

OTTAWA HELLENIC ATHLETIC ASSOCIATION (OHAA) YOUTH SOCCER 2019

PROGRAM INFORMATION SHEET

PURPOSE: To provide our children the opportunity to learn a sport, developing soccer specific skills and team tactics, all in an environment that is developmental and oriented towards making new friends, having fun and promoting good sportsmanship.

DESCRIPTION: The program is structured Early Development, Recreational and Competitive. Early Development is administered by OHAA and is focused on player development. The Recreational program includes games with teams in the Nepean Hotspurs Soccer Club. Competitive is a greater time commitment which requires travel to play other clubs across the city and is administered through Nepean Hotspurs Soccer Club. The program breaks down as follows:

- Early Development (U4-U8) - with OHAA
- Recreational (U9-U18) - with Nepean Hotspurs Soccer Club
- Competitive (U9-U18) - with Nepean Hotspurs Soccer Club

EARLY DEVELOPMENT INFORMATION

SESSIONS: The Early Development program players will be divided into groups based on year of birth as follows:

- U4 (born in 2015) - mixed
- U5 (born in 2014) - mixed
- U6/U7/U8 (born in 2013, 2012 & 2011)

The group format will be assessed and modified as required throughout the season. Program is run Mondays, starting at 6:30 pm sharp as follows:

- U4 and U5 6:30 pm to 7:30 pm
- U6 to U8 6:30 pm to 7:45 pm

Depending upon the age category, the individual practice sessions will be a combination of skill development and games.

LOCATION: Lexington Park (Fisher Avenue & Chemin Arnot)

SCHEDULE: 2019 Program runs from Monday May 27th, 2019 to Monday August 26th. The first session on May 27th will include player check-in, distribution of equipment and meet the coaches.

Dates of key activities:

DATE	KEY ACTIVITY
Monday May 27 th	• Player check-in, equipment distribution, meet coaches
Monday July 1 st	• No soccer - Canada Day Holiday
Monday August 5 th	• No soccer - Civic Holiday
Monday August 26 th	• Last day of soccer, medal presentation, pizza party.

EQUIPMENT: Registration includes soccer ball, jersey & socks. Required equipment from player includes shorts, shin-guards, soccer cleats or running shoes and water. It is

mandatory that children over 6 years old wear soccer cleats. It is strongly recommended that children of all age groups wear soccer cleats. Soccer cleats will both prevent slipping as well as enhance ball control. Only soft brimmed hats are allowed. Loop earrings, watches, necklaces and any other type of jewelry, which may endanger the players themselves or others, are not permitted. We also strongly recommend that players bring their own bug spray and sun protection lotion, as required.

WEATHER: Heavy rain may affect field conditions and the safety of the players. Bad field conditions will result in cancellations.

Rain policy: Parents should assume that the session will take place so everyone should show up and a decision will be made at the field. Play will be stopped in the event of lightning.

WATER BREAKS: It is important for our children to stay hydrated during the sessions. Regular water breaks will be scheduled. We strongly recommend that children drink water before, during and after the session, whether thirsty or not. Plain water is the best fluid replacement. Please ensure that children bring their own labeled water bottle.

PARTICIPATION OF PARENTS:

The organizers of OHAA soccer are parents who also have children. To make the season a success we need the help of all parents. We need your help to ensure your children arrive on time, to help during sessions and to contribute ideas. We are always looking to improve and enhance the program.

It is mandatory that a parent or guardian of each player be present during the session. We would ask that the parent or guardian of each player in the 4-year-old category be available to participate in the session, if requested by the coaching staff.

NOTIFICATION OF ABSENCE:

Please advise the coach if your child will not be attending the session.

ALLERGIES AND SPECIAL NEEDS:

Please advise the organizers and coaches of any allergies or special needs your children may have.

BATHROOM FACILITIES:

Please note that there are no bathroom facilities available at the soccer fields.

VOLUNTEERING:

* WE ARE ALWAYS LOOKING FOR VOLUNTEERS TO HELP AS COACHES, MANAGERS, ADMINISTRATORS AND GENERAL SUPPORT. OUR GOAL IS TO CONTINUOUSLY ADVANCE THE PROGRAM AND INITIATIVES WE HAVE FOR OUR YOUTH. WE ASK THAT WHEN YOU REGISTER YOUR CHILD, PLEASE VOLUNTEER OR CONTACT US DIRECTLY. WE NEED YOUR HELP.

*CONTACT OHAA@ROGERS.COM

"Unity Through Athletics"