

OSU SOCCER

Your neighbourhood soccer club



2024 Program

Information

Guide

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Welcome to the 2024 Recreational Season

We are excited to welcome new and returning participants for the upcoming season.

Important Dates:

March 30: Spring season early-bird & guaranteed placement ends

April 21: Deadline for early-bird Summer registration fees

August 18: Deadline for early-bird Fall registration fees

For U3-U15 age groups, we will continue to offer our multi-season discount as well this year.

Use the code MULTI at the time of registration to save \$20.

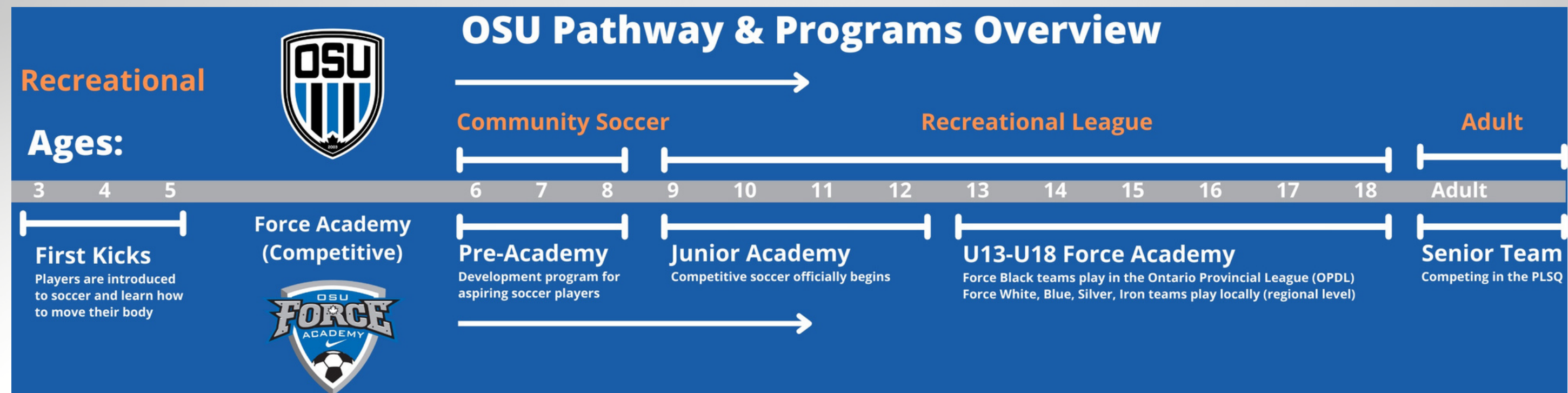
OSU PATHWAY



Selecting the best program for your child

Ottawa South United (OSU) is one of Canada's largest soccer clubs, offering a full service pathway for participants through their soccer journey. There are two core offerings within our participant pathway:

- A) Recreational (once per week, introductory-level programs) or
- B) Force Academy (competitive, advanced interest or ability level - 3 times per week programs)



Considerations when selecting which pathway to pursue:

- Your child's interest level in the sport and desire to practice on a regular basis
- The number of soccer activities per week, on average, and determining which program fits your family best
- Selecting a level of competition that aligns with your child's ability and interest level
- Overall costs of participation correlated to the programming or to the (total volume and frequency)

You can learn more about our Force Academy program here: <https://express.adobe.com/page/qivIDJaV25MaG/>

If you need more information or have questions, please reach out to us: contact@osu.ca

OSU COMMUNITIES

Understanding the options available to you

OSU has grown with our neighbourhoods and communities over the years.

Our goal is to keep families as close to home as possible, especially in the earliest years of participation in soccer.

Below you will find information on what to expect for program offering across the club:

First Kicks Program: U3-U5

- Offered multiple days per week in Barrhaven, Manotick, Riverside South, Findlay Creek & Greely

Community Soccer Leagues: U6-U8

- Offered within Barrhaven, Manotick, Riverside South, Findlay Creek & Greely
- Note: U8 may be offered in geographical zones, depending on enrolment

Recreational Soccer: U9-U18

- Offered in geographic zones (West - Barrhaven) or East (Manotick/Riverside South/Findlay Creek/Greely) or as one group across the OSU area (generally at U15 & above)

When registering, please ensure you are selecting your desired location or community within the available menu options.



RECREATIONAL GAME DAYS



U3-U5

Barrhaven (2019, 2020, 2021 Born)

- Monday @ 5:00PM
- Tuesday @ 5:00PM
- Wednesday @ 5:00PM
- Thursday @ 5:00 PM
- Friday @ 5:00 PM
- Saturday @ 9 or 10AM

Riverside South: (2019, 2020, 2021 Born)

- Monday @ 5:00PM
- Wednesday @ 5:00PM
- Saturday @ 9 or 10 AM

Manotick: (2019, 2020, 2021 Born)

- Tuesday @ 5:00PM
- Wednesday @ 5:00PM
- Saturday @ 9 or 10 AM

Findlay Creek: (2019, 2020, 2021 Born)

- Tuesday @ 5:00PM
- Thursday @ 5:00PM
- Saturday @ 9 or 10AM

Greely: (2019, 2020, 2021 Born)

- Mondays @ 5:00PM
- Saturdays @ 9 or 10 AM

U6-U8

Barrhaven (2018, 2017 Born)

- U6 Male: Monday @ 6:15PM
- U7 Boys: Wednesday @ 6:15PM
- U6 Girls: Monday @ 6:15PM
- U7 Girls: Thursday @ 6:15PM

Riverside South (2018, 2017 Born)

- Male: Monday @ 6:15PM
- Female: Wednesday @ 6:15PM

Manotick (2018, 2017 Born)

- Male: Tuesday (new) @ 6:15PM
- Female: Wednesday @ 6:15PM

Findlay Creek (2018, 2017 Born)

- Male: Tuesday @ 6:15PM
- Female: Thursday @ 6:15PM

Greely (2018, 2017 Born)

- Male: Monday @ 6:15PM
- Female: Monday @ 6:15PM

U8 Boys: (2016 Born)

- Tuesday night - EAST & WEST divisions @ 6:15PM

U8 Girls: (2016 Born)

- Wednesday night - EAST & WEST divisions @ 6:15PM

U9-U18

U9 (2015 Born)

- Male: Tuesday @ 6:00PM
- Female: Thursday @ 6:00PM

U10 (2014 Born)

- Male: Monday @ 6:00PM
- Female: Wednesday @ 6:00PM

U11 (2013 Born)

- Male: Monday @ 6:00PM
- Female: Wednesday @ 6:00PM

U12 (2012 Born)

- Male: Thursday @ 6:00PM
- Female: Tuesday @ 6:00PM

U13 (2011 Born)

- Male: Thursday @ 6:00PM
- Female: Tuesday @ 6:00PM

U14/15 (2009 & 2010 Born)

- Male: Wednesday @ 6:00PM
- Female: Monday @ 6:00PM

U16-U18 (2006, 2007 & 2008 Born)

- Male: Tuesday @ 6:00PM
- Female: Thursday @ 6:00PM

ADULT

Women's Over 30 (1994 & Older)

Friday @ 6:30PM or 7:30PM

Women's League (2005 Born & Older)

Thursday @ 6:30PM

Men's League (2005 Born & Older)

Saturday @ 9:00AM

Game Scheduling & Holidays

Events will not be scheduled on:

Monday, July 1 (Canada Day)

SUMMER CAMPS

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Program Information

OSU Summer camps focus on helping children learn to love the game of soccer, through skill-building activities and daily game play, led by our club coaching team.

This year OSU is offering three locations across our area: Barrhaven, Manotick & Findlay Creek.

Barrhaven

Available Dates:

July 2-6, 8-12, 15-19, 22-26, July 29-Aug 2,

Times: 9:00AM-12:00PM

- drop off at 8:30

Age Groups: 2013-2018

Location: Half Moon Bay Park

Cost: \$160 (regular fee)

- After June 15: \$175

Questions?: contact@osu.ca

Manotick

Available Dates:

July 2-6, 8-12, 15-19, 22-26, July 29-Aug 2, August 6-9

Times: 9:00AM-12:00PM

- drop off at 8:30

Age Groups: 2013-2018

Location: George Nelms Park

Cost: \$160 (regular fee)

- After June 15: \$175

Questions?: contact@osu.ca

Findlay Creek

Available Dates:

July 2-6, 15-19

Times: 9:00AM-12:00PM

- drop off at 8:30

Age Groups: 2013-2018

Location: Diamond Jubilee Park or Leitrim Park (TBD)

Cost: \$160 (regular fee)

- After June 15: \$175

Questions?: contact@osu.ca

U3-U5 FIRST KICKS



For players born in 2021 (U3), 2020 (U4) & 2019 (U5)

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Program Expectations:

Introduce soccer to children through fun and enjoyable activities, while developing their social skills and learning how to move their bodies. Program fees include a uniform (jersey, shorts, socks) & soccer ball. Register for two seasons and save \$20 using the code: MULTI

Spring

Start Date: After May 15

Length: 6 week program

Locations Available:

Barrhaven, Riverside South,
Manotick, Findlay Creek

Early-Bird Cost: \$110

Questions?: contact@osu.ca

Summer

Start Date: After July 1

Length: 8 week program

Locations Available:

Barrhaven, Riverside South,
Manotick, Findlay Creek &
Greely

Early-Bird Cost: \$145

Questions?: contact@osu.ca

Fall

Start Date: After Sept 8

Length: 6 week program

Locations Available:

Barrhaven, Riverside South,
Manotick, Findlay Creek

Early-Bird Cost: \$110

Questions?: contact@osu.ca

U6-U7 PROGRAM



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For players born in 2018 (U6) & 2017 (U7)

Program Information

Players are introduced to the fun and exciting sport of soccer through team training activities followed by a weekly game against another team at their field location

Program fees include a uniform (jersey, shorts, socks) & soccer ball. Register for two seasons and save \$20 using the code: **MULTI**

Spring

Start Date: After May 15

Length: 6 week program

Locations Available:

Barrhaven, Riverside South,
Manotick, Findlay Creek,
Greely

Game Nights: see page 5

Early-Bird Cost: \$135

Summer

Start Date: After July 1

Length: 8-9 week program

Locations Available:

Barrhaven, Riverside South,
Manotick, Findlay Creek,
Greely

Game Nights: see page 5

Early-Bird Cost: \$175

Fall

Start Date: After Sept 10

Length: 6 week program

Locations Available:

Barrhaven, Riverside South,
Manotick, Findlay Creek,

Game Nights: see page 5

Early-Bird Cost: \$135

U8 COMMUNITY SOCCER



For players born in 2016 (U8)

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Program Information

Players will participate in training activities followed by a weekly game against another team in a league format.

Program fees include a uniform (jersey, shorts, socks and a soccer ball). Register for two seasons and save \$20 using the code: MULTI

Spring

Start Date: After April 30

Length: 6 week program

Locations Available:

East (Riverside
South/Manotick/Findlay
Creek) & West (Barrhaven)

Game Nights: see page 5

Early-Bird Cost: \$135

Summer

Start Date: After July 1

Length: 10 week program

Locations Available:

East (Riverside
South/Manotick/Findlay
Creek) & West (Barrhaven)

Game Nights: see page 5

Early-Bird Cost: \$205

Fall

Start Date: After Sept 8

Length: 6 week program

Locations Available:

East (Riverside
South/Manotick/Findlay Creek)
& West (Barrhaven)

Game Nights: see page 5

Early-Bird Cost: \$135

U9-U15 RECREATIONAL



For players born in 2015 (U9), 2014 (U10), 2013 (U11), 2012 (U12), 2011 (U13), 2010 (U14), 2009 (U15)

Program is organized by age group, or in some cases combined (example: U14/15)

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Program Information

Players will participate in pre-game training activities followed by a weekly game against another team in a league format.

Program fees include a uniform exclusively (jersey, shorts, socks). Register for two seasons and save \$20 using the code: **MULTI**

Spring

Start Date: After April 15

Length: 8 week program

Program Details:

Early-season games will be on artificial turf, most likely on weekends, before transitioning to community fields after May 15 on your regular game night.

Early-Bird Cost: \$145

Summer

Start Date: After June 10

Length: 10 week program

Locations Available:

West (Barrhaven) & East (Riverside South, Manotick, Findlay Creek & Greely) divisions

+ year-end festival event (dates TBD)

Early-Bird Cost: \$235

Fall

Start Date: After Sept 8

Length: 8 game program

Locations Available:

West (Barrhaven) & East (Riverside South, Manotick, Findlay Creek & Greely) divisions

Note: some make-up games may be played on weekends

Early-Bird Cost: \$145

U16-U18 RECREATIONAL



For players born in 2008, 2007, 2006

Program Information

Players will have a warm-up/training activities followed by a weekly game against another team. 2008 born players may request to join U14/15 Spring league by email if interested: youthrec@osu.ca

Program fees include a uniform (jersey, shorts, socks).

Summer Season

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Start Date: after May long weekend

Length: 14 game season

Locations Available:

One division, covering OSU's servicing area

Early-Bird Cost: \$240

ADULT PROGRAMS



For participants born in 2005 and older

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Saturday Men's

Start Date: late May

Length: May-October

Location: Barrhaven area

The skill and age of this league is diverse. We welcome first time to experienced players

Early-Bird Cost: \$280

Thursday Ladies

Start Date: late May

Length: May-August

Location: Barrhaven area

The skill and age of this league is diverse. We welcome first time - experienced players. Players must be 18+

Early-Bird Cost: \$253

Friday Ladies

Start Date: late May

Length: May-August

Location: Manotick area

The skill and age of this league is diverse. We welcome first time - experienced players. Players must be 30 +

Early-Bird Cost: \$215

COMMUNICATION



You will receive regular updates from OSU, your age group coordinator and coach (where applicable), as the season approaches.

Please note that teams and final schedules are only formed just before the season starts, once we know how many teams we will have in each division.

With this in mind, you can expect to receive your season schedule and details 5-10 days before our start date.

Communicating with your coach when you cannot attend is helpful and appreciated as well so that they can ensure the team has enough players for each game.

SUPPORTING VOLUNTEERS



Recreational soccer is a volunteer based program

Please consider volunteering - your efforts are valued and important.

Volunteers play an important role in our community. Their efforts ensure that youth will have a sustainable, quality sport program available to them each year.

OSU's Recreational Program relies on volunteers to help lead (coach) and coordinate teams and divisions.

OSU, the Club Board of Directors and all of our participants appreciate the time and effort that volunteers contribute to the club and the youth in our community. As such, OSU strives to provide volunteers with the necessary tools and support in order to be successful. This includes pre-season coach training and on-going support, and a **volunteer appreciation credit system, available after each completed season for future family use.**

Whether returning or brand new to coaching, we want to encourage you to consider volunteering this season.

What volunteering will involve:

- Managing the team during the game (making substitutions and player changes, providing basic feedback)
- Delivering a warm-up training session (OSU will provide you with weekly guides and coach training)

EQUIPMENT NEEDED



Players will need the following equipment for outdoor soccer activities:

- soccer cleats
- shin-guards
- water bottle



Note: U3-U5 parents may choose to start with running shoes & this is OK

Note:

- As part of your summer soccer registration, OSU will provide a uniform (shorts, socks and jersey)
- players in U3-U8 will also receive a soccer ball
- shin-guards should be placed directly against the players legs and then socks over top
- OSU players receive a discount on soccer equipment at Barrhaven Source for Sports, located at 1581 Greenbank Road