brighton, Mahogany, Seton (Can play at different locations depending on enrolment)

1x A WEEK – SATURDAY

- **Fish Creek** – Woodbine Elementary 10:00 AM – 11:00AM
- **U5 Shawnee** - Can play at any of the following locations: • Bridlewood, Evergreen, Shawnee, Silverado & Somerset Fields. 12:00 PM – 1:00 PM

UNIFORMS & ADDITIONAL ITEMS

Team jersey, shorts and soccer socks are included.

- Players are required to have their own shin pads, outdoor soccer shoes or runners, and a water bottle.
- 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

- This is not a drop-off service program. Parents are expected to stay with their child.
- If you are unable to be present, **you must make arrangements with another parent to supervise your child.**

VOLUNTEER COACHES ARE ESSENTIAL

- We support all coaches with in-house assistance and mentoring by our Manager of Community Programming along with on-line access to age-appropriate drills and weekly session plans.
- 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. NCCP Community Coach Education Courses at our expense.
- If you are interested in coaching your child's team, please send an email to branden@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 \$139.00** **FACILITY FEE \$15.00**

SEASON

- Meet and greet – May 4th/5th
- Season runs May 11th to August 25th
- Mini Fest - August 24th / 25th
- No Games and Practices – (June 24th-July 1st) and (July 29th – August 5th)

PRACTICE/GAMES

- 1 combined game / practice 2 times per week
- Sessions begin with a 30-minute practice followed by a 30-minute game.
- Small-sided soccer with 4 players per side (4V4) NO goal Keepers

LOCATIONS

MONDAY & WEDNESDAY EVENINGS - 6:00 PM – 7:00 PM

- **Shawnee** – Can play at any of the following locations - Bridlewood, Evergreen, Shawnee, Silverado & Somerset Fields.

MONDAY EVENINGS & SATURDAY EARLY AFTERNOONS

- **Lake Bonavista/Acadia** – Mondays: 7:00PM – 8:00 PM and Saturdays: 1:00 PM- 2:00 PM - Location TBA
- **South East** – Mondays: 7:00PM – 8:00 PM Saturdays: 12:00 PM- 1:00 PM - Can play at any of the following communities: Chaparral, New Brighton, Mahogany, Seton (Can play at different locations depending on enrolment)

TUESDAY & THURSDAY EVENINGS -

- **Cedarbrae** – 6:30 PM – 7:30 PM. Cedarbrae Elementary (Can play at different locations depending on enrolment)
- **Chaparral / Midsun / Sundance / Walden Legacy** – 5:45 PM – 6:45 PM. Chaparral Elementary (Can play at different locations depending on enrolment)
- **Fish Creek** – 6:30 PM – 7:30 PM. Woodbine Elementary (Can play at different locations depending on enrolment)
- **Shawnee** – 6:00 PM – 7:00 PM. Can play at any of the following locations - Bridlewood, Evergreen, Shawnee, Silverado & Somerset Fields

UNIFORMS & ADDITIONAL ITEMS

Team jersey, shorts and soccer socks are included.

- Players are required to have their own shin pads, outdoor soccer shoes or runners, and a water bottle.
- 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

- This is not a drop-off service program. Parents are expected to stay with their child.
- If you are unable to be present, **you must make arrangements with another parent to supervise your child.**
- Parents are expected to help coaches with field set up and takedown as well as help manage players during the field times.

VOLUNTEER COACHES ARE ESSENTIAL

- We support all coaches with in-house assistance from and mentoring by our Manager of Community Programming alongwith 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 branden@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 U9-U10 League: 2014/2015 Born

REGISTRATION \$159.00

FACILITY FEE \$15.00

SEASON

- Meet and greet – May 4th / 5th
- Season runs May 11th to August 25th
- Mini Fest - August 24th / 25th
- No Games and Practices – (June 24th-July 1st) and (July 29th – August 5th)

PRACTICE/GAMES

- U9/U10 Girls Practice will be on Tuesday evenings / games will be Saturday afternoons.
- U9/U10 Boys Practice will be on Thursday evenings / games will be played Sunday afternoons.

LOCATIONS

- Woodlands Field (just off 24th Street SW) and a new location in the Southwest TBA

UNIFORMS

Team jersey, shorts and soccer socks are included.

- Players are required to have their own shin pads, outdoor 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.

EXPECTATIONS

- This is not a drop-off service program. Parents are expected to stay with their child.
- If you are unable to be present, **you must make arrangements with another parent to supervise your child.**
- Parents are expected to help coaches with field set up and takedown as well as help manage players during the field times.

VOLUNTEER COACHES ARE ESSENTIAL

- We support all coaches with in-house assistance from and mentoring by our Manager of Community Programming alongwith 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 branden@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 \$179.00
FACILITY FEE \$15.00

SEASON

- Meet and greet – May 4th/5th
- Season runs May 11th to August 25th
- Mini Fest - August 24th / August 25th
- No Games and Practices – (June 24th-July 1st) and (July 29th – August 5th)

PRACTICE/GAMES

- U11/U12 Girls Practice will be on Tuesday evenings / games will be Saturday Afternoons
- U11/U12 Boys Practice will be on Wednesday evenings / games will be played Sunday Afternoons

LOCATIONS

- Woodlands Field (just off 24th Street SW) and a new location in the Southwest TBA

UNIFORMS

Team jersey, shorts and soccer socks are included.

- Players are required to have their own shin pads, outdoor 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.

EXPECTATIONS

- This is not a drop-off service program. Parents are expected to stay with their child.
- If you are unable to be present, **you must make arrangements with another parent to supervise your child.**
- Parents are expected to help coaches with field set up and takedown as well as help manage players during the field times.

VOLUNTEER COACHES ARE ESSENTIAL

- We support all coaches with in-house assistance from and mentoring by our 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 branden@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.