

OSU SOCCER

Your community soccer club



2025 Program

Information

Guide

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Welcome to the 2025 Recreational Season

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

Important Dates:

**Spring: Early-bird rates end for
U3-U8 on April 21 - Monday, U9-U15 on April 2 - Wednesday**

Summer:

Early bird rates end for all age groups on May 16 - Friday

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.

Note: for registrations received within one week of our launch date, they will be subject to a \$25 late placement fee

OSU PLAYER 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 - 2/3 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 and which days 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 offered (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 the club's program offerings:

First Kicks Program: U3-U5

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

Community Soccer Leagues: U6-U8

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

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 (2022, 2021, 2020 Born)

- Monday @ 5:15PM
- Tuesday @ 5:15PM
- Wednesday @ 5:15PM
- Thursday @ 5:15 PM
- Saturday @ 9 or 10AM

Riverside South: (2022, 2021, 2020 Born)

- Monday @ 5:15PM
- Wednesday @ 5:15 PM
- Saturday @ 9 or 10 AM

Manotick: (2022, 2021, 2020 Born)

- Tuesday @ 5:15 PM
- Wednesday @ 5:15 PM
- Saturday @ 9 or 10 AM

Findlay Creek: (2022, 2021, 2020 Born)

- Tuesday @ 5:15 PM
- Thursday @ 5:15 PM
- Saturday @ 9 or 10AM

Greely: (2022, 2021, 2020 Born)

- Mondays @ 5:15PM
- Saturdays @ 9 or 10 AM

U6-U8

Barrhaven (2019, 2018 Born)

- Male: Monday @ 6:15PM
- Female: Monday @ 6:15PM
- New: Saturday U6/U7 @ 10AM

Riverside South (2019, 2018 Born)

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

Manotick (2019, 2018 Born)

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

Findlay Creek (2019, 2018 Born)

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

Greely (2019, 2018 Born)

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

U8 Boys: (2017 Born)

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

U8 Girls: (2017 Born)

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

U9-U18

U9 (2016 Born)

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

U10 (2015 Born)

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

U11 (2014 Born)

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

U12 (2013 Born)

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

U13 (2012 Born)

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

U14/15 (2010, 2011 Born)

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

U16-U18 (2007, 2008, 2009 Born)

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

ADULT

Women's Over 30 (1995 & Older)

Friday @ 6:30PM or 7:30PM

Women's League (2006 Born & Older)

Thursday @ 6:30PM

Men's League (2006 Born & Older)

Saturday @ 9:00AM

Game Scheduling & Holidays

Events will not be scheduled on:

July 1 (Canada Day)

Rain out dates:

- will be rescheduled if feasible
- Predicted cancellations ahead of a game come exclusively from an OSU Coordinator via email, generally by 4pm

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 four locations across our area: Barrhaven, Manotick, Riverside South & Findlay Creek.

Barrhaven

Location: Half Moon Bay Park

Available Dates:
June 30-July 4 (off on July 1),
July 7-11, July 14-18, July 21-25,
July 28-Aug 1, Aug 5-8, Aug 11-15

Times: 9:00AM-12:00PM
• drop off begins at 8:30

Age Groups: 2013-2019

Cost: \$165 (regular fee)
• Four day weeks: \$132
• After June 15: \$180

Manotick

Location: George Nelms Park

Available Dates:
June 30-July 4 (off on July 1),
July 7-11, July 14-18, July 21-25,
July 28-Aug 1, Aug 5-8, Aug 11-15

Times: 9:00AM-12:00PM
• drop off begins at 8:30

Age Groups: 2013-2019

Cost: \$165 (regular fee)
• Four day weeks: \$132
• After June 15: \$180

Findlay Creek

Location: Leitrim Park

Available Dates:
July 7-11 & July 21-25

Times: 9:00AM-12:00PM
• drop off begins at 8:30

Age Groups: 2013-2019

Cost: \$165 (regular fee)
• Four day weeks: \$132
• After June 15: \$180

Riverside South

Location: Claudette Cain Park

Available Dates:
July 14-18 & July 21-25

Times: 9:00AM-12:00PM
• drop off begins at 8:30

Age Groups: 2013-2019

Cost: \$165 (regular fee)
• Four day weeks: \$132
• After June 15: \$180

NEW: SKILLS CENTRE

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Program Information

The OSU Recreational Skills Centre offers an additional skill-building practice to participants in our recreational program.

The program is available to players in the U8-U14 categories, and led by club technical coaches, over a 9 week period.

Participants can expect a weekly theme (skill) that they will focus on in training, followed by the opportunity to try their new skill in a game-like situation as part of the training.

The program will begin in June, tentatively on Sunday mornings, depending on final interest.

U3-U5 FIRST KICKS

For players born in 2022 (U3), 2021 (U4) & 2020 (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. You do not need soccer cleats or shin guards.

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 & Osgoode

Early-Bird Cost: \$118

Questions?: osufirstkicks@osu.ca

Summer

Start Date: After July 1

Length: 8 week program

Locations Available:

Barrhaven, Riverside South,
Manotick, Findlay Creek &
Greely & Osgoode

Early-Bird Cost: \$152

Questions?: osufirstkicks@osu.ca

Fall

Start Date: After Sept 8

Length: 6 week program

Locations Available:

Barrhaven, Riverside South,
Manotick, Findlay Creek

Early-Bird Cost: \$118

Questions?: osufirstkicks@osu.ca

U5-U6 FUTURE STARS



For players born in 2020 (U5) & 2019 (U6)

TO REGISTER INSERT CODE:

FUTURESTARS IN STEP 2.1

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Program Expectations:

Who is this program for:

The program is oriented towards children who love soccer, and are demonstrating the ability to practice their skill development through a more structured, soccer-specific program each week.

Program pathway:

The program will run continuously through the outdoor Spring & Summer months, providing the opportunity for participants to build up their skills. Players will then graduate into our Pre-Academy (stepping stone towards competitive soccer) for U7 & U8.

Coaching:

Coaching will be overseen and delivered by experienced, trained club coaches, who are able to help foster a love for the game of soccer and build foundational soccer skills with young players.

Curriculum:

Training will consist of a weekly technical theme, such as ball control, dribbling, first touch, running with the ball. It will also incorporate small-sided games, like 1v1 attacking and 2v2 up to 3v3 style, to maximize opportunities to learn the game in an appropriate size format. The curriculum will be developed by our Nationally certified Children's License coaches.

Logistics:

The training will be centrally located, in the Barrhaven/Manotick area, and run for approximately 15 weeks on Wednesday evenings, starting after the May long weekend.

The groups will be organized by year of birth and gender.

If players are not quite ready for this environment, the lead coaches may recommend transitioning into First Kicks or Community Soccer for another season, then trying again in the future.

Program fees include a uniform (jersey, shorts, socks) & soccer ball. The program will run on Wednesday evenings, from May-September, at a central location in the Barrhaven/Manotick area.

U6-U7 PROGRAM

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For players born in 2019 (U6) & 2018 (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: \$143

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: \$182

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: \$143

U8 COMMUNITY SOCCER



For players born in 2017 (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: \$143

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: \$143

U9-U15 RECREATIONAL



For players born in 2016 (U9), 2015 (U10), 2014 (U11), 2013 (U12), 2012 (U13), 2011 (U14), 2010 (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 game/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: \$153

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: \$250

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: \$153

U16-U18 RECREATIONAL



For players born in 2009, 2008, 2007

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: \$255

ADULT PROGRAMS

For participants born in 2006 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: \$288

Thursday Ladies

Start Date: late May

Length: May-September

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: \$260

Friday Ladies

Start Date: late May

Length: May-September

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: \$222

RECREATIONAL PROGRAM



Setting Expectations

What to expect:

- A community-based program that is available for all ages (youth and adults)
- Fosters a welcoming, safe and fun environment for all
- Relies on the dedication and commitment from our team of youth & volunteer coaches
- Volunteer coaches may be parents of children on the team, an older sibling or OSU Youth Player
- Safety & fun remains always present at the field - OSU has zero tolerance for negative or dangerous behaviour

Need more information? contact@osu.ca

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 4-10 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.

If you cannot locate the information you need, or have not received it via email, please contact:

contact@osu.ca

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 players do not need cleats or shin-guards

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
- Teams in U9 & above will be loaned a set of soccer balls for the season
- 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

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