

CMSA Outdoor Program Overview



C W S C

Outdoor
2021



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Canada National Youth License

Calgary West Soccer Club was awarded the prestigious Canada Soccer National Youth Club License. The License recognizes the highest achieving organizations from across Canada and rewards them with the Canada Soccer Approved Youth Soccer Club endorsement. Organizations achieving this license display characteristics and demonstrate behaviours aligned with the highest expectations of governance, administration, infrastructure, and technical, support their PTSO and Canada Soccer Pathways and participate in the highest level of competition in Canada; the Canada Soccer Player Development Program.

In addition to the recognition from Canada Soccer that the clubs have met the standards set out at each level of the Club Licensing Program, clubs provided the National Youth Club Licence are eligible to participate in their Member Association Player Development Program standards-based leagues. Beginning in 2022, our 2007 PDP teams will be registered for the AYSL.



NATIONAL YOUTH CLUB LICENCE



Registration

All CWSC registrations take place online through your member profile in [Sportzsoft](#). A current CWSC membership is required for the cost of \$25 per family each season. This will have to be purchase in your member profile prior to registering for programs.

Registrations take place March 5, 2021 through April 15, 2021

Registration payments are due at the time of registering. Academy and head coach fees will be due at a later date once rosters are confirmed. Please note: CMSA players who have not paid their fees in full (registration/academy/head coach) will be deregistered with CMSA by June 15 for outdoor. Early bird registration fees take place March 5, 2021 - March 18, 2021. All registrations not paid by then will have a late fee of \$25 charged. Late fees take effect on March 19, 2021.

Credit card or cheque: Credit card payments will be charged a 2.75% surcharge. Cheques are accepted. NSF cheques will have a charge of \$25.

To Register, please click [here](#).

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Registration

Note on CMSA Season due to COVID

Calgary West cannot guarantee the extent or type of season that CMSA will offer in terms of competitive game play. CMSA will provide a credit for any proportion of the season not played. CWSC will pass that on to our members as credits for following seasons.

For our training (practices and academy), we will be prepared to offer training based on the currently approved AHS and ASA Return to Play guidelines.

This could include:

- Stage 1 - individual training
- Stage 2 - small cohort training and games, or
- Stage 3 - cohort training and more competitive games in league cohorts

Regardless of Stage, Calgary West will endeavor to provide the specified training program per week as per our registration details. We will adapt the program, as required to make it a positive, fun, learning experience for all participants.

To Register, please click [here](#).

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Safe Environment

CWSC is continually reviewing [Alberta Health](#) and Alberta Soccer updates and guidelines which has up prepared to open up the 2021 Outdoor Season. As with all of our Club & League programming, this program will be under continual review and will follow all necessary protocols to ensure a safe and competitive Outdoor Soccer Season for everyone.

We are putting the safety of our players, coaches and volunteers on the first place. For that reason CWSC develops season detailed plans to outline the training environment, to ensure all the safety criteria will be met. We are confident that our COVID plans prevent onward transmission of COVID within any of our teams or training groups. We equip all of our teams with digital thermometers, and all PPE. We activate Health Coordinators to ensure all health and safety protocols are strictly followed.

To review examples of Calgary West's COVID-19 Health and Safety Plan, please [click here](#).





Training Expectations

Outdoor Program Training Expectation:

We are excited to announce the full roll out of our new Technical Plan. The Methodology of the New Calgary West SC Way has started to be implemented during the start of the last indoor season, and we are looking forward to fully implement them in the outdoor season. The new Calgary West Way consist of **P.C.A. Program**, **Innovative Player Program**, Goalkeepers Academy and **Balsom Sports Performance (Athlete Factory) program**, **Skills Centers** and **Play and Train Program**.

For the full description of the new Calgary West Way and its programs, please visit our website:

[The Calgary West Way Methodology \(calgarywestsoccer.com\)](http://calgarywestsoccer.com)



INNOVATIVE PLAYER



P.C.A. PROGRAM



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CWSC PROGRAMS	CWSC TRAINING FOCUS	CANADA SOCCER LTPD	AGES
Play and Train	<ul style="list-style-type: none"> Physical Literacy General ball handling Fun with a ball Fun with friends Foster a feeling of belonging Unstructured play 	Active Start	4-10 Males & Females
Play and Train Skills Center	<ul style="list-style-type: none"> Physical Literacy Fundamental futsal/soccer ball control Working with other players Introduction to competition Structured & Unstructured play 	Fundamentals	6-8 Female & 6-9 Male
Skills Center Play and Train Competitive CMSA Innovative Player Program P.C.A. Program	<ul style="list-style-type: none"> Physical Literacy Foundation principles of play – individual and team Increasing technical proficiency Critical thinking & decision making Structured & Unstructured play 	Learning to Train	8-11 Female & 9-12 Male
Competitive CMSA Innovative Player Program P.C.A. Program	<ul style="list-style-type: none"> Developmental principles of play - individual, group and team Advanced Physical/Technical/Tactical/Mental preparation 	Training to Train	11-15 Female & 12-16 Males
Competitive CMSA Innovative Player Program P.C.A. Program	<ul style="list-style-type: none"> Developing winning mentality High Performance principles of play - individual, group and team High performance Physical/Technical/Tactical/Mental preparation 	Training to Compete	15-19 Females & 16-20 Males
Competitive	<ul style="list-style-type: none"> Optimization of performance 	Training to	18+



Perception-Cognition-Action Program

Enhanced and deliberate team sessions. Modern style of program content and delivery, based on evidence, research, science and practice. Grounded in the theoretical framework of ecological dynamics. We define the game of soccer as a complex system and players as a complex adaptive systems which develops over time in relation to the contextual possibilities and restrictions.

The focus of this program is to develop player's cognitive skills, such as perception (visual search, recognition, assessing options and anticipation), conception (decision making based on affordances), and Action (execution of the decision).

Intelligent Player Program is build on Nonlinear Pedagogy principles:

- Underpins a player centred approach and the emergence of skills (Reshaw,2013)
- Developing players with a better understanding IN the game
- Representative Learning Design – What players are seeing and feeling is representative of the game
- Repetition without repetition (Multiple variabilities for solutions)
- Perception and Action coupled
- Promote an external focus of attention (outcome of the movement), which allows automaticity of the movement



P.C.A. PROGRAM



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Innovative Player Program

Ball control is paramount, and are Foundation to our Principles of Play. Only players who can control the ball will be able to “control” the game. This program will help players to develop how to control and how to keep control of the ball.

Innovative Player Program develops:

- Confidence on the ball
- Opportunity for closer feedback and guidance for players (from coaches and peers)
- More tools for players technical execution
- Motivation and ideas for players for individual and additional training (not just organized, but also on their own outside of the structured environment)
- Ball mastery through high repetition of the skill

Controlling the ball in the air and on the ground

Encourage a variety of technical skills

Varied contact surfaces (controlling, passing, shooting tec.)

Dribbles/feints between & around objects

Speed of execution of move (making the right choice quickly)



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Specific Sports & Conditioning Program

Balsom Sports Performance (BSP) is pleased to continue delivering an elite sports science program to ensure optimal soccer specific development for all Calgary West Soccer teams in the outdoor season. BSP's philosophy focuses on addressing coordinative methods to dramatically improve key requirements for soccer players; namely acceleration, agility, power, energy systems, and technical skill acquisition. These methods will be published in scientific journals in the next two years, by Founder Dan Balsom who is publishing doctoral writing on agility, and Jessica Leemans on injury prevention and rehabilitation.

Development Phase	Core Focus	Soccer specific info
U10	<p>Physical literacy.</p> <p>Movement proficiency.</p> <p>Assessment and development of coordinative strategies.</p>	<p>Early stage development focuses on improving physical literacy and movement competency. By improving these elements athletes will have both the physical and mental capacities to most importantly enjoy and improve through the technical development delivered by Calgary West Coaches.</p> <p>Sessions will focus around fun drills and competitions, incorporating jumping, sprinting, throwing, rolling etc to provide a complete foundation for all players to build from in the subsequent years.</p>
U11 – U13	<p>Intro to basic techniques: speed, agility, power, bodyweight based strength training, energy systems.</p>	<p>With U11-13 teams we will begin providing more technical soccer specific movements, to build on the foundation of physical literacy and movement proficiency. By utilizing these methods we can provide the same level of results as many elite soccer academies, both in terms of performance and injury prevention.</p> <p>Sessions will focus on power, speed, agility and energy systems programming, that will begin to challenge the athlete to greater improvements in both physical and mental traits critical for soccer. As game time and field sizes for the outdoor season increase, greater maximal velocity sprinting, and energy system work will occur</p>
U15-U17	<p>Complex strength and conditioning work: speed, agility, power, body based strength training, energy systems.</p>	<p>Between these ages we are focused on ensuring athletes have all the physical and mental success markers needed to perform optimally in practice and competition. By addressing complex coordinative patterns, we can ensure we reduce injuries through addressing imbalances and movement efficiency.</p> <p>Sessions will focus on complex power, speed, agility and energy systems programming, with specific focus on both team and individual tactical performance goals</p>





GoalKeeper Training

The CWSC Goalkeeper Academy is an inclusive athlete-focused program that believes in providing an opportunity for all keepers to develop their passion, mental fortitude, technical skills, tactical game awareness, leadership role and overall understanding of goalkeeping. We strive to create a competitive, enthusiastic, creative, engaging and character-building environment for our athletes to thrive in.

Our program strives to help our goalkeepers; to discover their unique strengths and presence in goal, to learn from their peers/role-models, to guide them to challenge their comfort zones and to achieve goals beyond their current beliefs.

The GK Academy will include both individual and group training conditions to expose our keepers to game-play performance & decision making moments. Sessions combining fun collaborative/team simulated scenarios vs. solo / 1on1 exercises.

Our program will be led with clear coaching methodologies and conducted through professional and purposeful coaching while placing an emphasis on leading our keepers to discover their talents and gifts within themselves - aiming to improve upon their own best interests.

Goals

The CWSC Goalkeeper Academy values the significance of developing athletes through the principles of the long-term player development model towards life long sport and the role our training & community involvement can play in supporting the wellbeing of the individual's life both on and off the field.

We strive to help our keepers to achieve their potential to the greatest degree possible while we are fortunate to earn their time through their youth developing their futures through high-quality attention and care to their needs.

A major goal for our academy is to ignite a fire of curiosity, empowerment, belief and confidence in our keepers as they build up their courage to face opponents daringly, to learn from their mistakes, to be bold and brave in the face of doubt, fear, unknown outcomes, potential failures and to develop the necessary grit to get themselves up again when they fall - learning that every fall in life is a necessary part of their journey to immense personal growth and contributes significantly to their bright and fruitful future.

Coaching Philosophy

I believe in a holistic style of coaching - taking into account the athlete's entire life when I am given the opportunity to play a role in their athletic careers & development.

My mission in any coaching environment is to be able to give back as much as possible to the future generations and community at large in all areas of my life.

I was very fortunate to have been influenced by countless high quality, intelligent, accomplished and influential role-models, coaches, mentors, educators throughout my life.

If given the occasion to share my experiences, I wish to pass along as much as I can to my greatest ability as I recognize the genuine impact leaders in sport, education & community have had in shaping all facets of my life. I recognize the privilege I have as a coach to engage with incredibly inspiring athletes at any age/stage and I believe my role is to help ignite and flourish their spirit of curiosity, passion, self-confidence and engagement in their interests.

Coaching means the world to me to be able to express my love for sport, passion for personal growth, life-long-learning and competitive nature.

I aspire to lead through sincere and authentic conviction, commitment, compassion and charisma as I had once been led.

Coach Sam Chang- Foidl



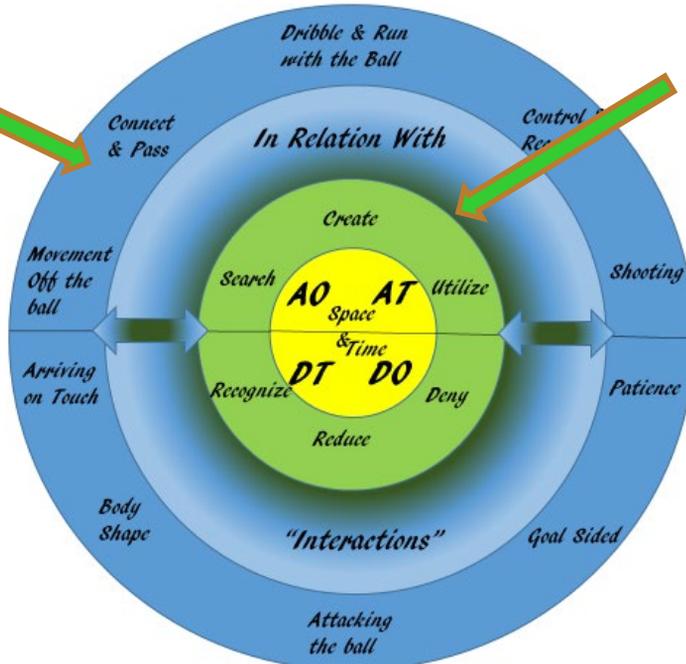
Player Development Plan

How this program links to the Calgary West Player Development Plan?

In Calgary West Soccer Club, we follow Principles of Play, which are adapted to specific age and stage appropriate levels. The absolute foundation of all principles of play are “soccer actions”, which Innovative Player program is specifically aiming on. Higher level of player’s mastery of these soccer actions, means higher efficiency of acquiring soccer interactions and advanced principles of play.

With Phase 2 training, we are able to implement and deliver Intelligent Player program, which will enhance the player development and learning in more representative, engaging and realistic environment.

“ACTIONS”
Specific skills used in technical execution by players. (different surfaces used to pass or control the ball, etc.) **This area is a main focus of Innovative Player Program.**



“INTERACTIONS”
Soccer specific “Actions” in relation with the environmental information (space, time, other players etc.) to educate the attention of the players. **This area is a main focus of P.C.A. Program.**



INNOVATIVE PLAYER



P.C.A. PROGRAM



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Player Development Plan

By the combination of P.C.A. and Innovative Player Programs with Games of different formats, we will be able to focus on CWSC Developmental Principles of Play. This will help our players to prepare for CWSC Advanced Principles of Play in later stage of development. For older age groups, this will prepare them for Phase 3 and 4, which could possibly involve competitive games.



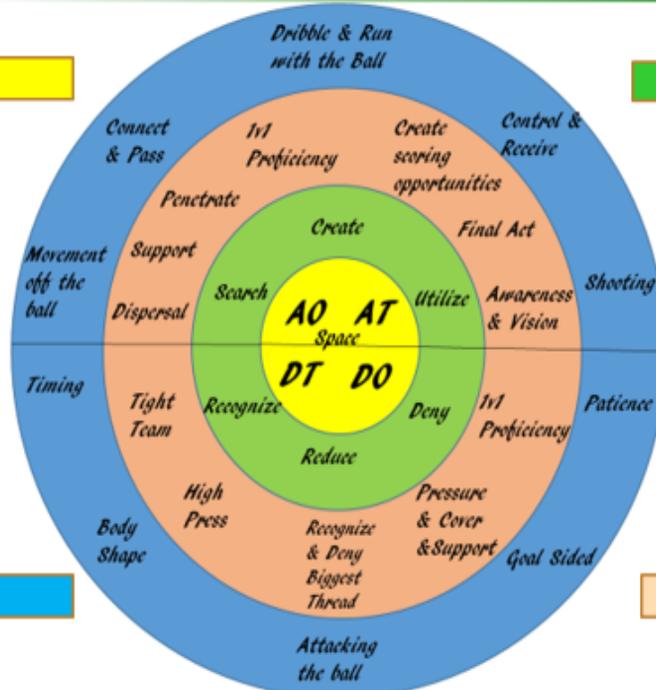
Developmental Principles of Play

"4 Moments of the Game"

1. Attacking Organization
2. Attacking Transition
3. Defensive Organization
4. Defensive Transition

"Soccer Interactions/Actions"

Foundation skills



"Idea of The Game"

AO & AT – Search, Create and Utilize space by soccer interactions.
DO & DT – Recognize, Reduce and Deny space by soccer interactions

"Principles of Play"

- Basic Principles of Play which aligns with advanced principles in later stage of development





Evaluations

Evaluation Process - Player Placement

Due to Covid-19 our traditional player assessment process has been impacted.

Our club has always been known for providing opportunities to all players regardless of their age and stage of development, level of maturity and relative age effect. We assure you, that all decision will be made after a deep consideration based on all the information below, between club head Coaches.

1. Player registers for the outdoor season. This will provide head coaches with the information about the number of players in all age groups.
2. The Director of Soccer, Technical Director alongside Head Coaches will make the final decision on player placement based on these information:

Returning Players

- Previous participation in a team from last CMSA season
- Training during Indoor Season
- Player Report Cards from previous season
- Information from the team coaches (if applicable)
- Conversation with other Head coaches, who had the chance to work with a player
- Information from Outdoor Try-outs we have collected

New Players

- **New players will be invited to in person evaluation session** to assess their current level of development. Players will be invited to attend the evaluation session on the week of **April 19th till 23rd.**
- Conditions of our teams and their needs
- Information about their last CMSA season they have participated at (age group and Tier level)
- Evaluation session will consist of activities under the safety guidance to ensure the safety of the players and coaches





Coach Education

As a committed soccer learning centre, Calgary West SC hosts regular professional development opportunities for their existing coaching staff. ASA, the governing body of soccer in Alberta, we ask all of our coaches to pursue the ASA Coaching Development Pathway.

Alberta Soccer is committed to the Long-Term Player Development (LTPD) and to delivering coaching education that enhances the development of coaches and most importantly, players.

The LTPD Coach Pathway is divided into two distinct Streams:
1. Community Stream (community soccer)
2. Licensing Stream (competitive soccer)

All coaches must complete the Making Ethical Decisions (MED) multi-sport module including the online evaluation to complete their program. For more information please click [here](https://albertasoccer.com/coach/) (<https://albertasoccer.com/coach/>).

Click on the menu on the right of the ASA page to obtain information about specific coach courses. Please go to the CMSA website to find out which [Community Stream courses](#) are being hosted by CMSA.

http://calgaryminorsoccer.com/page.php?page_id=109775

To REGISTER, CLICK [HERE](#)



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The Governing Body of Soccer in Alberta

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Equipment

Equipment/Uniform

Players in **U7 to U19** will be required to purchase CWSC Adidas game shorts from KICKS.

Game Jerseys will be provided to each player for the season but will be required to be returned at the end of the season.

All competitive players will be provided with a Calgary West Practice Shirt and a pair of socks.

Shin-pads, and appropriate footwear are required for all ages.

All additional Club wear is available for purchase year-round from KICKS Sporting Goods

4625 Varsity Dr NW, Calgary, AB T3A 1V7

<https://www.kickssports.ca/searchResults/categoryid/130>



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Important Dates

Player Assessments (U10-U17) No try outs for U7/8/9 or U19	Try outs the week of April 19-23 based on COVID /ASA guidance
Team Formation	Preliminary teams formed by late April/early May depending on age group
	Final team rosters confirmed by early May or mid May depending on age group
	Players may be moved up or down after assessment between the Technical staff and team coaches, based on assessments during team practices depending on COVID/ASA guidance
Team practices start	early May 2021
	Teams may also start to practice earlier on outdoor green spaces or indoors as per team coach direction.
Coach Placement	By early May
Team Officials Meeting	Location and time TBD (online by zoom)
Coach Course	Many options through CMSA and ASA Director of Soccer will provide regular in-house coach meetings with shared curriculum and mentoring
CMSA League Start Date	May 15, 2021 Festival for U7-U9 teams May 25, 2021 for U10-U19 teams
Academy Technical program	Academy starts the weekend of May 1/2021
	See Academy Schedule online at: https://www.calgarywestsoccer.com/outdoor-academy-schedule





Program Summary

CWSC Program Summary

For the [CWSC Program Summary](#) with all Age Groups, Program Dates, Training and Academy Details, Registration and Academy Fees

Or scroll down to the specific age group pages in this newsletter.

CMSA League Structure and Program Calendar

For the CMSA League Structures and Program Calendar for the Outdoor 2021 Season including game days please refer to the [CMSA website](#)

CWSC Seasonal Academy Training Calendar

For the CWSC Academy Training Schedule for the Outdoor 2021 Season please refer to the [CWSC website under Schedules](#).

To Register, please click [here](#).





U7 (2014)

Development

Separate Girls and Boys Teams

Season #1:

May 3 - June 19, 2021

Training Sessions:

- 1 x Week (75min) on Mondays, Wednesdays or Thursdays based on coach schedule

Skills Centre:

- 1 x Week (60min) Tuesdays 6-7 pm at Ranchlands- (6 sessions)
- Skills centre sessions are MANDATORY for U7, U8 and U9

Game Festival Format:

- Season #1 (3 festivals) May 15, June 5, June 19

*Programs are organized in blocks to allow for families to take summer holidays

Registration Fee: \$150.00

Skills Centre Fee: \$120.00

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U7 (2014)

Development

Separate Girls and Boys Teams

Season #2:

June 21 - Aug 14, 2021

Training Sessions:

- 1 x Week (75min) on Mondays, Wednesdays or Thursdays based on coach schedule

Skills Centre:

- 1 x Week (60min) Tuesdays 6-7 pm at Ranchlands- (4 sessions)
- Skills centre sessions are MANDATORY for U7, U8 and U9

Game Festival Format:

- Season #2 (3 festivals) July 10, July 24, Aug 14

*Programs are organized in blocks to allow for families to take summer holidays

Registration Fee: \$150.00

Skills Centre Fee: \$120.00

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U8 (2013)

Development

Separate Girls and Boys Teams

Season #1:

May 3 - June 19, 2021

Training Sessions:

- 1 x Week (75min) on Mondays, Wednesdays or Thursdays based on coach schedule

Skills Centre:

- 1 x Week (60min) Tuesdays 67 pm at Ranchlands- (6 sessions)
- Skills centre sessions are MANDATORY for U7, U8 and U9

Game Festival Format:

- Season #1 (3 festivals) May 15, June 5, June 19

*Programs are organized in blocks to allow for families to take summer holidays

Registration Fee: \$150.00

Skills Centre Fee: \$120.00

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U8 (2013)

Development

Separate Girls and Boys Teams

Season #2:

June 21 - Aug 14, 2021

Training Sessions:

- 1 x Week (75min) on Mondays, Wednesdays or Thursdays based on coach schedule

Skills Centre Sessions:

- 1 x Week (60min) Tuesdays 67 pm at Ranchlands- (4 sessions)
- Skills centre sessions are MANDATORY for U7, U8 and U9

Game Festival Format:

- Season #2 (3 festivals) July 10, July 24, Aug 14

*Programs are organized in blocks to allow for families to take summer holidays

Registration Fee: \$150.00

Skills Centre Fee: \$120.00

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U9 (2012)

Development

Separate Girls and Boys Teams

Season #1:

May 3 - June 19, 2021

Training Sessions:

- 1 x Week (75min) on Mondays, Wednesdays or Thursdays based on coach schedule

Skills Centre Sessions:

- 1 x Week (1h) Tuesdays 67 pm at Ranchlands- (6 sessions)
- Skills centre sessions are MANDATORY for U7, U8 and U9

Game Festival Format:

- Season #1 (3 festivals) May 15, June 5, June 19

*Programs are organized in blocks to allow for families to take summer holidays

Registration Fee: \$150.00

Skills Centre Fee: \$120.00

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U9 (2012)

Development

Separate Girls and Boys Teams

Season #2:

June 21 - Aug 14, 2021

Training Sessions:

- 1 x Week (75min) on Mondays, Wednesdays or Thursdays based on coach schedule

Skills Centre Sessions:

- 1 x Week (60min) Tuesdays 67 pm at Ranchlands- (4 sessions)
- Skills centre sessions are MANDATORY for U7, U8 and U9

Game Festival Format:

- Season #2 (3 festivals) July 10, July 24, Aug 14

*Programs are organized in blocks to allow for families to take summer holidays

Registration Fee: \$150.00

Skills Centre Fee: \$120.00

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U10 (2011)

Tier A/B Development

Season:

Regular Season: May 1- July 25, 2021

Post Season: U10 Grassroots Rally July 25, 2021

Fall Season: Aug 23- Oct 1, 2021 (optional, with extra fees)

Training Sessions:

- 1 x Week (90min)

Innovative (Skills and S&C) Sessions:

- 1 x Week (90min- 1h technical- 30min S&C)
- 1 x Week (60min)

Game Format:

- 1- 2 games per week, 7v7 format
- Play games Saturdays and/or Tuesdays

Registration Fee: \$275.00

Academy Fee: \$300.00

Head Coach Fees will apply to all teams coached by a Head Coach.

Teams will be sent their fees once rosters are set

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U10 (2011)

Tier C/D Recreational

Season:

Regular Season: May 1- July 25, 2021

Post Season: U10 Grassroots Rally July 25, 2021

Fall Season: Aug 23- Oct 1, 2021 (optional, with extra fees)

Training Sessions:

- 1 x Week (90min)

Innovative (Skills and S&C) Sessions:

- 1 x Week (90min- 1h technical - 30min S&C)
- 1 x Week (60min)

Game Format:

- 1- 2 games per week, 7v7 format
- Play games Saturdays and/or Tuesdays

Registration Fee: \$275.00

Academy Fee: \$300.00





U11 (2010)

Tier 1/2

Season:

Regular Season: May 1- July 29, 2021

Fall Season: Aug 23- Oct 1, 2021 (optional, with extra fees)

Training Sessions:

- 1x Week (90min)

Innovative (Skills and S&C) Sessions:

- 1 x Week (90min- 1h technical- 30min S&C)
- 1 x Week (90min)

Game Format:

- Scheduled by CMSA, 8v8 format
- Tier 1 games played on Sunday and/or Wednesday
- Tier 2 games played on Saturday and/or Tuesday

Registration Fee: \$400.00

Academy Fee: \$575.00

Head Coach Fees will apply to all teams coached by a Head Coach.

Teams will be sent their fees once rosters are set

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U11 (2010)

Tier 3

Season:

Regular Season: May 1- July 29, 2021

Fall Season: Aug 23- Oct 1, 2021 (optional, with extra fees)

Training Sessions:

- 1x Week (90min)

Innovative (Skills and S&C) Sessions:

- 1 x Week (90min- 1h technical- 30min S&C)

Game Format:

- Scheduled by CMSA, 8v8 format
- Tier 3 games played on Sunday and/or Thursday

Registration Fee: \$400.00

Academy Fee: \$300.00

Head Coach Fees will apply to all teams coached by a Head Coach.

Teams will be sent their fees once rosters are set

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U11 (2010)

Tier 4

Season:

Regular Season: May 1- July 29, 2021

Fall Season: Aug 23- Oct 1, 2021 (optional, with extra fees)

Training Sessions:

- 1x Week (90min)

Innovative (Skills and S&C) Sessions: (optional)

- 1 x Week (90min- 1h technical- 30min S&C)

Game Format:

- Scheduled by CMSA, 8v8 format
- Tier 4 games played on Saturday and/or Tuesday

Registration Fee: \$400.00

Academy Fee: \$300 (optional)





U12 (2009)

Tier 1/2

Season:

Regular Season: May 1- July 29, 2021

Fall Season: Aug 23- Oct 1, 2021 (optional, with extra fees)

Training Sessions:

- 1x Week (90min)

Innovative (Skills and S&C) Sessions:

- 1 x Week (90min- 1h technical- 30min S&C)

PCA Sessions:

- 1 x Week (90min)

Game Format:

- Scheduled by CMSA, 8v8 format
- Tier 1 games played on Saturday and/or Monday
- Tier 2 games played on Sunday and/or Wednesday

Registration Fee: \$400.00

Academy Fee: \$575.00

Head Coach Fees will apply to all teams coached by a Head Coach.

Teams will be sent their fees once rosters are set

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U12 (2009)

Tier 3

Season:

Regular Season: May 1- July 29, 2021

Fall Season: Aug 23- Oct 1, 2021 (optional, with extra fees)

Training Sessions:

- 1 x Week (90min)

Innovative (Skills and S&C) Sessions:

- 1 x Week (90min- 1h technical- 30min SC)

Game Format:

- Scheduled by CMSA, 8v8 format
- Tier 3 games played on Saturday and/or Tuesday

Registration Fee: \$400.00

Academy Fee: \$300.00

Head Coach Fees will apply to all teams coached by a Head Coach.
Teams will be sent their fees once rosters are set

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U12 (2009)

Tier 4

Season:

Regular Season: May 1- July 29, 2021

Fall Season: Aug 23- Oct 1, 2021 (optional, with extra fees)

Training Sessions:

- 1 x Week (90min)

Innovative (Skills and S&C) Sessions: (optional)

- 1 x Week (90min- 1h technical - 30min S&C)

Game Format:

- Scheduled by CMSA, 8v8 format
- Tier 4 games played on Sunday and/or Thursday

Registration Fee: \$400.00

Academy Fee: \$300.00 (optional)





U13 (2008)

Tier 1/2

Season:

Regular Season: May 1- July 29, 2021

Post Season: (Tentative)

- Tier 1 Aug 19- Aug 22, 2021
- Tier 2 Aug 6- Aug 8, 2021

Fall Season: Aug 23- Oct 1, 2021 (optional, with extra fees)

Training Sessions:

- 1 x Week (90min)

Innovative (Skills and S&C) Sessions:

- 1 x Week (90min- 1h technical- 30min S&C)

PCA Sessions:

- 1 x Week (90min)

Game Format:

- Scheduled by CMSA, 9v9 or 11v11 format
- Games played any day of the week, scheduled by CMSA

Registration Fee: \$475.00 Academy Fee: \$575.00

Head Coach Fees will apply to all teams coached by a Head Coach.

Teams will be sent their fees once rosters are set

www.calgarywestsoccer.com



OFFICIAL NORTH
AMERICAN PARTNER



U13 (2008)

Tier 3

Season:

Regular Season: May 1- July 29, 2021

Post Season: (Tentative)

- Tier 3 Aug 6- Aug 8, 2021

Fall Season: Aug 23- Oct 1, 2021 (optional, with extra fees)

Training Sessions:

- 1 x Week (90min)

Innovative (Skills and S&C) Sessions:

- 1 x Week (90min- 1h technical- 30min S&C)

Game Format:

- Scheduled by CMSA, 9v9 or 11v11 format
- Games played any day of the week, scheduled by CMSA

Registration Fee: \$475.00

Academy Fee: \$300.00

Head Coach Fees will apply to all teams coached by a Head Coach.
Teams will be sent their fees once rosters are set

www.calgarywestsoccer.com



OFFICIAL NORTH
AMERICAN PARTNER



U13 (2008)

Tier 4

Season:

Regular Season: May 1- July 6, 2021

Post Season: (Tentative)

- Tier 4 July 16- July 18, 2021

Fall Season: Aug 23- Oct 1, 2021 (optional, with extra fees)

Training Sessions:

- 1 x Week (90min)

Innovative (Skills and S&C) Sessions: (optional)

- 1 x Week (90min- 1h technical- 30min S&C)

Game Format:

- Scheduled by CMSA, 9v9 or 11v11 format
- Games played any day of the week, scheduled by CMSA

Registration Fee: \$475.00

Academy Fee: \$300.00 (optional)

www.calgarywestsoccer.com



OFFICIAL NORTH
AMERICAN PARTNER



U15 (2006-2007)

Tier 1

Season:

Regular Season: May 1- Aug 5, 2021

Post Season: (Tentative)

- Tier 1 Aug 19- Aug 22, 2021

Fall Season: Aug 23- Oct 1, 2021 (optional, with extra fees)

Training Sessions:

- 1 x Week (90min)

Innovative (Skills and S&C) Sessions:

- 1 x Week (90min)
- 1 x Week S&C (60min)

PCA Sessions:

- 1 x Week (90min)

Game Format:

- Scheduled by CMSA, 11v11 format
- Games played any day of the week, scheduled by CMSA

Registration Fee: \$500.00 Academy Fee: \$650.00

Head Coach Fees will apply to all teams coached by a Head Coach.

Teams will be sent their fees once rosters are set

www.calgarywestsoccer.com



OFFICIAL NORTH
AMERICAN PARTNER



U15 (2006-2007)

Tier 2

Season:

Regular Season: May 1- July 29, 2021

Post Season: (Tentative)

- Tier 2 Aug 6- Aug 8, 2021

Fall Season: Aug 23- Oct 1, 2021 (optional, with extra fees)

Training Sessions:

- 1 x Week (90min)

Innovative (Skills and S&C) Sessions:

- 1 x Week (90min)
- 1 x Week S&C (60min)

PCA Sessions:

- 1 x Week (90min)

Game Format:

- Scheduled by CMSA, 11v11 format
- Games played any day of the week, scheduled by CMSA

Registration Fee: \$500.00 Academy Fee: \$650.00

Head Coach Fees will apply to all teams coached by a Head Coach.

Teams will be sent their fees once rosters are set

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OFFICIAL NORTH
AMERICAN PARTNER



U15 (2006-2007)

Tier 3

Season:

Regular Season: May 1- July 29, 2021

Post Season: (Tentative)

- Tier 3 Aug 6- Aug 8, 2021

Fall Season: Aug 23- Oct 1, 2021 (optional, with extra fees)

Training Sessions:

- 1 x Week (90min)

Innovative (Skills and S&C) Sessions:

- 1 x Week (90min- 1h technical- 30min S&C)

Game Format:

- Scheduled by CMSA, 11v11 format
- Games played any day of the week, scheduled by CMSA

Registration Fee: \$500.00

Academy Fee: \$300.00

Head Coach Fees will apply to all teams coached by a Head Coach.

Teams will be sent their fees once rosters are set

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OFFICIAL NORTH
AMERICAN PARTNER



U15 (2006-2007)

Tier 4

Season:

Regular Season: May 1- July 6, 2021

Post Season: (Tentative)

- Tier 4 July 16- July 18, 2021

Fall Season: Aug 23- Oct 1, 2021 (optional, with extra fees)

Training Sessions:

- 1 x Week (90min)

Innovative (Skills and S&C) Sessions: (optional)

- 1 x Week (90min- 1h technical- 30min S&C)

Game Format:

- Scheduled by CMSA, 11v11 format
- Games played any day of the week, scheduled by CMSA

Registration Fee: \$500.00

Academy Fee: \$300.00 (optional)

Head Coach Fees will apply to all teams coached by a Head Coach.
Teams will be sent their fees once rosters are set

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OFFICIAL NORTH
AMERICAN PARTNER



U17 (2004-2005)

Tier 1

Season:

Regular Season: May 1- Aug 5, 2021

Post Season: (Tentative)

- Tier 1 Aug 19- Aug 22, 2021

Fall Season: Aug 23- Oct 1, 2021 (optional, with extra fees)

Training Sessions:

- 1 x Week (90min)

Innovative (Skills and S&C) Sessions:

- 1 x Week (90min)
- 1 x Week S&C (60min)

PCA Sessions:

- 1 x Week (90min)

Game Format:

- Scheduled by CMSA, 11v11 format
- Games played any day of the week, scheduled by CMSA

Registration Fee: \$500.00 Academy Fee: \$650.00

Head Coach Fees will apply to all teams coached by a Head Coach.

Teams will be sent their fees once rosters are set

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OFFICIAL NORTH
AMERICAN PARTNER



U17 (2004-2005)

Tier 2

Season:

Regular Season: May 1- July 29, 2021

Post Season: (Tentative)

- Tier 2 Aug 6- Aug 8, 2021

Fall Season: Aug 23- Oct 1, 2021 (optional, with extra fees)

Training Sessions:

- 1 x Week (90min)

Innovative (Skills and S&C) Sessions:

- 1 x Week (90min)
- 1 x Week S&C (60min)

PCA Sessions:

- 1 x Week (90min)

Game Format:

- Scheduled by CMSA, 11v11 format
- Games played any day of the week, scheduled by CMSA

Registration Fee: \$500.00 Academy Fee: \$650.00

Head Coach Fees will apply to all teams coached by a Head Coach.

Teams will be sent their fees once rosters are set

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OFFICIAL NORTH
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U17 (2004-2005)

Tier 3

Season:

Regular Season: May 1- Aug 5, 2021

Post Season: (Tentative)

- Tier 1 Aug 19- Aug 22, 2021

Fall Season: Aug 23- Oct 1, 2021 (optional, with extra fees)

Training Sessions:

- 1 x Week (90min)

Innovative (Skills and S&C) Sessions:

- 1 x Week (90min- 1h technical- 30min S&C)

Game Format:

- Scheduled by CMSA, 11v11 format
- Games played any day of the week, scheduled by CMSA

Registration Fee: \$500.00

Academy Fee: \$300.00

Head Coach Fees will apply to all teams coached by a Head Coach.

Teams will be sent their fees once rosters are set

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OFFICIAL NORTH
AMERICAN PARTNER



U17 (2004-2005)

Tier 4

Season:

Regular Season: May 1- July 6, 2021

Post Season: (Tentative)

- Tier 4 July 16- July 18, 2021

Fall Season: Aug 23- Oct 1, 2021 (optional, with extra fees)

Training Sessions:

- 1 x Week (90min)

Innovative (Skills and S&C) Sessions: (optional)

- 1 x Week (90min- 1h technical- 30min S&C)

Game Format:

- Scheduled by CMSA, 11v11 format
- Games played any day of the week, scheduled by CMSA

Registration Fee: \$500.00

Academy Fee: \$300.00 (optional)

Head Coach Fees will apply to all teams coached by a Head Coach.

Teams will be sent their fees once rosters are set

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OFFICIAL NORTH
AMERICAN PARTNER



U19 (2002-2003)

Tier 2

Season:

Regular Season: May 1- Aug 5, 2021

Post Season: (Tentative)

- Tier 1 Aug 19- Aug 22, 2021

Fall Season: Aug 23- Oct 1, 2021 (optional, with extra fees)

Training Sessions:

- 1 x Week (90min)

Innovative (Skills and S&C) Sessions: (optional)

- 1 x Week (90min- 1h technical- 30min S&C)

Game Format:

- Scheduled by CMSA, 11v11 format
- Games played any day of the week, scheduled by CMSA

Registration Fee: \$500.00

Academy Fee: \$300.00 (optional)

Head Coach Fees will apply to all teams coached by a Head Coach
Teams will be sent their fees once rosters are set

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Register

To Register, please click [here](#).

**Academy Skills and PCA Training Programs will
open for registration once teams have been
formed**



C W S

Outdoor 2021

To learn more about our club please go to:

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