Ottawa South United Program Guide

2019 - 2020

www.osu.ca

Welcome to the OSU Family!

We're excited to launch our first Program 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 for choosing OSU, and hope you enjoy your soccer experience with us!

www.osu.ca
(613) 692-4179
1128 Clapp Lane, Manotick
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Recreational Soccer

September - October
Fall Season

Fall Skills Program

The skills development programs are designed to provide an introduction to skills 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, 30 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, 30 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. 2, 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. 2, 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.

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 two 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 their child was selected to, coach's name, program cost, registration instructions, and access to upcoming schedules. Players may, however, join at any time 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, per week. 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 a team, the more often they can expect to train (up to 4x 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 begin 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 (home and away), 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*