



Ottawa South United Program Guide

2019 - 2020



www.osu.ca



Welcome to the OSU Family!

We're excited to launch our first Programs Guide for 2019-2020. Whether you are a returning player with the club or brand new to OSU we hope that the guide will help you navigate our soccer programming.

Since our inception in 2003, OSU has strived to promote a love for soccer and the pursuit of excellence within our core communities, and the greater Ottawa area.

As a full-service club, our goal is to have a place for everyone to play - from an introductory, community-based program, skill development and academy level training, players may even go all the way to the provincial and national level competitions - this can all be accomplished within our club.

We want to thank you choosing OSU, and hope you enjoy your soccer experience with us!



www.osu.ca
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Recreational Soccer

September - October
Fall Season

Fall Skills Program

The Skill development programs are designed to provide an introduction to skill development through weekly themes and fun games for players. The program is aimed at players who are playing at a recreational level, or are new to the game. The Skills Development Programs are split into three seasons and registrations - Fall, Winter and Spring. Each phase has a cost reflective of the number of weeks that the program is offered.

| Available Programs | Age Groups | Days | Location | Dates | Time | Sessions | Cost | Register |
|---------------------|---------------------|-------------------|--------------------------|---|----------------|----------|-------|---|
| Fall Skills Program | Born in 2014 - 2015 | Monday, Wednesday | George Nelms Sports Park | Sept. 9, 11, 16, 18, 23, 25 Oct. 2 | 6:00 - 7:00 PM | 8 | \$100 |  |
| Fall Skills Program | Born in 2012 - 2013 | Tuesday, Thursday | George Nelms Sports Park | Sept. 10, 12, 17, 19, 24, 26 Oct. 1, 3 | 6:00 - 7:00 PM | 8 | \$100 |  |
| Fall Skills Program | Born in 2009 - 2011 | Monday, Wednesday | George Nelms Sports Park | Sept. 9, 11, 16, 18, 23, 25 Oct. 2 | 6:00 - 7:00 PM | 8 | \$100 |  |



Recreational Soccer

October - March
Winter Season

| Available Programs | Age Groups | Days | Location | Dates | Time | Sessions | Cost | Register |
|-----------------------|---------------------|--------|--|-------------------------------|----------------|----------|-------|---|
| Winter Skills Program | Born in 2015 - 2016 | Monday | Jean Robert Gauthier Barrhaven | Begins Oct. 21 - Ends Feb. 24 | 5:30 - 6:30 PM | 14 | \$175 |  |
| Winter Skills Program | Born in 2015 - 2016 | Friday | St. Jerome Riverside South | Begins Oct. 18 - Ends Feb. 28 | 6:00 - 7:00 PM | 14 | \$175 |  |
| Winter Skills Program | Born in 2015 - 2016 | Friday | Vimy Ridge Public School Findlay Creek | Begins Oct. 18 - Ends Feb. 28 | 6:00 - 7:00 PM | 14 | \$175 |  |
| Winter Skills Program | Born in 2013 - 2014 | Monday | Jean Robert Gauthier Barrhaven | Begins Oct. 21 - Ends Feb. 24 | 6:30 - 7:30 PM | 14 | \$175 |  |
| Winter Skills Program | Born in 2013 - 2014 | Friday | Jean Robert Gauthier Barrhaven | Begins Oct. 18 - Ends Feb. 28 | 5:30 - 6:30 PM | 14 | \$175 |  |



Recreational Soccer

October - March
Winter Season

| Available Programs | Age Groups | Days | Location | Dates | Time | Sessions | Cost | Register |
|-----------------------|---------------------|--------|---|-------------------------------|----------------|----------|-------|---|
| Winter Skills Program | Born in 2013 - 2014 | Friday | Vimy Ridge Public School Findlay Creek | Begins Oct. 18 - Ends Feb. 28 | 6:00 - 7:00 PM | 14 | \$175 |  |
| Winter Skills Program | Born in 2010 - 2012 | Friday | Jean Robert Gauthier Barrhaven | Begins Oct. 18 - Ends Feb. 28 | 6:30 - 7:30 PM | 14 | \$175 |  |
| Winter Skills Program | Born in 2010 - 2012 | Friday | St. Jerome Riverside South | Begins Oct. 18 - Ends Feb. 28 | 7:00 - 8:00 PM | 14 | \$175 |  |



Boys Recreational Games

October - March
Winter Season

| Available Programs | Age Groups | Days | Location | Dates | Time | Sessions | Cost | Register |
|------------------------------|---------------------|--------|-----------------------|-------------------------------|---|----------|-------|---|
| Winter Soccer Games (Futsal) | Born in 2012 - 2013 | Sunday | Farley Mowat | Begins Oct. 20 - Ends March 1 | 9:30 - 10:30 AM | 14 | \$175 |  |
| Winter Soccer Games (Futsal) | Born in 2010 - 2011 | Sunday | Farley Mowat | Begins Oct. 20 - Ends March 1 | 10:30 - 11:30 AM OR 11:30 - 12:30 PM | 14 | \$175 |  |
| Winter Soccer Games (Futsal) | Born in 2008 - 2009 | Sunday | Farley Mowat | Begins Oct. 20 - Ends March 1 | 12:30 - 1:30 AM OR 1:30 - 2:30 PM | 14 | \$175 |  |
| Winter Soccer Games (Futsal) | Born in 2006 - 2007 | Friday | Monsignor Paul Baxter | Begins Oct. 25 - Ends Feb. 28 | 6:00 - 7:00 PM OR 7:00 - 8:00 PM | 14 | \$175 |  |
| Winter Soccer Games (Futsal) | Born in 2004 - 2005 | Monday | St. Cecillia | Begins Oct. 21 - Ends Feb. 24 | 8:00 - 9:00 PM | 14 | \$175 |  |



Girls Recreational Games






October - March
Winter Season

| Available Programs | Age Groups | Days | Location | Dates | Time | Sessions | Cost | Register |
|------------------------------|---------------------|----------|--------------------------------|-------------------------------|-------------------------------------|----------|-------|---|
| Winter Soccer Games (Futsal) | Born in 2012 - 2013 | Saturday | Jean Robert Gauthier Barrhaven | Begins Oct. 19 - Ends Feb. 29 | 9:30 - 10:30 AM | 14 | \$175 |  |
| Winter Soccer Games (Futsal) | Born in 2010 - 2011 | Saturday | Jean Robert Gauthier Barrhaven | Begins Oct. 19 - Ends Feb. 29 | 10:30 - 11:30 AM | 14 | \$175 |  |
| Winter Soccer Games (Futsal) | Born in 2008 - 2009 | Saturday | Jean Robert Gauthier Barrhaven | Begins Oct. 19 - Ends Feb. 29 | 11:30 - 12:30 AM | 14 | \$175 |  |
| Winter Soccer Games (Futsal) | Born in 2006 - 2007 | Friday | Monsignor Paul Baxter | Begins Oct. 25 - Ends Feb. 28 | 6:00 - 7:00 PM OR 7:00 - 8:00 PM | 14 | \$175 |  |
| Winter Soccer Games (Futsal) | Born in 2004 - 2005 | Monday | Jean Robert Gauthier Barrhaven | Begins Oct. 21 - Ends Feb. 24 | 8:00 - 9:00 PM | 14 | \$175 |  |



Force Academy

Fall Season
U9 - U16

| Available Programs | Age Groups | Days | Location | Dates | Time | Sessions | Cost | Register |
|--------------------|------------------------------|-------------------|--------------------------|---|----------------|----------|-------|---|
| Speed Camp | By age group and skill level | Tuesday, Thursday | George Nelms Sports Park | Sep. 17, 19, 24, 26 Oct. 1, 3, 8, 10 | 5:30 - 6:45 PM | 8 | \$100 |  |
| Ball Mastery | By age group and skill level | Tuesday, Thursday | George Nelms Sports Park | Sep. 17, 19, 24, 26 Oct. 1, 3, 8, 10 | 5:30 - 6:45 PM | 8 | \$100 |  |
| Goalkeeper Program | By age group and skill level | Monday, Wednesday | George Nelms Sports Park | Sep. 16, 18, 23, 25, 30 Oct. 3, 7, 9 | 5:30 - 6:45 PM | 8 | \$100 |  |
| Striker School | U9 - U11 Boys and Girls | Monday, Wednesday | George Nelms Sports Park | Sep. 16, 18, 23, 25, 30 Oct. 3, 7, 9 | 5:30 - 6:45 PM | 8 | \$100 |  |
| Striker School | U12 - U16 Boys and Girls | Tuesday, Thursday | George Nelms Sports Park | Sep. 17, 19, 24, 26 Oct. 1, 3, 8, 10 | 5:30 - 6:45 PM | 8 | \$100 |  |



Force Academy

Centre of Excellence

Program Description

The Centre of Excellence Program is our comprehensive training program delivered by our Club Technical Director, and Technical Team which is designed to challenge players to be their absolute best. The COE program works through a detailed curriculum, which is focused around individual player development at each age. The COE program works in conjunction with their team activities and serves as an additional training session per week.

Program Details

The COE program is included within the Force Academy Black program fees from U11-U18. At U9 and U10, it is an optional program for individuals to register for. Players participating are generally on our Force Academy teams. Players may register for an individual phase (Fall/Winter or Spring/Summer) or year round. If joining late, please contact our Programs Manager (craig.stead@osu.ca) to complete registration.

As available, the club will also offer a COE II program at U13-U18, which is designed for our Force Academy White and Blue teams.

Overall, the COE program is designed to be a Fall/Winter and Spring/Summer program, covering between 38 - 40 sessions throughout the year.

Coaching

Delivered by our Technical Team and Club Technical Director

For more information: Visit

<http://www.osu.ca/program-descriptions/centre-of-excellence-coe>



Force Academy

U9 - U18

What is the OSU Force Academy?

OSU Force Academy is a program for all of our competitive level teams. The program begins as early as U6-U8, in our Pre-Academy and continues to U18. Between the ages of 9-18, OSU generally fields 3-7 teams within the Force Academy at appropriate levels of competition. The goal of the program is to always field as many teams as we have players interested in playing to avoid releasing/turning away players.

The OSU Force Academy team names in hierarchical order are: **Force Academy Black, White, Blue, Silver, Iron, Steel, Navy, Crimson**

Specific team schedules for training and games are communicated directly to players and their families.

When and how do players join the Force Academy?

There are 2 main periods for joining the program: Fall & Spring Trials. The Fall Trials allow us to set up winter training programs and teams, and the Spring Trials help us establish our teams for the summer. At the end of each trial period, parents should expect to receive: the team they were selected to, coach's name, the program cost, registration instructions, and access to upcoming schedules. Players may however join at anytime throughout the year, and should contact OSU to express their interest in trying out for the program.

To find more information on the Fall Trials, please see this link:
<http://osu.ca/tryout-for-osu>



Force Academy

U9 - U18

When and how often does the team play?

As a general rule, teams practice twice per week, and have one league game. The summer league is typically May-August and teams will train in April to prepare. Winter leagues are November-February with some additional training before and after. The higher the level of team, the more often they can expect to train (up to 4/week) at a Force Black and White level, for example. Training is generally in the Barrhaven/Nepean/Manotick/Riverside South area. League games can be anywhere within Eastern Ontario, but most are within Ottawa in neighbouring areas such as Kanata or Gloucester. Team schedules are always posted on TeamSnap - our scheduling and communication tool. Typically, training and games begins at 6:00 PM or later on weekdays, however on occasion in the winter season they may begin as early as 5:00 PM, depending on the team, their level of play, commitment level and facilities.

Club Uniforms

OSU Force Academy teams have a NIKE uniform package, which is purchased at Barrhaven Source for Sports. The package typically includes two jerseys, two pairs of socks, two shorts, and a nike ball. The cost is approximately \$200, and it is good for 3 years (2019-2021). Players also receive a training t-shirt from their coach. Extras are available for purchase at the office (\$10.00). Additional items available at Barrhaven Source for Sports are tracksuits, bags and rain jackets which are mandated for our Force Academy Black teams. OSU has a strict uniform policy and all players are expected to be dressed appropriately at each team event.



Force Academy

U9 - U18

What does my registration cover?

- Player registration (governing bodies) and insurance
- Coaching fees
- Referee costs
- Facility and field rentals
- Indoor dome and gym rentals
- Coach equipment (pinnies, cones, training goals etc.)
- Festivals and tournaments (U9-U12 Academy, where applicable by age group
- confirm with coordinator)
- Summer camp (U9-U12 Force Academy Black, White, Blue, Silver teams)
- Centre of Excellence (COE) training (U11+ Force Academy Black teams)
- Coach development (certification and licensing)
- Club administration and office expenses

Questions? Who to contact:

Director of Soccer Operations: Craig Stead craig.stead@osu.ca