



# DEVELOPMENT

## OUTDOOR PROGRAM GUIDE

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**2024**

[www.cswusoccer.com](http://www.cswusoccer.com)

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# CSWU Player Pathway

Excellence	Perform.	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	Perform.	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		
Excellence	Perform.	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			
				CMSA U14-U19 Leagues	<b>Program:</b> CMSA 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> CMSA 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> CMSA 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	
Excellence	Perform.	Competitive	Recreational	CMSA U12-U13 Leagues	<b>Program:</b> CMSA 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> CMSA 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> CMSA 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	
				CMSA Developmental U10-U11 Leagues	<b>Program:</b> U10-U11 CMSA 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 CMSA 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 CMSA 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	Community	Community	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	Community	Community	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	Community	Community	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 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.

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## Additional Information

### DEVELOPMENTAL VOLUNTEER CREDIT PROGRAM

CSWU offers volunteers a \$50 credit voucher for every 4-5 worked with the club. These credits can be earned throughout the season by helping with the following: Equipment Return, Bingo's, Casino's etc. **\*\* 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.

# 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 Developmental Programs closes April 30, 2024 (possibility of closing earlier due to numbers).

## 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	✓	✓									Boys/Girls
	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](mailto:info@CSWUsoccer.com) and we will be happy to help.

## PROOF OF AGE

New players or Community players entering into any CMSA 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 [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)

## PLAYER PLACEMENT POLICY STATEMENT

When a player registers with 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. If we are unable to provide a team based on registration numbers, we will work to find a spot at a neighboring club.

# REFUNDS

Refund requests must be received prior to the applicable deadline and must be submitted using the **REFUND REQUEST FORM** posted on our website at [CSWUsoccer.com/forms/](https://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 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 <sup>th</sup>
Injury related (with doctor's note) Deadline	June 1 <sup>st</sup>
Moving/relocating (with proof) Deadline	June 1 <sup>st</sup>

## 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.

# POLICIES

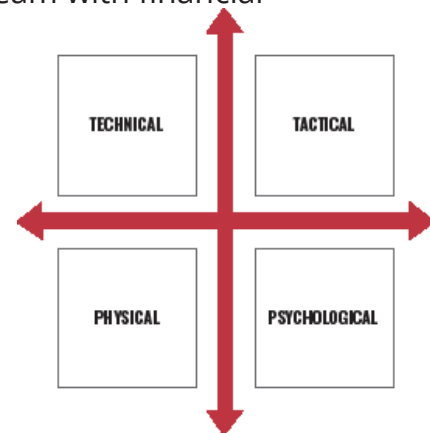
Calgary South West United Soccer Association (CSWU) adheres to CSWU, CMSA, ASA and CSA Policies. For further details please visit the CSWU website at the link below:

## SWU 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.

## SWU 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).

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### SWU Player Habits



### SWU PLAYER DEVELOPMENT

Player habits go hand-in-hand with player development and are a guide to align with the SWU club identity and style of play with our training and coaching philosophies.



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.

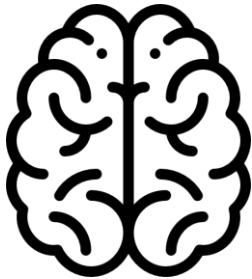
# SPORTS SCIENCE PROGRAM

This program is instrumental in assisting the development of athletes in the CSWU Performance Stream and is introduced to athletes 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 can also 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

<b>Experience</b>	CSWU has served the Calgary Soccer Community for over 20 years
<b>Championships</b>	CSWU have won over 75 Provincial Championships and Medaled in 18 National Championships
<b>Professionals</b>	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.
<b>University</b>	CSWU has and continues to develop an abundance of players who move on to University programs in both Canada and the US.
<b>National Teams</b>	CSWU has produced many players who have represented Canada for both the Youth and Senior National teams.
<b>Player Development</b>	CSWU is known for the development of players and subsequent promotion of players within the club and to higher levels of play.
<b>Curriculum</b>	CSWU uses a specific developmental curriculum for all age groups in line with best practices from Canada Soccer.



# PROGRAM INFORMATION

**U7-U9 CMSA Grassroots League - 2015-2017 Born**  
**Registration \$545.00 Facility Fee \$25.00**

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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 April 29<sup>th</sup>
- Regular Season: May 4<sup>th</sup> – September 29<sup>th</sup>
- CMSA Spring Rally: June 22<sup>nd</sup> / 23<sup>rd</sup>
- Summer Break: June 24<sup>th</sup> – September 3<sup>rd</sup>
- Fall Training: September 4<sup>th</sup> – 29<sup>th</sup>
- *No training or games: May long weekend, Summer Break*

## **PROGRAM OVERVIEW**

### **Technical Sessions**

- 1x60 minute technical team sessions led by our CLUB technical staff
  - 1x60 minute team practice led by volunteer coach, supported by our CLUB technical staff
- Sessions Schedule (All sessions at Andrew Sibbald Fields, 1711 Lake Bonavista Drive SE):
- U7/8 Boys – Tues & Thurs 5pm to 6pm OR 6pm to 7pm
  - U7/8/9 Girls – Tues & Thurs 5pm to 6pm OR 6pm to 7pm
  - U9 Boys – Mon & Wed 5pm to 6pm OR 6pm to 7pm

### **CMSA Games**

- 1 Match Day per week on Saturdays - Games may have a different format every week, (3) 20 min matches per Match day
- 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@csvusoccer.com](mailto:info@csvusoccer.com)

### **Uniforms**

- CSWU will supply jerseys, families will be responsible to purchase black shorts and socks
- 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 are included in fees and will be scheduled during the season.

### **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 coachingspecific 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.
- CSWU Coaches are required to abide by the CSWU Harassment Policy and Coach Code of Conduct.



# PROGRAM INFORMATION

## **CSWU U10 to U11 Program Offerings**

The CMSA U10 & U11 League has a 'Developmental Plus' and 'Development' stream. Both streams offer a quality experience for players and their families. Neither stream is based on ability, rather the needs, interests, and motivations of the child. In this player-first model, clubs are encouraged to balance rosters based on ability, and utilize social relationships (friendships) as a key factor in forming teams. CMSA advocates for equal playing time for all players and for them to try all positions on the pitch. No scores or standings are kept in the Developmental Plus or Developmental stream.

## **Developmental Plus+ Stream**

This stream is appropriate for players and families interested in; Soccer as their primary Activity. Longer Season, team will be playing city wide, and for players looking for increased play/training opportunities within their club environment.

## **Developmental Stream**

This stream is appropriate for players and families interested in; Playing multiple sports. Commitments looking for Part-time soccer, this is a shorter season teams will be playing quadrant based (closer to home). This program is for players looking for less soccer activity to make time for other interests/family time.

### **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 to begin April 20<sup>th</sup>
- Regular Season: April 27<sup>th</sup> – September 29<sup>th</sup>
- CMSA Rally: July 27<sup>th</sup> / 28<sup>th</sup>
- Summer Break: July 29<sup>th</sup> – September 3<sup>rd</sup>
- Fall Training: September 4<sup>th</sup> – 29<sup>th</sup>
- CMSA Fall Series: September 13<sup>th</sup> – 15<sup>th</sup>
- *No training or games May long weekend, Canada Day long weekend*

### **PROGRAM OVERVIEW**

#### **Team Practices**

- 1x75 minute team session per week with Team Coach

#### **Technical Sessions**

- 2x60 minutes technical team sessions 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.
- U10 - All Games will consist of two (2) twenty-five (25) minute halves - 7V7 (including GK)

#### **Evaluations**

- Evaluations are required and will be held March 18<sup>th</sup> – 24<sup>th</sup>. Time TBD.

#### **Skills Training**

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

#### **Uniforms**

- Players will be required to purchase a player kit (jersey, shorts, socks) and red technical shirt - available for purchase at Kicks Sporting Goods store - 9737 Macleod Trail.
- Jersey numbers to be decided after team formation by the Team Manager. Interested in being a Team Manager? Please email olivia@csvusoccer.com

#### **Additional Items**

- Team photos are included in fees and will be scheduled during the season.

#### **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
- 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 Developmental: CMSA U10 League - 2014 Born**  
**REGISTRATION \$495.00 FACILITY FEE \$25.00**  
**TECHNICAL \$275.00 (Optional Program on a team-by-team basis)**

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## **PAYMENT OPTIONS**

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## **SEASON**

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- CMSA Fall Series: September 13<sup>th</sup> – 15<sup>th</sup>
- *No training or games May long weekend, Canada Day long weekend*

## **PROGRAM OVERVIEW**

### **Team Practices**

- 1x75 minute team session per week with Team Coach

### **Technical Sessions (Optional)**

- 1x60 minutes technical team sessions 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.
- U10 - All Games will consist of two (2) twenty-five (25) minute halves - 7V7 (including GK)

### **Evaluations**

- Evaluations are required and will be held March 18<sup>th</sup> – 24<sup>th</sup>. Time TBD.

### **Skills Training**

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

### **Uniforms**

- CSWU will supply jerseys, players are required to purchase black shorts and socks
- All players will be required to purchase a red technical shirt for training - available for purchase at Kicks Sporting Goods store - 9737 Macleod Trail

### **Additional Items**

- Team photos are included in fees and will be scheduled during the season.

### **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 Developmental Plus+: CMSA U11 League - 2013 Born**  
**REGISTRATION \$1395.00 FACILITY FEE \$25.00**

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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 April 20<sup>th</sup>
- Regular Season: April 27<sup>th</sup> – September 29<sup>th</sup>
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## **PROGRAM OVERVIEW**

### **Team Practices**

- 1x90minute team session per week with Team Coach

### **Technical Sessions**

- 2x90 minutes technical team sessions 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.
- U11 - All Games will consist of two (2) twenty-five (25) minute halves - 7V7 (including GK)

### **Evaluations**

- Evaluations are required and will be held March 18<sup>th</sup> – 24<sup>th</sup>. Time TBD.

### **Skills Training**

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

### **Uniforms**

- Players will be required to purchase a player kit (jersey, shorts, socks) and red technical shirt - available for purchase at Kicks Sporting Goods store - 9737 Macleod Trail.
- Jersey numbers to be decided after team formation by the Team Manager. Interested in being a Team Manager? Please email olivia@csvusoccer.com

### **Additional Items**

- Team photos are included in fees and will be scheduled during the season.

### **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
- 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





**CSWU Developmental: CMSA U11 League - 2013 Born**  
**REGISTRATION \$495.00 FACILITY FEE \$25.00**  
**TECHNICAL \$275.00 (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: Training to begin April 20<sup>th</sup>
- Regular Season: April 27<sup>th</sup> – September 29<sup>th</sup>
- CMSA Rally: July 20<sup>th</sup> / 21<sup>st</sup>
- Summer Break: July 22<sup>nd</sup> – September 3<sup>rd</sup>
- Fall Training: September 4<sup>th</sup> – 29<sup>th</sup>
- CMSA Fall Series: September 13<sup>th</sup> – 15<sup>th</sup>
- *No training or games May long weekend, Canada Day long weekend*

### **PROGRAM OVERVIEW**

#### **Team Practices**

- 1x90 minute team session per week with Team Coach

#### **Technical Sessions (Optional)**

- 1x90 minutes technical team sessions 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.
- U11 - All Games will consist of two (2) twenty-five (25) minute halves - 7V7 (including GK)

#### **Evaluations**

- Evaluations are required and will be held March 18<sup>th</sup> – 24<sup>th</sup>. Time TBD.

#### **Skills Training**

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

#### **Uniforms**

- CSWU will supply jerseys, families will be responsible to purchase black shorts and socks
- 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 are included in fees and will be scheduled during the season.

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## **CSWU U12 to U13 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 to older age groups, considerations for different levels of commitment and ability factor into decisions regarding where families wish to participate. CSWU is committed to providing quality programming for all 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 U12 - U13 League**

CMSA's league offering for U12 - U13 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 U12-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**

**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)



**CSWU Developmental - CMSA U12 League T1-2: 2012 Born**  
**REGISTRATION \$1395.00 FACILITY FEE \$25.00**

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### **SEASON**

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- 1x90 minute team session per week with Team Coach

#### **Technical Sessions**

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- 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.
- U12 - All Games will consist of two (2) thirty-five (35) minute halves - 9V9 (including GK)

#### **Evaluations**

- Evaluations are required and will be held March 18<sup>th</sup> – 24<sup>th</sup>. Time TBD.

#### **Skills Training**

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

#### **Uniforms**

- Players will be required to purchase a player kit (jersey, shorts, socks) and red technical shirt - available for purchase at Kicks Sporting Goods store - 9737 Macleod Trail.
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#### **Additional Items**

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# PROGRAM INFORMATION

**CSWU Developmental - CMSA U12 League T3: 2012 Born**  
**REGISTRATION \$975.00 FACILITY FEE \$25.00**

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## **SEASON**

- Pre-Season: Training to begin April 20<sup>th</sup>
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### **Evaluations**

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**CSWU Developmental - CMSA U12 League T4: 2012 Born**  
**REGISTRATION \$595.00 FACILITY FEE \$25.00**  
**TECHNICAL \$275.00 (Optional Program on a team-by-team basis)**

### **PAYMENT OPTIONS**

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### **SEASON**

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# **PROGRAM INFORMATION**



**CSWU Developmental - CMSA U13 League T1-2: 2011 Born**

**REGISTRATION \$1395.00 FACILITY FEE \$25.00**

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### **SEASON**

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#### **CMSA Games**

- 1 game per week scheduled by CMSA
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- May have match days any day of the week.
- U13 - All Games will consist of two (2) thirty-five (40) minute halves - 9V9 (including GK)

#### **Evaluations**

- Evaluations are required and will be held March 18<sup>th</sup> – 24<sup>th</sup>. Time TBD.

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#### **Uniforms**

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# **PROGRAM INFORMATION**



# PROGRAM INFORMATION

CSWU Developmental - CMSA U13 League T3: 2011 Born  
REGISTRATION \$975.00 FACILITY FEE \$25.00

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# PROGRAM INFORMATION

**CSWU Developmental - CMSA U13 League T4: 2011 Born**  
**REGISTRATION \$595.00 FACILITY FEE \$25.00**  
**TECHNICAL \$275.00 (Optional Program on a team-by-team basis)**

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