



Guide to West Ottawa Soccer Club Fall and Winter Programs 2011-2012

Version 3.4

Wednesday, October 12, 2011

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History

Date	Version	Author	Details
Thursday, June 23, 2011	0.9	Loomes	Initial Draft
Friday, June 24, 2011	0.9	Loomes	Updates & formatting
Monday, June 27, 2011	0.91	Loomes	Updates
Wednesday, June 29, 2011	0.92	Loomes	Re-organization and updates based on feedback from first draft review
Wednesday, June 29, 2011	0.93	Loomes	Changed age groupings slightly
Wednesday, June 29, 2011	0.94	Loomes	Changed Premier + to training team for U12-U15
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Wednesday, July 06, 2011	0.96	Loomes	Updates based on CHC review
Thursday, July 07, 2011	0.99	Loomes	WTC review – minor changes
Monday, July 11, 2011	1.0	Loomes	CHC review
Monday, July 11, 2011	1.1	Loomes	CHC review
Saturday, July 23, 2011	1.2	Loomes	CHC review and added schedule
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Wednesday, August 03, 2011	1.4	Loomes	Program change at U10/U11
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Friday, August 19, 2011	2.0	Loomes	Pricing committee review. First public release.
Monday, August 22, 2011	2.1	Loomes	Final review
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Wednesday, August 31, 2011	2.3	Loomes	Updated U9-U11 Futsal and minor corrections
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Tuesday, September 27, 2011	3.0	Loomes	FINAL RELEASE
Thursday, September 29, 2011	3.1	Loomes	Program start date error on page 8. Updated Boys Team Training
Monday, October 03, 2011	3.2	Loomes	FINAL 2011/2012 Version
Tuesday, October 11, 2011	3.3	Loomes	Final 2011/2012 Version

Future Technical Direction – 2012 and Beyond

Welcome to our Winter Program Guide for West Ottawa Soccer Club (WOSC) 2011/2012.

Our volunteers and staff have been working extremely hard to accommodate as many of our needs as possible under some difficult circumstances and deserve our applause for their efforts.

In the fall of 2010, the executives of Goulbourn and Kanata Soccer clubs recommended a merger of the clubs, offering a variety of positive reasons. The subsequent vote of our members to merge the clubs provided, among other things, an opportunity to build better and stronger programs. Given the short time frame, our 2011 summer offering was for the most part, a stitching together of previous soccer environments with full knowledge of the many opportunities in front of us.

In April of 2011 a representative group of soccer leaders from WOSC met to discuss and explore how to improve, not only our programs but the quality of soccer for our youth players overall. As a result of this meeting a technical direction paper was produced, which is intended to provide a framework for future direction. We are very excited and fortunate to be able to see some of the winter offerings contained within this programs guide as representing pieces of this new framework. Whilst the technical direction paper is not quite ready for publishing yet, we can share some of the highlights of our future technical direction, as follows;

- Expansion of younger age programs into more geographical areas to offer ease of access to winter programs where possible
- Shifting of some programs from more expensive dome surfaces to lesser expensive gyms in order to improve affordability for young families
- Continued commitment to the use of LTAD as a foundation of our overall technical direction and programming
- Deeper commitment to a “Development First” environment so as to nurture confident, creative and knowledgeable players
- Offering Fall tryouts, for some groups, so players can be assessed on natural playing surfaces
- Depressurizing the overall assessment process by combining tryout results with winter training performance for top level summer team make up
- Creating an environment where hard work and commitment will generate direct rewards to players
- Increasing our commitment to the game of Futsal, where players intrinsically gain ball comfort and confidence with little or no coaching, all within a fun environment.
- Offering a more regular full field indoor game against other WOSC training teams throughout the winter months allowing players to more regularly gauge their own improvement against their peers and providing players the opportunity to further hone their tactical game playing skills
- Offering of a new Player Enrichment Program for the highest level players within WOSC (by invite only)
- Continued deployment of high level coaching that is quickly being recognized as the best in the city.

Hope to see you on the pitch!!!

Ray Scobie
Club Head Coach
West Ottawa Soccer Club

About West Ottawa Soccer Club Fall and Winter Programs

Over the past two winters West Ottawa Soccer Club (WOSC) through its amalgamated partners has delivered an evolving set of programs. For 2011/2012 we are continuing to adapt our programs following the Long Term Player Development (LTPD) framework adopted and recognized by leading sports clubs in Canada. The Ottawa area soccer clubs' Club Head Coach/Technical Director forum has become increasingly involved in development of programs for youth players that follow structures in use in soccer rich nations. The introduction of the Ottawa Development League for our U9 players in the summer of 2011 is the first step in creating a true development environment for our youth players. Our 2011/2012 winter lineup is influenced by the direction set forth by the Club Head Coach/Technical Director forum. Losing use of the Butler Turf Building has also added some challenges, which have been viewed as opportunities to improve the overall programs offer.

Programs Duration

Most programs will run from early October through until the Friday before Spring Break 2012. All programs will be closed down over December/January holiday season.

*****PROGRAMS START TUESDAY OCTOBER 11th, 2011*****

Fall and Winter Age Groups

As noted WOSC has aligned programming with the LTPD framework and along with other progressive clubs in Ottawa increasingly shifting the focus towards development in all programming throughout the year. The U9 Selects Ottawa Development League is a clear example and indication of this shift. WOSC encourages members to read LTPD materials, especially the Canadian Soccer Association Wellness to World Cup: http://www.canadasoccer.com/wellness/Wellness_CoupeDuMonde.asp.

Program registration is based on player's year of birth and, in some cases, level of play in summer **2012**. For example a player born in 1998 would register for 1998 programs; such a player would be considered U14:

Year of Birth	2012 Playing Age	Development stream (WOSC Group)	Representative stream (WOSC Group)	Recreational stream (WOSC Group/sub-group)
2008	U4	Active Start		
2007	U5	Active Start		
2006	U6	Micro		
2005	U7	Micro		
2004	U8	Mini		
2003	U9	Mini		
2002	U10	Mini		
2001	U11	Mini		
2000	U12		Junior	Teen
1999	U13		Junior	Teen
1998	U14		Junior	Teen
1997	U15		Junior	Teen
1996	U16		Teen	Teen
1995	U17		Teen	Teen
1994	U18		Teen	Teen

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Program Calendar

See Appendix A at the end of this Programs Guide

Pricing

Pricing shown is early-bird pricing and in effect until close of business September 15th, 2011. On September 16th, 2011 pricing on the registration system will reflect a \$50 increase for each program.

Winter Kit

Not all programs include a club T-Shirt – typically stand-alone development scrimmage programs do not include a club T-Shirt. The program instructor will have details.

Who to Contact

If you have questions concerning the programs described in this Programs Guide please contact: programs@wosc.com

Guide Updates



Follow us on Twitter for programs updates, <http://twitter.com/#!/WOSsoccer>.

Fall and Winter Programs

Development Group Programs, 2008 – 2001 (U4 to U11)

“From ages 0-6 years, children need to be introduced to relatively unstructured play that incorporates a variety of body movements. An early active start enhances development of brain function, coordination, social skills, gross motor skills, emotions, leadership, and imagination. It also helps children build confidence, develop posture and balance, build strong bones and muscles, promote healthy weight, reduce stress, improve sleep, learn to move skillfully, and learn to enjoy being active” –Canadian Sport For Life

Please note that for 2011/2012 many Active Start, Micro and Mini programs will be based in local gymnasiums closer to the community. Presently three gymnasiums will be in use with a goal to expand the reach out to four or five gymnasiums for 2012/2013. The gymnasiums in use for 2011/2012 are located in Kanata, Stittsville and West Carleton.

As part of the new technical direction and in line with LTPD, and the recommendations of the Ottawa area soccer clubs' Club Head Coach/Technical Director forum WOSC is focusing attention on younger ages – this includes assignment of higher level coaches.

ACTIVE START - BORN 2008 & 2007 (U4 – U5)

Gym based co-ed program - Sessions will focus on building confidence with the ball, small sided game play, athletic development and a little bit of unexpected zaniness. Let's put the FUN back in Fundamentals!

Program Code	Lead Instructor	Location	First Session	Sessions	Day/Time	Price
Active Start 2008/07	Cathy Briggs	Maurice Lapointe	Oct 14	10	Friday/6:00pm	\$110
Active Start 2008/07	TBC	Stittsville Public	Oct 14	10	Friday/6:00pm	\$110
Active Start 2008/07	Cathy Briggs	Maurice Lapointe	Oct 15	10	Saturday/9:00am	\$110
Active Start 2008/07	Cathy Briggs	Maurice Lapointe	Oct 16	10	Sunday/2:00pm	\$110
Active Start 2008/07	Cathy Briggs	Maurice Lapointe	Jan 13	9	Friday/6:00pm	\$110
Active Start 2008/07	TBC	Stittsville Public	Jan 13	9	Friday/6:00pm	\$110
Active Start 2008/07	Cathy Briggs	Maurice Lapointe	Jan 7	9	Saturday/9:00am	\$110
Active Start 2008/07	Cathy Briggs	Maurice Lapointe	Jan 8	9	Sunday/2:00pm	\$110

Please note all programs above run 60 minutes.

Maximum of 15 children per session.

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MICRO - BORN 2006 & 2005 (U6 – U7)

Gym based co-ed program.

Gym based co-ed program – A progression from the Active Start program with more emphasis on mastery of the ball. Sessions will focus on building confidence with the ball, small sided game play, athletic development and a little bit of unexpected zaniness. Let's put the FUN back in Fundamentals!

Program Code	Lead Instructor	Location	First Session	Sessions	Day/Time	Price
Micro 2006/05	TBC	Stonecrest	Oct 14	10	Friday/7:00pm	\$110
Micro 2006/05	TBC	Stittsville Public	Oct 14	10	Friday/7:00pm	\$110
Micro 2006/05	TBC	Maurice Lapointe	Oct 15	10	Saturday/10:00am	\$110
Micro 2006/05	TBC	Maurice Lapointe	Oct 16	10	Sunday/3:00pm	\$110
Micro 2006/05	TBC	Stonecrest	Jan 13	9	Friday/7:00pm	\$110
Micro 2006/05	TBC	Stittsville Public	Jan 13	9	Friday/7:00pm	\$110
Micro 2006/05	TBC	Maurice Lapointe	Jan 7	9	Saturday/10:00am	\$110
Micro 2006/05	TBC	Maurice Lapointe	Jan 8	9	Sunday/3:00pm	\$110

Please note all programs above run 60 minutes

Maximum of 15 children per session

Micro Futsal

This is a supervised but low structured program. Our kids don't have the same time to commit to free play that we did. Enter Futsal. Under the guidance of a program facilitator, the participants come to the Gymnasium, make teams and then just play Futsal. It is an opportunity for the participants to learn how to interact with their peers, modify game rules and develop their personal character while playing.

Program Code	Lead Instructor	Location	First Session	Sessions	Day/Time	Price
Girls Futsal 2006/2005	TBC	Maurice Lapointe	Oct 14	19	Friday/7:00pm	\$135
Girls Futsal 2006/2005	TBC	Maurice Lapointe	Oct 9	19	Sunday/12:00pm	\$135
Boys Futsal 2006/2005	TBC	Maurice Lapointe	Oct 15	19	Saturday/3:00pm	\$135
CO-ED Futsal 2006/2005	TBC	Maurice Lapointe	Oct 16	19	Sunday/9:00am	\$135

Please note all programs above run 60 minutes

Maximum of 18 children per session

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MINI - BORN 2004, 2003, 2002 & 2001 (U8 – U11)

Mini Ball Mastery 1 - Born 2004 & 2003 (U8 – U9)

Gym based co-ed program. This is a progression from the Active Start and Micro programs and focuses on ball mastery and player confidence. The atmosphere will be fun but starting to demand quality from the players.

Program Code	Lead Instructor	Location	First Session	Sessions	Day/Time	Price
MBM 1 2004 & 2003	Kyle Washington	Stonecrest	Oct 14	19	Friday/6:00pm	\$190
MBM 1 2004 & 2003	Kyle Washington	Maurice Lapointe	Oct 15	19	Saturday/11:00am	\$190
MBM 1 2004 & 2003	Kyle Washington	Maurice Lapointe	Oct 15	19	Saturday/12:00pm	\$190
MBM 1 2004 & 2003	Kyle Washington	Maurice Lapointe	Oct 15	19	Saturday/1:00pm	\$190
MBM 1 2004 & 2003	Kyle Washington	Maurice Lapointe	Oct 15	19	Saturday/2:00pm	\$190
MBM 1 2004 & 2003	TBC	Maurice Lapointe	Oct 16	19	Sunday/11:00am	\$190

Please note all programs above run 60 minutes

Maximum of 18 children per session

Mini Futsal - Born 2004 (U8)

This is a supervised but low structured program. Our kids don't have the same time to commit to free play that we did. Enter Futsal. Under the guidance of a program facilitator, the participants come to the Gymnasium, make teams and then just play Futsal. It is an opportunity for the participants to learn how to interact with their peers, modify game rules and develop their personal character while playing.

Program Code	Lead Instructor	Location	First Session	Sessions	Day/Time	Price
Girls Futsal 2004	TBC	Stonecrest	Oct 14	19	Friday/8:00pm	\$135
Girls Futsal 2004	TBC	Maurice Lapointe	Oct 9	19	Sunday/1:00pm	\$135
Boys Futsal 2004	TBC	Stittsville Public	Oct 14	19	Friday/8:00pm	\$135
Boys Futsal 2004	TBC	Maurice Lapointe	Oct 16	19	Sunday/10:00am	\$135

Please note all programs above run 60 minutes

Maximum of 18 children per session

Mini Ball Mastery 2 - Born 2002 & 2001 (U10 – U11)

Gender based indoor dome based training sessions. A further progression with an introduction to playing faster with the ball – game speed ball mastery is introduced.

Program Code	Lead Instructor	Location	First Session	Sessions	Day/Time	Price
CO-ED MBM 2 2002/01	Kyle Washington	Thunderbird Dome	Oct 16	19	Sunday/11:30am	\$250
Boys MBM 2	Kyle	Beckwith	Oct 9	19	Sunday/10:00am	\$250

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2002/01	Washington					
CO-ED MBM 2 2002*	Alex St. Jean	Sensplex Field (1/2)	Oct 13	18	Thursday/5:00pm	\$200

NEW!!!

Please note all programs above run 90 minutes (60 minutes)
Maximum of 40 players per session (* 20 players)*

Mini Tactical Training - Born 2002 & 2001 (U10 – U11)

Gender based weekly development scrimmages will be played Saturday afternoons and evenings on our indoor mini turf fields. A typical session will include a technical warm-up and small sided games, with an emphasis on building composure to allow players to make real-time decisions and play what it is on – removal of boot and chase tendencies is paramount to player technical development. A WOSC founding principle is player development through Control-Look-Decide-Play.

Program Code	Lead Instructor	Location	First Session	Sessions	Day/Time	Price
Girls Mini TT 2002/01	K.Kiss & D.Vella	OZ Dome	Oct 15	19	Saturday/3:00pm	\$290
Boys Mini TT 2002/01	Kyle Washington	Thunderbird Dome	Oct 15	19	Saturday/7:00pm	\$290

*Please note all programs above run 60 minutes
Maximum of 21 players per session*

NEW!!!

Speed Agility and Quickness (SAQ)

Program Code	Lead Instructor	Location	First Session	Sessions	Day/Time	Price
Coed 2001 - 1997 SAQ	Sam Sauvé	Sensplex Field (1/2)	Oct 13	18	Thursday/5:00pm	\$175

*Please note all programs above run 60 minutes
Maximum of 20 players per session*

Mini Futsal - Born 2003, 2002 & 2001 (U9 –U11)

For many years, soccer rich nations have their players engage in Futsal in order to provide a fun game and build skills simultaneously. In 2010/2011 WOSC introduced Futsal to its members to great success. WOSC teams fared well throughout the season gaining honors at the end of season tournament, but more importantly players developed new skills, had fun and parents loved watching the games due to the fast paced game atmosphere (a bit like hockey), high excitement and tons of goals. Players love it because they get to play with low coaching involvement; “hey coach, let the game be the teacher”!

In conjunction with the Ottawa Carleton Futsal League (OCFL) WOSC will enter teams in their recreational and competitive divisions.

Futsal – Born 2003 (U9)

Please see [page 21](#) for a description of the indoor recreational Futsal league run in conjunction with the OCFL.

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Futsal – Born 2002 & 2001

For 2002 players that played at U10 Div 2 (U9 Advanced) and 2001 players that played U10 Div 1 in the summer of 2011



In conjunction with the OCFL WOSC will enter teams in their competitive divisions. The league offers up to 20 games and an end of season tournament. 2011 team Head Coaches are encouraged to form teams and register through WOSC.

Futsal Registration Process

Summer 2011 Team Head Coaches should work with players to form then manage/coach teams. Once a team has been formed the coach/manager shall submit the roster and payment to WOSC and WOSC will register the team with the OCFL and complete Ontario Soccer Association registration on behalf of the team. Please contact the WOSC Registrar at registrar@wosc.com once the team roster and payment are ready. Please note individual registration is not available this year – however players wishing to play futsal that meet entry level standards but not selected to a team should contact programs@wosc.com, and efforts will be made to place the player.

WOSC will enter teams into the OCFL competitive U12 Division, as follows:

WOS registration group	Provider	Notes
2002	OCFL Competitive U12	Open to U9 players that played U10 Div 2 in 2011 only
2001	OCFL Competitive U12	Open to players that U10 Div 1 in 2011 only

Program Code	Lead Instructor	Location	First Session	Sessions	Day/Time	Price/team (9 players)*
Girls 2002 Futsal	Summer 2011 THC's	OCFL	TBC	TBC	Saturday morning	\$1850
Boys 2002 Futsal	Summer 2011 THC's	OCFL	TBC	TBC	Saturday morning	\$1850
Girls 2001 Futsal	Summer 2011 THC's	OCFL	TBC	TBC	Saturday morning	\$1850
Boys 2001 Futsal	Summer 2011 THC's	OCFL	TBC	TBC	Saturday morning	\$1850

Please note all programs above run 60 minutes

Maximum of 9 players per team

*** Coaches can add up to 14 players to the team, please add \$20 to the team price per player for 10th to 14th players**

For 2002 players that played U9 Selects and 2001 players that played U10 Div 2 in the summer of 2011

Please see [page 21](#) for a description of the indoor recreational Futsal league run in conjunction with the OCFL.

Programs Matrix Options (Bundles)

Born	Programs				
	Active start	Micro	Mini	Futsal	SAQ
2008	√				
2007	√				

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2006		√		√	
2005		√		√	
2004			√	√	
2003			√	√	
2002			√	√	
2001			√	√	√

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Representative Group Programs

FOR PLAYERS BORN 2000, 1999, 1998 & 1997 (U12 – U15)

Winter Team Training (Two teams per age bracket)

This program is designed to push the top level soccer player to the next level of play, specifically for those players that desire to play at L4 and higher. Admittance into this program is based on performance as measured at the fall try-outs for summer 2012 Representative teams to be held on outdoor full fields in September, 2011. Players not selected to this program will be able to register for the Classic Winter Development Training program.

There will be two training teams created based on the results of the fall try-outs, noted above. First Winter Training Team will be comprised of players ranked #1 through approximately #22, Second Winter Training Team will be comprised of players ranked approximately #23 through approximately #48. There will be a maximum of 48 players admitted into this program, per age bracket. Actual numbers will be based on assessed talent and in keeping like for like talent training together. Each player will receive 19 development sessions as well as up to five scrimmage opportunities, for a total of 24 sessions. Please note there is no guarantee that players accepted into this program will be placed on summer L3 and L4 teams.

Registration for this program will be completed following the fall-try-outs. Early bird pricing will be held open.

“These sessions will be geared towards those players who have the drive to become an elite player. Players will be pushed to broaden their knowledge and understanding of the game and develop the necessary skill to play at the highest level. Sessions will be highly competitive and demanding. Each session will include technical work as well as game awareness activities. Various small sided aames will be played in each session” – Kristina Kiss.

Program Update9/29/2011 10:37:44 PM***

For the 2000 – 1997 Boys there will be one Team Training program per age group with up to 32 players per program. For example there will be a program called “Boys 1998 Team Training” These programs will continue to include the Development Scrimmages.

Development Scrimmages

Included with the Winter Team Training programs is a development scrimmage at regular intervals throughout the winter; players should expect to play in no less than five games against players from within WOSC and possibly teams from other clubs. Games will be played Saturday evenings on the full indoor turf field at Ben Franklin Dome and at Gloucester Dome, with fall sessions outdoors on the Beckwith turf field. The lead coaches from the Winter Team Training programs will determine in which games players will participate – this means performance in training is a factor in game selections (i.e. a player from the Second Training Team may be asked to participate in the First Training Team scrimmage and vice-versa).

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Program Code	Lead Instructor	Location	First Session	Sessions	Day/Time	Price
Girls 1997 Team 1	K.Kiss & K.Clarke	Thunderbird Dome	Oct 13	19	Thursday/5:30pm	\$425
Girls 1998 Team 1	K.Kiss & D.Vella	Thunderbird Dome	Oct 12	19	Wednesday/7:00pm	\$425
Girls 1999 Team 1	K.Nelson	Thunderbird Dome	Oct 14	19	Friday/5:30pm	\$425
Girls 2000 Team 1	K.Nelson	Thunderbird Dome	Oct 11	19	Tuesday/5:30pm	\$425
Boys 2000 Team	Kyle Washington	Thunderbird Dome	Oct 12	19	Wednesday/5:30pm	\$400
Boys 1997 Team	K.Nelson	Thunderbird Dome	Oct 11	19	Tuesday/7:00pm	\$400
Girls 1997 Team 2	Kyle Washington	Thunderbird Dome	Oct 16	19	Sunday/5:30pm	\$400
Girls 1998 Team 2	K.Kiss & K.Clarke	Thunderbird Dome	Oct 16	19	Sunday/4:00pm	\$400
Girls 1999 Team 2	K.Kiss & K.Clarke	Thunderbird Dome	Oct 16	19	Sunday/2:30pm	\$400
Girls 2000 Team 2	K.Kiss & K.Clarke	Thunderbird Dome	Oct 16	19	Sunday/1:00pm	\$400
Boys 1998 Team	Matt D'Angelo	Beckwith	Oct 16	19	Sunday/4:00pm	\$400
Boys 1999 Team	Matt D'Angelo	Beckwith	Oct 16	19	Sunday/2:30pm	\$400

Please note all programs above run 90 minutes (scrimmages are 60 mins)

Maximum of 26 players per session for girls sessions and 32 for boys

*****PLEASE NOTE THE DEVELOPMENT SCRIMMAGES START OCTOBER 15*****

You will receive an email with the schedule.....

Classic Winter Development Training

A Lead Coach and assistants will demonstrate drills and then teach to the players in the group. The program covers technical and tactical training situations that will lead the players through first touch, possession, finishing and defending drills. Typically the session will incorporate a scrimmage component to challenge the players to apply the knowledge gained during the session. This program is open to all levels of play.

"These sessions will focus on developing individual technical abilities and tactical understanding. There will be a specific focus on soccer awareness and developing the skills to play within a game. Understanding offensive and defensive principles of play will be developed over the course of the program" - Kristina Kiss.

Program Code	Lead Instructor	Location	First Session	Sessions	Day/Time	Price
Girls 1998/97 Classic*	K.Nelson	OZ Dome	Oct 12	19	Wednesday/6:45pm	\$230
Girls 2000/99 Classic*	Wade Washington	OZ Dome	Oct 12	19	Wednesday/5:30pm	\$230
Boys 2000 - 1997 Classic	K.Nelson	Beckwith	Oct 16	19	Sunday/1:00pm	\$260
Boys 2000/99 Classic	Kyle Washington	Beckwith	Oct 16	19	Sunday/11:30am	\$260

Please note all programs above run 90 minutes (*75 minutes)

Maximum of 40 players per session

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Speed Agility and Quickness (SAQ)

Optimize your level of performance with training for Speed, Agility and Quickness. Movement capabilities are more important in athletics than ever before. Sessions are open to players at all playing levels; this program is not grouped by level of play.

“These sessions will focus on developing soccer specific speed, agility and quickness. Fast footwork, core work, balance, speed endurance and power work will be incorporated into each session” – Kristina Kiss.

Program Code	Lead Instructor	Location	First Session	Sessions	Day/Time	Price
Coed 2000 - 1997 SAQ	K.Nelson	Maurice-Lapointe	Oct 14	19	Friday/8:00pm	\$175
Coed 2001 - 1997 SAQ*	Sam sauve	Sensplex Field (1/2)	Oct 13	18	Thursday/5:00pm	\$175

**Please note all programs above run 60 minutes
Maximum of 30 players per session (*20 players)**

NEW!!!

WOSC Player Enrichment Program (PEP)

This program offers a once weekly session to players identified by independent and qualified lead coaches as players with exceptional talent. The basis of this program is to provide an opportunity for these players to meet and train together under the tutelage of a club lead coach. Registration and selection is by identification only. Boys and Girls will train together split into two groups, junior (U12 & U13) and senior (U14 & U15). Content will include advanced drills based on possession and attacking soccer, ran at game speed. There will be a limited number of participants in order to keep the instructor to player ratio low.

Program Code	Lead Instructor	Location	First Session	Sessions	Day/Time	Price
Jr Boys & Girls PEP	K.Nelson	OZ Dome	Oct 24	16	Monday/5:30pm	\$150.00 (Note 1)
Sr Boys & Girls PEP	K.nelson	OZ Dome	Oct 24	16	Monday/6:45pm	\$150.00 (Note 1)

**Please note all programs above run 75 minutes
Maximum of 15 players per session**

Note 1: Players with an attendance equal to or greater than 13 sessions will have 100% of the program fee applied to their 2012 summer registration fees. There is no pro-rating for attendance below 13 sessions. There isn't a cash refund.

Girls Classic Plus Winter Development Training

NEW!!!

For players registered in the Girls Classic Development Programs and attended the Fall 2011 L3/L4 tryouts. Classic Plus provides like-for-like player training.

Program Code	Lead Instructor	Location	First Session	Sessions	Day/Time	Price
Girls Classic + 2000 – 1997	K.Nelson	OZ Dome	Oct 24	16	Monday/8:00pm	\$250

Maximum of 21 players per session – Program runs for 60 minutes

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Winter Game Options

Futsal

This is for players registered in the Team Training programs and players that played on upper tier teams* in 2011 only.



In conjunction with the OCFL WOSC will enter teams in their competitive divisions. The league offers up to 20 games and an end of season tournament. 2011 team Head Coaches are encouraged to form teams and register through WOSC.

** U11 Div 1, U12 Div 1A&B, U13 L3&L4 and U14 L3&L4 – in some circumstances this will be extended to players on U13+ L5 Pooled teams*

Futsal Registration Process

Summer 2011 Team Head Coaches should work with players to form then manage/coach teams. Once a team has been formed the coach/manager shall submit the roster and payment to WOSC and WOSC will register the team with the OCFL and complete Ontario Soccer Association registration on behalf of the team. Please contact the WOSC Registrar at registrar@wosc.com once the team roster and payment are ready. Please note individual registration is not available this year – however players wishing to play futsal that meet entry level standards but not selected to a team should contact programs@wosc.com, and efforts will be made to place the player.

WOS registration group	Provider	Notes
1999 & 1998	OCFL Competitive U14	This is for players registered in the Team Training programs and players that played on upper tier teams in 2011 <u>only</u> .
1997	OCFL Competitive U16	

Program Code	Lead Instructor	Location	First Session	Sessions	Day/Time	Price/team (9 players)*
Girls 1997 Futsal	Summer 2011 THCs	OCFL	TBC	TBC	Saturday morning	\$1850
Girls 1998 Futsal	Summer 2011 THCs	OCFL	TBC	TBC	Saturday morning	\$1850
Girls 1999 Futsal	Summer 2011 THCs	OCFL	TBC	TBC	Saturday morning	\$1850
Girls 2000 Futsal	Summer 2011 THCs	OCFL	TBC	TBC	Saturday morning	\$1850
Girls 2001 Futsal	Summer 2011 THCs	OCFL	TBC	TBC	Saturday morning	\$1850
Boys 1998 Futsal	Summer 2011 THCs	OCFL	TBC	TBC	Saturday morning	\$1850
Boys 1998 Futsal	Summer 2011 THCs	OCFL	TBC	TBC	Saturday morning	\$1850
Boys 1999 Futsal	Summer 2011 THCs	OCFL	TBC	TBC	Saturday morning	\$1850
Boys 2000 Futsal	Summer 2011 THCs	OCFL	TBC	TBC	Saturday morning	\$1850

Please note all programs above run 60 minutes

Maximum of 9 players per team

**** Coaches can add up to 14 players to the team; please add \$20 to the team price per player for 10th to 14th players***

Youth Recreation League

Open to all levels of play for players born 1999, 1998 and 1997 WOSC operates an indoor recreational league. Games are played at the Thunderbird Dome and Oz Dome. Please see [page 21](#) for details.

Programs Matrix Options (Bundles)

Player Level	Programs					
	First Winter Training Team	Second Winter Training Team	Classic	Futsal	SAQ	WOSC Recreational League (see page 19)
Aspires to play L3	√			√	√	
Aspires to play L4		√		√	√	
Aspires to play L5 (born 1999/98/97)			√		√	√
Aspires to play L5 (born 2000)			√			√

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FOR PLAYERS BORN 1996, 1995 AND 1994 (U16 – U18)

Technical Training

Training sessions grouped based on fall 2011 try-outs**. A Lead Coach and assistants will demonstrate drills and then teach to the players in the group. The program covers technical and tactical training situations that will lead the players through possession, finishing and defending drills. Two versions of this program will be offered:

Premier+ For the top players from the fall 2011 try-outs

Classic For the balance of the players

** Players that did not attend the fall 2011 try-outs will be placed in the Classic development stream

Program Code	Lead Instructor	Location	First Session	Sessions	Day/Time	Price
Girls 1995/94 Premier+ Technical Training	Kyle Washington	Thunderbird Dome	Oct 13	19	Thursday/7:00pm	\$290
Girls 1996 Premier+ Technical Training	Jarrold Beattie	Thunderbird Dome	Oct 11	19	Tuesday/8:30pm	\$290
Boys 1995/94 Premier+ Technical Training	Urbain Some	Thunderbird Dome	Oct 13	19	Thursday/8:30pm	\$290
Boys 1996 Premier+ Technical Training	Urbain Some	Beckwith	Oct 16	19	Sunday/5:30pm	\$290
Boys 1996/95/94 Classic*	W.Washington	OZ Dome	Oct 13	19	Thursday/5:30pm	\$230
Girls 1996/95/94 Classic*	Jarrold Beattie	OZ Dome	Oct 13	19	Thursday/6:45pm	\$230

Please note all programs above run 90 minutes (*these sessions run 75 mins)

Maximum of 32 players for Premier + per session

Maximum of 40 players for Classic per session

Tactical Training (Development Scrimmages)

An incremental program for players registered in the Premier+ Technical Training Program. This program offers weekly organized scrimmage opportunity that includes a technical warm-up and over 60 minutes of development game time. Scrimmages are held at the OZ Dome.

Program Code	Lead Instructor	Location	First Session	Sessions	Day/Time	Price
Girls 1996 Premier+ Scrimmage	Jarrold Beattie	OZ Dome	Oct 15	19	Saturday/12:00pm	\$290
Boys 1995/94 Premier+ Scrimmage	Urbain Some	OZ Dome	Oct 15	19	Saturday/10:30am	\$290
Boys 1996 Premier+ Scrimmage	Urbain Some	OZ Dome	Oct 15	19	Saturday/9:00am	\$290

Please note all programs above run 90 minutes

Maximum of 32 players per session

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SPEED AGILITY AND QUICKNESS (SAQ)

Optimize your level of performance with Training for Speed, Agility and Quickness. Movement capabilities are more important in athletics than ever before. Sessions are open to players at all playing levels; this program is not grouped by level of play.

Program Code	Lead Instructor	Location	First Session	Sessions	Day/Time	Price
Coed 1996 – 1994 SAQ	K.Nelson	Maurice-Lapointe	Oct 14	20	Friday/9:00pm	\$175

Please note all programs above run 60 minutes

Maximum of 30 players per session

WINTER GAME OPTION

For Premier+ players the opportunity to play is in the Tactical Training – Development Scrimmage program. For Classic and other players WOSC recommends players enter the WOSC recreation league (see page 21 of this guide); please note the WOSC recreational league is open to players at all levels of play.



Given WOSC has a relationship with the OCFL players at all levels of play may enter teams into the OCFL managed futsal league. As noted in this document futsal offers skills development and fitness in fun game environment. Players wishing to play futsal should organize teams and register the team directly with the OCFL.

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Goalkeeper Training (born 2003 to 1994)

The West Ottawa Winter Development program is proud to offer keeper specific training for those interested in learning more about this position.

Program Code	Lead Instructor	Location	First Session	Sessions	Day/Time	Price
Goal Keeper 2003/02/01	Tania Singfield	Thunderbird Dome	Oct 17	18	Monday/6:00pm	\$250
Goal Keeper 2003 - 1998	Tania Singfield	Thunderbird Dome	Oct 17	18	Monday/7:00pm	\$350
Goal Keeper 1997/96/95/94	Tania Singfield	Thunderbird Dome	Oct 17	18	Monday/8:00pm	\$350

Please note all programs above run 60 minutes

Maximum of 20 players per session

“The program for this year is going to be divided into 3 phases. Each phase will include an athletic, technical and tactical component that is an absolute must in the developing areas of a goalkeeper”
– Tania Singfield / Golden Gloves Academy Inc.

Please note, players that register for this program **and** sign up for summer 2012 soccer with WOSC in the spring of 2012 will receive a \$150 credit towards Representative summer soccer, club fees.

Recreation Group Programs

RECREATIONAL FUTSAL (2003, 2002 & 2001, U9 – U11)

In 2010/2011 WOSC introduced Futsal to its members to great success. WOSC teams fared well throughout the season gaining honors at the end of season tournament, but more importantly players developed new skills, had fun and parents loved watching the games due to the fast paced game atmosphere (a bit like hockey), high excitement and tons of goals. Players love it because they get to play with low coaching involvement; “hey coach, let the game be the teacher”!



This ****new**** league replaces the traditional U9-U11 dome based winter house league. Parents and players will find this offering provides more fun, more excitement and more ball touches for each player. Players register through WOSC (as with the former winter house league) and a coordinator will form teams.

Up to 8 boys teams and 6 girls teams	√	Saturday and/or Sunday	√
End of season tournament	√	Medals for all players	√
Sixty minute games	√	Players per team	10
Games played in gyms	√	Game jersey provided	√

Program Code	Location	First Session	Sessions	Day/Time	Price/player
Girls U9 – U11	Franco Ouest (Bells Corners)	Oct 15 or 22	Up to 18	Saturday / 60 minute slot between 8am & 5pm	\$185
Boys U9 – U11	Franco Ouest (Bells Corners)	Oct 15 or 22	Up to 18	Saturday / 60 minute slot between 8am & 5pm	\$185

YOUTH RECREATIONAL LEAGUE (2000 – 1993, U12 – U19)



West Ottawa Soccer will offer house league play to a variety of age levels using the Thunderbird indoor field and Oz Dome indoor field as venues. Players that register for this program are placed on a team by a WOSC Coordinator. A volunteer coach is assigned to each team and a game schedule is posted online. Each week the participants play with their team against another team within the league. The season finishes with a year-end tournament.

Program Code	Location	First Session	Sessions	Day/Time	Price
Girls U12 – U13	OZ Dome	Oct 9	18	Sunday / 8:00am to 11:00am	\$200
Girls U12 – U15	Thunderbird Dome & OZ Dome	Oct 16	18	Sunday / 7:30am to 11:30am	\$200
Girls U16 – U19	Thunderbird Dome	Oct 15	18	Saturday / 3:00pm to 7:00pm	\$200
Boys U12 – U15	Thunderbird Dome	Oct 15	18	Saturday / 7:30am to 10:30am	\$200
Boys U16 – U19	Thunderbird Dome	Oct 15	18	Saturday / 10:30am to 12:30pm	\$200

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Adult League Play

West Ottawa Soccer Club Winter Development program offers a wide variety of league play options for men and women. Get a group of your friends together and put in a team.

Program Code	Location	First Session	Sessions	Day/Time	Price/team
Men OT35	Thunderbird & OZ Domes	TBC	TBC	Sunday/Monday/Tuesday	\$3100
Women OT30	Thunderbird & OZ Domes	TBC	TBC	Friday & Saturday	\$3100

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Instructors

Kristina Kiss

Kyle Washington

Kevin Nelson

Dave Foley

Cathy Briggs

Peter Derham

Kyla Clarke

Danielle Vella

Tania Singfield

Urbain Some

Sam Sauve

Wade Washington

Matt D'Angelo

Jarrold Beattie

Steve Rosettani

Alex At. Jean

Facility Locations

Dome Indoor Field

Thunderbird Sports Centre
1927 Richardson Side Road
Carp, ON

Oz Dome Indoor Field

221 Westbrook Road
Stittsville, ON

Ben Franklin Dome

191 Knoxdale Road
Nepean, ON

Beckwith Township Dome

9th Line
Carleton Place, ON

Stittsville Public School

40 Granite Ridge Drive
Stittsville, ON

*Ecole elementaire publique **Maurice Lapointe***

17 Bridgestone Street
Kanata, ON

Stonecrest Eelementary School

3791 Stonecrest Road (RR2)
Woodlawn, ON

Gloucester Super Dome

1660 Bearbrook Rd.
Gloucester, ON

*Collège catholique **Franco-Ouest***

411 Seyton Drive
Nepean (Bells Corners), ON

Appendix A

Please note that individual programs may have one or more dates cancelled due to events outside our control.

WOSC Winter 2011/2012 Calendar

WOSC Winter 2011/2012 Calendar															
<i>yes</i> programs are on							<i>no</i> programs are cancelled								
October 2011							November 2011								
S	M	T	w	T	F	S	S	M	T	w	T	F	S		
						1			1	2	3	4	5		
						<i>no</i>			<i>yes</i>	<i>yes</i>	<i>yes</i>	<i>yes</i>	<i>yes</i>		
2	3	4	5	6	7	8	6	7	8	9	10	11	12		
<i>no</i>	<i>no</i>	<i>no</i>	<i>no</i>	<i>no</i>	<i>no</i>	<i>no</i>	<i>yes</i>	<i>yes</i>	<i>yes</i>	<i>yes</i>	<i>yes</i>	<i>yes</i>	<i>yes</i>		
9	10	11	12	13	14	15	13	14	15	16	17	18	19		
<i>no</i>	<i>no</i>	<i>yes</i>	<i>yes</i>	<i>yes</i>	<i>yes</i>	<i>yes</i>	<i>yes</i>	<i>yes</i>	<i>yes</i>	<i>yes</i>	<i>yes</i>	<i>yes</i>	<i>yes</i>		
16	17	18	19	20	21	22	20	21	22	23	24	25	26		
<i>yes</i>	<i>yes</i>	<i>yes</i>	<i>yes</i>	<i>yes</i>	<i>yes</i>	<i>yes</i>	<i>yes</i>	<i>yes</i>	<i>yes</i>	<i>yes</i>	<i>yes</i>	<i>yes</i>	<i>yes</i>		
23	24	25	26	27	28	29	27	28	29	30					
<i>yes</i>	<i>yes</i>	<i>yes</i>	<i>yes</i>	<i>yes</i>	<i>yes</i>	<i>yes</i>	<i>yes</i>	<i>yes</i>	<i>yes</i>	<i>yes</i>					
30	31														
<i>yes</i>	<i>yes</i>														

December 2011							January 2012								
S	M	T	w	T	F	S	S	M	T	w	T	F	S		
				1	2	3			1	2	3	4	5	6	7
				yes	yes	yes			no	no	no	no	no	no	yes
4	5	6	7	8	9	10		8	9	10	11	12	13	14	
yes	yes	yes	yes	yes	yes	yes		yes	yes	yes	yes	yes	yes	yes	yes
11	12	13	14	15	16	17		15	16	17	18	19	20	21	
yes	yes	yes	yes	yes	yes	yes		yes	yes	yes	yes	yes	yes	yes	yes
18	19	20	21	22	23	24		22	23	24	25	26	27	28	
yes	yes	no	no	no	no	no		yes	yes	yes	yes	yes	yes	yes	yes
25	26	27	28	29	30	31		29	30	31					
no	no	no	no	no	no	no		yes	yes	yes					
February 2012							March 2012								
S	M	T	w	T	F	S	S	M	T	w	T	F	S		
			1	2	3	4					1	2	3		
			yes	yes	yes	yes					yes	yes	yes		
5	6	7	8	9	10	11		4	5	6	7	8	9	10	
yes	yes	yes	yes	yes	yes	yes		yes	yes	yes	yes	yes	yes	no	
12	13	14	15	16	17	18		11	12	13	14	15	16	17	
yes	yes	yes	yes	yes	yes	yes		no	no	no	no	no	no	no	
19	20	21	22	23	24	25									
yes	yes	yes	yes	yes	yes	yes									
26	27	28	29												
yes	yes	yes	yes												

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