

OUTDOOR PROGRAM GUIDE

2021



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Thank you for obtaining this guide.

All of our age groups offer a variety of programs. If you have any specific questions, please contact us at any time. Program details can be subject to change.

PROGRAMS OFFERED

CSWU soccer offers two streams of soccer, Grassroots and Competitive (CMSA).

CSWU provides an enjoyable, competitive, and inclusive experience/environment for every participant by ensuring that safety, organization, structure, and fun/enjoyment exists for both players and coaches. The environment created will provide an opportunity for players to develop technically, tactically, physically, and mentally.

CMSA (Calgary Minor Soccer Association) City wide soccer league. Competitive soccer at the U8-U19 levels

GRASSROOTS To keep children active our primary focus is to create a fun environment, encouraging a love for the sport of soccer and introducing basic athletic principles (which includes teamwork and sportsmanship).

GRASSROOTS VOLUNTEER CREDIT PROGRAM CSWU offers our volunteers a \$50 Credit Voucher for every 4-5hr worked with the club. These credits can be earned throughout the season and will be applied to your account upon completion of hours.

**** CREDITS HAVE NO CASH VALUE ****

Volunteer Coaches, Assistants, Co-Coaches and Team Managers are essential to CSWU and we want to extend a

HUGE thank you for being such a big part of our success!

FREE SHOE EXCHANGE PROGRAM Check out our free shoe exchange program in the front entry of the SWU Centre. Bring a pair – Take a pair. Please donate your clean & gently used soccer shoes or other gear for those who may need it.

MEMBERS HELPING MEMBERS CSWU is excited to offer this great addition to our programs. 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.

2021 OUTDOOR

| Age Groups | | U3 | U4 | U5/U6 | U7/U8 | U8 DEV | U9/U10 | U11 | U12 | U13 | U15 | U17 | U19 |
|----------------|-------|------|------|--------------|--------------|--------|--------------|------|------|------|--------------|--------------|--------------|
| Boys/ Girls | Mixed | ✓ | ✓ | | | | | | | | | | |
| | Split | | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| Birth Year | | 2018 | 2017 | 2016 2015 | 2014 2013 | 2012 | 2012 2011 | 2010 | 2009 | 2008 | 2007 2006 | 2005 2004 | 2003 2002 |

REGISTRATION

To register for a program at Calgary South West United Soccer (CSWU), please create an account using our CSWU Member Zone website: <https://cswusoccer.powerupsports.com>

You only need one account per family. This account is used to sign up for the various programs and camps that CSWU offers. If you already have an account and have registered previously, you do not need to create a new account, just use your existing account.

- Players must be registered in order to participate in programs.
- On-Line Registration for May 2021 CMSA Programs closes April 1.

PAYMENTS

- Players are NOT considered registered until fees are **PAID IN FULL** before the season commences on May 1st, 2021.
- If you require additional information, please contact the Club at info@cswusoccer.com and we will be happy to help.
- All Fees must be paid in full by the start of the season, if registration fee are still outstanding by the start of the season players may be suspended until the registration fees have been played in full.

PLAYER FINANCIAL ASSISTANCE

- CSWU works with many different sponsors and businesses offering player assistance programs. To apply for these programs, please complete the applications listed below - on-line, then submit completed applications or confirmation numbers back to Terri at the CSWU office info@cswusoccer.com
- KidSport <http://www.kidsportcanada.ca/alberta/calgary/apply-for-assistance/>
- Jumpstart <https://jumpstart.canadiantire.ca/content/microsites/jumpstart/en/apply.html#wanttoapply>
- Their Opportunity <https://www.theiropportunity.com/apply/>
- CSWU Bingo/Casino Program - please contact the bingo coordinator at bingo@cswusoccer.com

REFUNDS

CSWU REFUND POLICY: Outdoor 2021

Policy Statement: When a player registers for CSWU we guarantee that 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 Grassroots teams is by community or combining communities as needed for numbers.

Refund requests must be received prior to the applicable deadline and must be submitted on the **REFUND REQUEST FORM** posted on our website. All refund requests go to info@cswusoccer.com

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

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

Administration Fee: **Grassroots \$50, CMSA \$100**

There will be **NO** refunds granted or issued after June 1st, 2021

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, normally 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.

PLEASE NOTE: The timeline for receiving a refund will be 8 to 12 weeks from receipt of the refund request.

PROOF OF AGE (POA)

New players or Grassroots players entering into the CMSA U11-U19 League are required to provide government issued ID to CMSA

- Government issued ID includes either; 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.

POLICIES

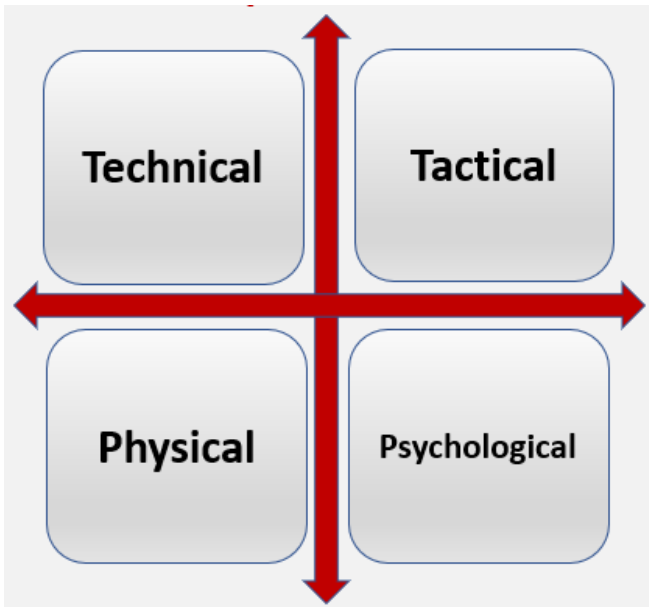
Calgary South West United Soccer Association (CSWU) adheres to CMSA Policies. In particular, please note the following:

- Harassment http://calgaryminorsoccer.com/files/cmsa_policy_-_harassment_policy_april_4_20172.pdf
- Concussion http://calgaryminorsoccer.com/files/cmsa_policy_concussion_policy_april_15_20162.pdf
- Privacy http://calgaryminorsoccer.com/files/cmsa_policy_-_privacy_policy_april_4_20172.pdf

Code of Conduct: Team Officials, Players, Parents
http://calgaryminorsoccer.com/files/new_team_officials_welcome_package.pdf

Technical

SWU Curriculum



Our Technical curriculum creates a relevant, coherent, and engaging environment for all players, parents, and coaches.

Academy provides quantifiable standards for measuring coach and player performance and promotes the four pillars of player growth: technical, tactical, physical, and psychological.

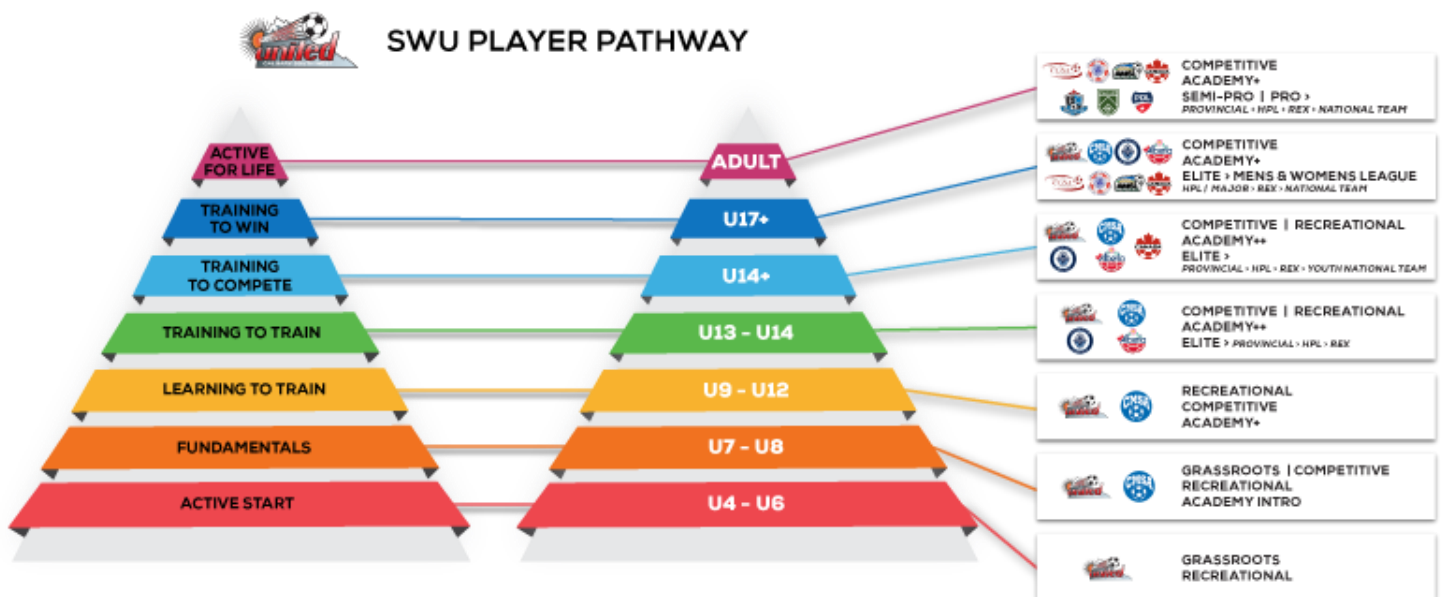
SWU Player Development

SWU Player Habits



Player habits go hand-in-hand with player development. The player habits are a guide to align our player development through club identity and style of play with our training and coaching philosophies. We monitor progressions through a report card system.

SWU Player Pathway



SWU Coach Education and Development

SWU provides an environment for all coaches to develop and continue their learning and education. We will be providing coaches with the choice to complete their mandatory NCCP courses through our club for the Community Stream and continue to support our coaches with the goal of increasing the amount of C License certified coaches within our club. SWU is also committed to supporting our coaches financially in the performance stream with finances for those who successfully complete the courses.

Coaching Areas are split into modules

Each module has:

- Delivery Method
- Specific Learning Outcomes
- Session Overviews
- Individual Coach Assessment



Sports Science Program

Our latest core program addition is Sports Science.

This program covers a large area of Athlete Development and is broken into 2 specific areas:

Mental



MENTAL PERFORMANCE



ATHLETIC PERFORMANCE

Performance / Psychology:

The guidelines of this program are streamlined through Sports Psychology.

Our athletes attend multiple sessions 'off-the-field' and inside our classroom with our staff covering many different topics. All sessions cover the subjects of the mental side of the game which is not only tactical but specialized for the mindset of the individual player. Each player will be given multiple tools to utilize individually 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 is vital for the athletes in our program. This area is designed to work on core mechanics and on the technique and precision of all areas that are needed in 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

Philosophy and Style of Play

South West United's primary focus is to develop technically and tactically sound players capable of making confident decisions within the flow of the game. We expect players to be competitive in matches; however, winning is a secondary goal at our youngest age groups as we adhere to the Canadian Soccer Association's Long-Term Player Development (LTPD) training model. Through our structured and progressive curriculum, players learn how to solve soccer challenges creatively and skillfully. Beginning with the youngest teams, SWU coaches emphasize both smart decision-making (tactical) and correct technique (technical) to gain confidence and improve execution in the game environment.

Starting at the earliest ages, players are introduced to our "possession" 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 attacks from the back; this means utilizing our goalkeeper and defenders to cycle the ball and switch the point of attack to find and exploit areas of the field where we hold numerical superiority. As the ball is moved up the field and closer to our opponent's goal, we encourage players to show more creativity and take 1v1, 2v1, and 3v2 chances to generate scoring opportunities. When the ball is lost, we want players to instantly transition to a defensive mentality of organized shape with the goal of winning the ball back as soon as possible to limit counterattacks. In order to stay true to our style of play, coaches train players to execute our "possession" style of play in both practices and games. Early on players will make costly mistakes early and often, especially as they learn how to build attacks from our goalkeeper and defenders. We do not want to discourage players who make mistakes; we will instead encourage them to learn from these mistakes. Creativity will be rewarded regardless of the outcome.

Our younger teams will inevitably lose games to clubs that play a more direct and less skillful style of play, i.e. playing long balls forward and using speed and aggression to score. While the SWU route to playing a possession-oriented style of play may take longer to show results in the win-loss column, our teams will begin to execute consistently surpass these types of teams as they get older. These positive results will create more opportunities for our players.

The SWU Difference

Consider these facts...

- 1. EXPERIENCE** - SWU have been around for 20 years in Calgary and has the second longest running technical academy in Alberta with Nick's academy (Now SWU Academy).
- 2. CHAMPIONSHIPS**- SWU have won over 75 provincial titles over the last decade plus 18 National Medals.
- 3. PROFESSIONALS**- SWU have produced several top players who have started for Canadian youth national teams, most recently Caniggia Elva (Wurzburg Kickers\ Bundesliga 3rd Division) Caolan Lavery (Bury F.C./ England league one)
- 4. UNIVERSITY/COLLEGE**- SWU produce more college players than any other club in Calgary.
- 5. NATIONAL TEAMS**- SWU has produced 12 youth national team players and 1 senior national team player in the last 10 years.
- 6. STAFF** - SWU staff coaches are one of the most experienced in the region with professional and collegiate experience.
- 7. DEVELOPMENT**- SWU develop players and promote players from within the club for their Academy teams.
- 8. CURRICULUM**- SWU use a specific developmental curriculum in line with the best practices of Canada Soccer from age 6 to age 18.

U7/U8 Developmental / Born 2013 & 2014**Registration \$350.00****Prices include 2 Technical Session**

Payment Option 1 – In full at time of registration

Payment 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 in April
- Regular Season: May 1st to June 27th & July 16th to August 7th
- Post season: Festival will be hosted by CMSA

Program Overview:

- **Technical Sessions**
 - 2x75 minutes technical team sessions led by our CLUB technical staff coaches
- **CMSA Games**
 - Saturdays Festivals can have up to 3 mini games in one day
 - Games may have a different format every week
 - Bi-weekly quadrant-based skill centre festival format (Saturdays – CMSA Festivals)
 - Saturday, May 29; Saturday, June 12; Saturday, June 26. July/August dates TBD
 - Skill centre festivals are played on CMSA supplied community fields
 - NO Referees and NO Goalkeepers
- **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.
- **Uniforms**
 - All players will be required to purchase their Jerseys kits via a team order through SWU (Socks, Shorts and Team Jersey)
 - All players will be required to purchase their Tech Shirt for Tech sessions - available for purchase at Kicks Sporting goods store - 9737 Macleod Trail
- **Additional Items**
 - Team Photos will be taken throughout the season. You will have an opportunity to purchase individual photos of your child. Team photos will be provided by SWU.
 - End of Season Festival will be hosted by CMSA for all U9 &U10 teams. Date is TBA

U9 CMSA Premier Program / Born 2012**Registration \$475.00****Prices include 3 Technical Sessions**

Payment Option 1 – In full at time of registration

Payment 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 in April
- Regular Season: May 1st to June 27th & July 16th to August 7th
- Post season: Festival will be hosted by CMSA

Program Overview:

- **Technical Sessions**
 - 3x75 minutes technical team sessions led by our CLUB technical staff coaches
- **CMSA Games**
 - Saturdays Festivals can have up to 3 mini games in one day
 - Games may have a different format every week
 - Bi-weekly quadrant-based skill centre festival format (Saturdays – CMSA Festivals)
 - Saturday, May 29; Saturday, June 12; Saturday, June 26. July/August dates TBD
 - Skill centre festivals are played on CMSA supplied community fields
 - NO Referees and NO Goalkeepers
- **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.
- **Uniforms**
 - All players will be required to purchase their Jerseys kits via a team order through SWU (Socks, Shorts and Team Jersey)
 - All players will be required to purchase their Tech Shirt for Tech sessions - available for purchase at Kicks Sporting goods store - 9737 Macleod Trail
- **Additional Items**
 - Team Photos will be taken throughout the season. You will have an opportunity to purchase individual photos of your child. Team photos will be provided by SWU.
 - End of Season Festival will be hosted by CMSA for all U9 &U10 teams. Date is TBA

U9 CMSA Elite Program / Born 2012**Registration \$350.00****Prices include 2 Technical Sessions**

Payment Option 1 – In full at time of registration

Payment 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 in April
- Regular Season: May 1st to June 27th & July 16th to August 7th
- Post season: Festival will be hosted by CMSA

Program Overview:

- **Technical Sessions**
 - 2x75 minutes technical team sessions led by our CLUB technical staff coaches
- **CMSA Games**
 - Saturdays Festivals can have up to 3 mini games in one day
 - Games may have a different format every week
 - Bi-weekly quadrant-based skill centre festival format (Saturdays – CMSA Festivals)
 - Saturday, May 29; Saturday, June 12; Saturday, June 26. July/August dates TBD
 - Skill centre festivals are played on CMSA supplied community fields
 - NO Referees and NO Goalkeepers
- **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.
- **Uniforms**
 - All players will be required to purchase their Jerseys kits via a team order through SWU (Socks, Shorts and Team Jersey)
 - All players will be required to purchase their Tech Shirt for Tech sessions - available for purchase at Kicks Sporting goods store - 9737 Macleod Trail
- **Additional Items**
 - Team Photos will be taken throughout the season. You will have an opportunity to purchase individual photos of your child. Team photos will be provided by SWU.
 - End of Season Festival will be hosted by CMSA for all U9 &U10 teams. Date is TBA

U10 Premier Program / Developmental / Born 2011**Registration \$789.00****Prices include Technical Sessions**

Payment Option 1 – In full at time of registration

Payment 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 in April
- Regular Season: May 25th to July 29th
- Post season: U10 Grassroots Rally Date: Sunday, July 25, 2021 Location: TBD

Program Overview:

- **Team Practices**
 - 1x75minute team session per week with Team Coach
- **Technical Sessions**
 - 2x75 minutes technical team sessions led by our CLUB technical staff coaches
- **CMSA Games**
 - Can play an average of 1-2 games per week
 - Games can be played anywhere in the city per CMSA format
 - Will play Saturday and/or Tuesday
 - All Games will consist of two (2) twenty-five (25) minute halves 7 players a-side (7 v 7)
- **Evaluations**
 - Evaluations are required and will begin in March. Date is TBA
- **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 a team order through SWU (Socks, Shorts and Team Jersey)
 - All players will be required to purchase their Tech Shirt for Tech sessions - available for purchase at Kicks Sporting goods store - 9737 Macleod Trail
- **Additional Items**
 - Team Photos will be taken throughout the season. You will have an opportunity to purchase individual photos of your child. Team photos will be provided by SWU.
 - End of Season Festival will be hosted by CMSA for all U9 &U10 teams. July 25, 2021 Location: TBD

U10 CMSA Elite Program / Recreational / Born 2011**Registration \$350.00****Technical \$189.00 (Optional Program on a team-by-team basis)**

Payment Option 1 – In full at time of registration

Payment 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 in April
- Regular Season: May 25th to July 29th
- Post season: U10 Grassroots Rally Date: Sunday, July 25, 2021 Location: TBD

Program Overview:

- **Team Practices**
 - 2x75minute team session per week with Team Coach
- **CMSA Games**
 - Can play an average of 1-2 games per week
 - Games can be played anywhere in the city per CMSA format
 - Will play on Sunday and/or Wednesday
 - All Games will consist of two (2) twenty-five (25) minute halves. 7 players a-side (7 v 7)
- **Evaluations**
 - Evaluations are required and will begin in March. Date is TBA
- **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 a team order through SWU (Socks, Shorts and Team Jersey
 - All players will be required to purchase their Tech Shirt for Tech sessions - available for purchase at Kicks Sporting goods store - 9737 Macleod Trail
- **Additional Items**
 - Team Photos will be taken throughout the season. You will have an opportunity to purchase individual photos of your child. Team photos will be provided by SWU.
 - End of Season Festival will be hosted by CMSA for all U9 &U10 teams. Date is TBA
- **Volunteer Team Coaches**
 - Register to coach your child's team by completing the "Volunteer Now" link- Member Zone Account
 - Coaches are selected based on experience, past history, and their willingness to develop further with coaching specific certification & licenses. Interested in Coaching? Contact jesusmelo@csvusoccer.com
 - We support all our Coaches with in-house support, mentoring and NCCP Courses
 - 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

U11 Premier Program / Tier 1 & 2/ Born 2010**Registration \$1395.00****Prices include Fitness and Technical Sessions**

Payment Option 1 – In full at time of registration

Payment 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 in April
- Regular Season: May 25th to July 29th

Program Overview:

- **Team Practices**
 - 1x90 minute team session per week with Team Coach
- **Technical Sessions**
 - 2x90 minutes technical team sessions per week led by our CLUB Technical Staff Coaches
 - 1x45 minute fitness session per week led by the STRIVE FITNESS TEAM
- **CMSA Games**
 - 1 game per week scheduled by CMSA
 - Games can be played anywhere in the city per CMSA format
 - Tier I play on Sunday and/or Wednesday
 - Tier II play on Saturday and/or Tuesday
 - All Games will consist of two (2) thirty (30) minute halves 8 players a-side (8 v 8)
 -
- **Evaluations**
 - Evaluations are required and will begin in March. Date is TBA
- **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 a team order through SWU (Socks, Shorts and Team Jersey)
 - All players will be required to purchase their Tech Shirt for Tech sessions - available for purchase at Kicks Sporting goods store - 9737 Macleod Trail
- **Additional Items**
 - Team Photos will be taken throughout the season. You will have an opportunity to purchase individual photos of your child. Team photos will be provided by SWU.

U11 Elite Program / Tier 3/ Born 2010**Registration \$899.00****Prices include Technical**

Payment Option 1 – In full at time of registration

Payment 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 in April
- Regular Season: May 25th to July 29th

Program Overview:

- **Team Practices**
 - 1x90 minute team session per week with Team Coach
- **Technical Sessions**
 - 1x90 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
 - Tier III play on Sunday and/or Thursday
 - All Games will consist of two (2) thirty (30) minute halves 8 players a-side (8 v 8)
- **Evaluations**
 - Evaluations are required and will begin in March. Date is TBA
- **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 a team order through SWU (Socks, Shorts and Team Jersey)
 - All players will be required to purchase their Tech Shirt for Tech sessions - available for purchase at Kicks Sporting goods store - 9737 Macleod Trail
- **Additional Items**
 - Team Photos will be taken throughout the season. You will have an opportunity to purchase individual photos of your child. Team photos will be provided by SWU.
- **Volunteer Team Coaches**
 - Register to coach your child’s team by completing the “Volunteer Now” link- Member Zone Account
 - Coaches are selected based on experience, past history, and their willingness to develop further with coaching specific certification & licenses. Interested in Coaching? Contact jesusmelo@csvusoccer.com
 - We support all our Coaches with in-house support, mentoring and NCCP Courses
 - 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

U11 CMSA Select Program / Tier 4 & 5 / Born 2010**Registration \$595.00****Technical (Optional Program on a team-by-team basis)**

Payment Option 1 – In full at time of registration

Payment 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 in April
- Regular Season: May 25th to July 29th

Program Overview:

- **Team Practices**
 - 1x90 minute team session per week with Team Coach
- **CMSA Games**
 - 1 game per week scheduled by CMSA
 - Games can be played anywhere in the city per CMSA format
 - Tier IV play days to be confirmed
 - Tier V play on Saturday and/or Monday
 - All Games will consist of two (2) thirty (30) minute halves 8 players a-side (8 v 8)
 -
- **Evaluations**
 - Evaluations are required and will begin in March. Date is TBA
- **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 a team order through SWU (Socks, Shorts and Team Jersey)
 - All players will be required to purchase their Tech Shirt for Tech sessions - available for purchase at Kicks Sporting goods store - 9737 Macleod Trail
- **Additional Items**
 - Team Photos will be taken throughout the season. You will have an opportunity to purchase individual photos of your child. Team photos will be provided by SWU.
- **Volunteer Team Coaches**
 - Register to coach your child's team by completing the "Volunteer Now" link- Member Zone Account
 - Coaches are selected based on experience, past history, and their willingness to develop further with coaching specific certification & licenses. Interested in Coaching? Contact jesusmelo@csvusoccer.com
 - We support all our Coaches with in-house support, mentoring and NCCP Courses
 - 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

U12 Premier Program / Tier 1 & 2 / Born 2009**Registration \$1395.00****Prices include Fitness and Technical Sessions**

Payment Option 1 – In full at time of registration

Payment 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 in April
- Regular Season: May 25th to July 29th

Program Overview:

- **Team Practices**
 - 1x90 minute team session per week with Team Coach
- **Technical Sessions**
 - 2x90 minutes technical team sessions per week led by our CLUB Technical Staff Coaches
 - 1x45 minute fitness session per week led by the STRIVE FITNESS TEAM
- **CMSA Games**
 - 1 game per week scheduled by CMSA
 - Games can be played anywhere in the city per CMSA format
 - Tier I play on Saturday and/or Monday
 - Tier II play on Sunday and/or Wednesday
 - All Games will consist of two (2) thirty (30) minute halves 8 players a-side (8 v 8)
- **Evaluations**
 - Evaluations are required and will begin in March. Date is TBA
- **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 a team order through SWU (Socks, Shorts and Team Jersey)
 - All players will be required to purchase their Tech Shirt for Tech sessions - available for purchase at Kicks Sporting goods store - 9737 Macleod Trail
- **Additional Items**
 - Team Photos will be taken throughout the season. You will have an opportunity to purchase individual photos of your child. Team photos will be provided by SWU.

U12 CMSA Elite Program / Tier 3 / Born 2009**Registration \$949.00****Prices include Technical Session**

Payment Option 1 – In full at time of registration

Payment 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 in April
- Regular Season: May 25th to July 29th

Program Overview:

- **Team Practices**
 - 1x90 minute team session per week with Team Coach
- **Technical Sessions**
 - 1x90 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
 - Tier III play on Saturday and/or Tuesday
 - All Games will consist of two (2) thirty (30) minute halves 8 players a-side (8 v 8)
- **Evaluations**
 - Evaluations are required and will begin in March. Date is TBA
- **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 a team order through SWU (Socks, Shorts and Team Jersey)
 - All players will be required to purchase their Tech Shirt for Tech sessions - available for purchase at Kicks Sporting goods store - 9737 Macleod Trail
- **Additional Items**
 - Team Photos will be taken throughout the season. You will have an opportunity to purchase individual photos of your child. Team photos will be provided by SWU.
- **Volunteer Team Coaches**
 - Register to coach your child's team by completing the "Volunteer Now" link- Member Zone Account
 - Coaches are selected based on experience, past history, and their willingness to develop further with coaching specific certification & licenses. Interested in Coaching? Contact jesusmelo@csvusoccer.com
 - We support all our Coaches with in-house support, mentoring and NCCP Courses
 - 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

U12 CMSA Select Program / Tier 4 & 5 / Born 2009**Registration \$595.00****Technical (Optional Program on a team-by-team basis)**

Payment Option 1 – In full at time of registration

Payment 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 in April
- Regular Season: May 25th to July 29th

Program Overview:

- **Team Practices**
 - 1x90 minute team session per week with Team Coach
- **CMSA Games**
 - 1 game per week scheduled by CMSA
 - Games can be played anywhere in the city per CMSA format
 - Tier IV play on Saturday and/or Thursday
 - Tier V play days to be confirmed
 - All Games will consist of two (2) thirty (30) minute halves 8 players a-side (8 v 8)
- **Evaluations**
 - Evaluations are required and will begin in March. Date is TBA
- **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 a team order through SWU (Socks, Shorts and Team Jersey)
 - All players will be required to purchase their Tech Shirt for Tech sessions - available for purchase at Kicks Sporting goods store - 9737 Macleod Trail
- **Additional Items**
 - Team Photos will be taken throughout the season. You will have an opportunity to purchase individual photos of your child. Team photos will be provided by SWU.
- **Volunteer Team Coaches**
 - Register to coach your child's team by completing the "Volunteer Now" link- Member Zone Account
 - Coaches are selected based on experience, past history, and their willingness to develop further with coaching specific certification & licenses. Interested in Coaching? Contact jesusmelo@csvusoccer.com
 - We support all our Coaches with in-house support, mentoring and NCCP Courses
 - 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

U13 Premier Program / Tier 1 & 2 / Born 2008**Registration \$1395.00****Prices include Fitness and Technical Session**

Payment Option 1 – In full at time of registration

Payment 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 in April
- Tier I: Tuesday, May 25 – Thursday, Aug. 5, 2021
- Tier II-III: Tuesday, May 25 – Thursday, July 29, 2021
- Post season: TBD by CMSA

Program Overview:

- **Team Practices**
 - 1x90 minute team session per week with Team Coach
- **Technical Sessions**
 - 2x90 minutes technical team sessions per week led by our CLUB Technical Staff Coaches
 - 1x60 minute fitness session per week led by the STRIVE FITNESS TEAM
- **CMSA Games**
 - 1 game per week scheduled by CMSA
 - Games can be played anywhere in the city per CMSA format
 - All U13 Tiers may play any day of the week
 - All games will consist of two (2) – 40-minute halves 9 players a-side (9 v 9)
- **Evaluations**
 - Evaluations are required and will begin in March. Date is TBA
- **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 a team order through SWU (Socks, Shorts and Team Jersey)
 - All players will be required to purchase their Tech Shirt for Tech sessions - available for purchase at Kicks Sporting goods store - 9737 Macleod Trail
 -
- **Additional Items**
 - Team Photos will be taken throughout the season. You will have an opportunity to purchase individual photos of your child. Team photos will be provided by SWU.

U13 CMSA Elite Program / Tier 3 / Born 2008**Registration \$949.00****Prices include Technical Sessions**

Payment Option 1 – In full at time of registration

Payment 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 in April
- Tier III: Tuesday, May 25 – Thursday, July 29, 2021
- Post season: TBD by CMSA

Program Overview:

- **Team Practices**
 - 1x90 minute team session per week with Team Coach
- **Technical Sessions**
 - 1x90 minutes technical team sessions per week led by our CLUB Technical Staff Coaches
- **CMSA Games**
 - 1 game per week scheduled by CMSA
 - Games can be played anywhere in the city per CMSA format
 - All U13 Tiers may play any day of the week
 - All games will consist of two (2) – 40-minute halves 9 players a-side (9 v 9)
- **Evaluations**
 - Evaluations are required and will begin in March. Date is TBA
- **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 a team order through SWU (Socks, Shorts and Team Jersey)
 - All players will be required to purchase their Tech Shirt for Tech sessions - available for purchase at Kicks Sporting goods store - 9737 Macleod Trail
- **Additional Items**
 - Team Photos will be taken throughout the season. You will have an opportunity to purchase individual photos of your child. Team photos will be provided by SWU.
- **Volunteer Team Coaches**
 - Register to coach your child's team by completing the "Volunteer Now" link- Member Zone Account
 - Coaches are selected based on experience, past history, and their willingness to develop further with coaching specific certification & licenses. Interested in Coaching? Contact jesusmelo@csvusoccer.com
 - We support all our Coaches with in-house support, mentoring and NCCP Courses
 - 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

U13 CMSA Select Program / Tier 4 & 5 / Born 2008**Registration \$595.00****Technical (Optional Program on a team-by-team basis)**

Payment Option 1 – In full at time of registration

Payment 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 in April
- Tier IV: Tuesday, May 25 – Tuesday, July 6, 2021
- Post season: TBD by CMSA

Program Overview:

- **Team Practices**
 - 1x90 minute team session per week with Team Coach
- **CMSA Games**
 - 1 game per week scheduled by CMSA
 - Games can be played anywhere in the city per CMSA format
 - All U13 Tiers may play any day of the week
 - All games will consist of two (2) – 40-minute halves 9 players a-side (9 v 9)
- **Evaluations**
 - Evaluations are required and will begin in March. Date is TBA
- **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 a team order through SWU (Socks, Shorts and Team Jersey)
 - All players will be required to purchase their Tech Shirt for Tech sessions - available for purchase at Kicks Sporting goods store - 9737 Macleod Trail
- **Additional Items**
 - Team Photos will be taken throughout the season. You will have an opportunity to purchase individual photos of your child. Team photos will be provided by SWU.
- **Volunteer Team Coaches**
 - Register to coach your child's team by completing the "Volunteer Now" link- Member Zone Account
 - Coaches are selected based on experience, past history, and their willingness to develop further with coaching specific certification & licenses. Interested in Coaching? Contact jesusmelo@csvusoccer.com
 - We support all our Coaches with in-house support, mentoring and NCCP Courses
 - 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

U14 to U17 CMSA Premier Program / Tier 1 & 2 / Born 2007, 2006, 2005, 2004**Registration \$1449.00****Prices include Fitness and Technical Sessions*******Additional fees will apply for players registering in The High-Performance (PDP) Program**

Payment Option 1 – In full at time of registration

Payment 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 in April
- Tier I: Tuesday, May 25 – Thursday, Aug. 5, 2021
- Tier II: Tuesday, May 25 – Thursday, July 29, 2021
- Post season: TBD by CMSA

Program Overview:

- **Team Practices**
 - 1x90 minute team session per week with Team Coach
- **Technical Sessions**
 - 2x90 minutes technical team sessions per week led by our CLUB Technical Staff Coaches
 - 1x60 minute fitness session per week led by the STRIVE FITNESS TEAM
- **CMSA Games**
 - 1 game per week scheduled by CMSA
 - Games can be played anywhere in the city per CMSA format
 - All U14 to U17 Tiers may play any day of the week
 - All games will consist of two (2) forty-five (45) minute halves 11 players a-side (11 v 11)
- **Evaluations**
 - Evaluations are required and will begin in March. Date is TBA
- **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 a team order through SWU (Socks, Shorts and Team Jersey)
 - All players will be required to purchase their Tech Shirt for Tech sessions - available for purchase at Kicks Sporting goods store - 9737 Macleod Trail

U14 to U17 CMSA Elite Program / Tier 3 / Born 2007, 2006, 2005, 2004**Registration \$949.00****Prices include Technical Session**

Payment Option 1 – In full at time of registration

Payment 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 in April
- Tier II-III: Tuesday, May 25 – Thursday, July 29, 2021
- Post season: TBD by CMSA

Program Overview:

- **Team Practices**
 - 1x90minute team session per week with Team Coach
- **Technical Sessions**
 - 1x90 minutes technical team sessions per week led by our CLUB Technical Staff Coaches
- **CMSA Games**
 - 1 game per week scheduled by CMSA
 - Games can be played anywhere in the city per CMSA format
 - All U14 to U17 Tiers may play any day of the week
 - All games will consist of two (2) forty-five (45) minute halves 11 players a-side (11 v 11)
- **Evaluations**
 - Evaluations are required and will begin in March. Date is TBA
- **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 a team order through SWU (Socks, Shorts and Team Jersey)
 - All players will be required to purchase their Tech Shirt for Tech sessions - available for purchase at Kicks Sporting goods store - 9737 Macleod Trail
- **Volunteer Team Coaches**
 - Register to coach your child's team by completing the "Volunteer Now" link- Member Zone Account
 - Coaches are selected based on experience, past history, and their willingness to develop further with coaching specific certification & licenses. Interested in Coaching? Contact jesusmelo@cswusoccer.com
 - We support all our Coaches with in-house support, mentoring and NCCP Courses
 - 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

**U14 to U17 CMSA Select Program / Tier 4 & 5 / Born 2007, 2006, 2005, 2004
Registration \$625.00****Technical (Optional Program on a team-by-team basis)**

Payment Option 1 – In full at time of registration

Payment 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 in April
- Tier IV- V: Tuesday, May 25 – Tuesday, July 6, 2021
- Post season: TBD by CMSA

Program Overview:

- **Team Practices**
 - 1x90 minute team session per week with Team Coach
- **CMSA Games**
 - 1 game per week scheduled by CMSA
 - Games can be played anywhere in the city per CMSA format
 - All U14 to U17 Tiers may play any day of the week
 - All games will consist of two (2) forty-five (45) minute halves 11 players a-side (11 v 11)
- **Evaluations**
 - Evaluations are required and will begin in March. Date is TBA
- **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 a team order through SWU (Socks, Shorts and Team Jersey)
 - All players will be required to purchase their Tech Shirt for Tech sessions - available for purchase at Kicks Sporting goods store - 9737 Macleod Trail
- **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 support all our Coaches with in-house support, mentoring and NCCP Courses
 - 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

U18 & U19 / Tier 2 to 4/ Born 2002 & 2003**Registration \$649.00****Technical (Optional Program on a team-by-team basis)**

Payment Option 1 – In full at time of registration

Payment 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 in April
- Tier II-III: Tuesday, May 25 – Thursday, July 29, 2021
- Tier IV: Tuesday, May 25 – Tuesday, July 6, 2021
- Post season: TBD by CMSA

Program Overview:

- **Team Practices**
 - 1x75minute team session per week with Team Coach
- **CMSA Games**
 - 1 game per week scheduled by CMSA
 - Games can be played anywhere in the city per CMSA format
 - All U19 Tiers may play any day of the week
 - All games will consist of two (2) forty-five (45) minute halves 11 players a-side (11 v 11)
- **Evaluations**
 - Evaluations are required and will begin in March. Date is TBA
- **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 a team order through SWU (Socks, Shorts and Team Jersey)
 - All players will be required to purchase their Tech Shirt for Tech sessions - available for purchase at Kicks Sporting goods store - 9737 Macleod Trail
- **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 support all our Coaches with in-house support, mentoring and NCCP Courses
 - 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

SKILLS CENTRE

Registration \$250.00

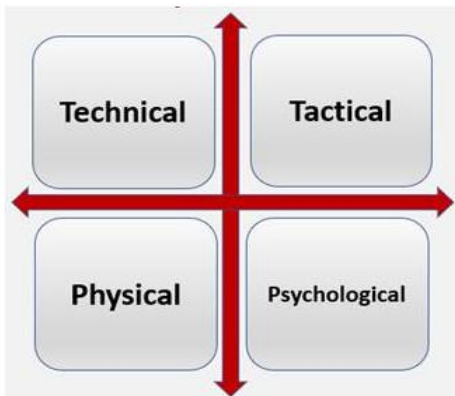
We will be offering Skills Centre for all our Tiers and age groups. Starting at the U7 Grassroots all the way up to U19.

South West United Skills Centre is based on a model that helps players of all abilities grow and develop their skills. Our Skill Centre Program is designed to provide players with social experience, while enhancing their love of soccer and continuing to improve on 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 primarily 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.

South West United has designed a specific training methodology for the educational approach of teaching soccer in our club. The main aim of this project is to provide a progressive teaching structure which supports all our coaches and players to comply with our club’s philosophy.



- 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 Distance, Techniques
- Spatial Awareness: Overlaps, Switching, Positional

*Dates and times will be determined once CMSA confirms the league schedules.