

## South Shore Soccer Fall / Winter 2021-22 Program Summary

South Shore United Football Club (SSUFC) is pleased to announce the winter soccer programming for 2021/22. SSUFC will offer a combination of Local and Travel (NSSL) programming depending on the needs of each age group.

**Local/Training Programming** – is run out of HB Studios Sport Centre (HBSSC) , once or twice a week depending on the age group, and offers a combination of small-group activities and small sided games to develop individual skills and decision making. Program content is designed to align with the Canadian Soccer Association’s age specific curriculum.

**NSSL (Travel) U12-U18** – offers the opportunity to train locally and participate in the Nova Scotia Soccer League (NSSL) for U12 to U18 age groups. Teams will play 14-16 league games. Placement sessions (tryouts) are required for team selection. The level of competition (AAA/AA/A) will be dependent on the group assessment during the placement sessions.

**Skill Centre (U10/U11 only)** – Skill Center is an option for U10/U11 players (2011-2012 birth year) to play organized games against other players of the same age from different clubs throughout the province over 8 weekends (Saturdays). The intent behind Skill Centre is that it is open to all interested players, and balanced teams are created so all players receive the same quality of coaching, and skill development is a focus for everyone involved.

**Program Pricing** – SSUFC operates each program on a break-even basis, based on a minimum number of participants in each age group. However, prices will vary due to the number of weeks, number of weekly sessions, and NSSL league costs. SSUFC reserves the right to cancel programs if the number of registrations does not provide for a projected break-even on the program.

### Training Schedule Summary - October 25, 2021 to March 5, 2022

	Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>AM</b>	9:00						U5*	
	10:00						U7*	
	11:00						U9G	
	12:00						U9B	
	12:30							
<b>PM</b>	5:00	N/A	U11G	U13G				
	5:30	N/A			U11G	U11B		Snr Women
	6:00	U9B	U11B	U15G				Snr Women
	6:30				U9G	U13B		Snr Women
	7:00	U13G	U13B	U18G				Snr Women
	7:30				U15B	U18G		Snr Women
	8:00	U15G	U15B	N/A				Snr Women
	8:30			N/A	N/A	N/A		
	9:00	N/A	U18B	U18B	N/A	N/A		
	9:30	N/A			N/A	N/A		

Location: HB Studios Sports Centre HBSSC (543 Glen Allan Drive, Bridgewater)

\*Minis U5 & U7 run as two separate 8-week sessions (Oct 30-Dec18; Jan 15-Mar5)

**SSUFC Winter Soccer Programming Summary**  
**October 25, 2021 to March 5, 2022**  
*See descriptions below for more programming details*

Age Group	U5 Girls & Boys	U7 Girls & Boys	U9 Boys	U9 Girls	U11 Boys	U11 Girls
Birth Year	2017-2018	2015-2016	2013-2014	2013-2014	2011-2012	2011-2012
Day/Time	Sat: 9:00am-10:00am	Sat 10:00am – 11:00am	Mon 6:00pm – 7:00pm Sat 12:00pm-1:00pm	Thu 6:30pm – 7:30pm Sat 11:00am-12:00pm	Tue 6:00pm-7:00pm Fri 5:30pm-6:30pm	Tue 5:00pm-6:00pm Thu 5:30pm-6:30pm
Season	8 Weeks per session	8 Weeks per session	16 weeks	16 weeks	16 weeks	16 weeks
Price	\$115 per session	\$115 per session	\$325	\$325	\$325	\$325
NSSL Team Option	N/A	N/A	N/A	N/A	Skill Centre	Skill Centre
Add-on NSSL Fee	N/A	N/A	N/A	N/A	\$125	\$125

Age Group	U13 Boys	U13 Girls	U15 Boys	U15 Girls	U18 Boys	U18 Girls
Birth Year	2009-2010	2009-2010	2007-2008	2007-2008	2004-2006	2004-2006
Day/Time	Tue 7:00pm-8:00pm Fri 6:30pm-7:30pm	Mon 7:00pm-8:00pm Wed 5:00pm-6:00pm	Tue 8:00pm – 9:00pm Thu 7:30pm-8:30pm	Mon 8:00pm – 9:00pm Wed 6:00pm-7:00pm	Tue 9:00pm-10:00pm Wed 9:00pm-10:00pm	Wed 7:00pm-8:00pm Fri 7:30pm-8:30pm
Season	16 weeks	16 weeks	16 weeks	16 weeks	16 weeks	16 weeks
Price	\$370	\$370	\$370	\$370	\$370	\$370
NSSL Team Option	YES	YES	YES	YES	YES	YES
Add-on NSSL Fee	\$155	\$155	\$155	\$155	\$155	\$155

### Registration Process

Registration for all winter programming will open **Saturday October 2nd** and will take place on the SSUFC website [www.ssuvc.ca](http://www.ssuvc.ca) Programs offered are subject to minimum numbers so you are encouraged to register early to ensure your program runs for the winter.

## **SSUFC Winter Soccer Programming Details**

### **U5/U7 – Local Program (8 weeks)**

**Content:** The winter programming for these ages is intended to be fun and informative. The program is individual and paired activities working on physical literacy, individual skills and fun games. SSUFC offers two 8-week programs starting in mid-October to December. The second 8 weeks starts in January and runs until March. (Saturday mornings)

### **U9 – Local Program (16 weeks)**

**Content:** This program takes a squad-based training approach which recognizes different rates of social, technical and physical growth. There will be one training session per week and one game session.

### **U10/11 - Local Program + NSSL Skill Centre Option (16 weeks)**

**Content:** This program takes a squad-based training approach which recognizes different rates of social, technical and physical growth. Players who have registered for both the Local Program and the NSSL Skill Centre program will train together. If numbers permit, those registered in the NSSL (Skill Centre) program will participate in a varied team selection from week to week to accommodate all players in the NSSL group.

### **U13 to U18 - Local Program + NSSL League Option (16 weeks)**

**Content:** Programming for these age groups offer many differing opportunities:

- Local train only programs – two sessions per week – a small sided games approach
- NSSL league play – A, AA and AAA options (placement sessions will be held)
  - A level, games are all Metro Halifax Based – all travel, no home games
  - AA level, games at home, Halifax, Kentville, possibly New Glasgow starting end of October
  - AAA training preseason from October to December and games starting in January (7 a side warm up games) leading to 11 a side season starting in March. More information on the AAA programming by emailing the club. Cost TBD.

### **NSSL - Skill Centre (U10/U11 only)**

Skill Centre is an option for U10/U11 players to play organized games against other players of the same age from different clubs throughout the province.

The intent behind Skill Centre is that it is open to all interested players, and balanced teams are created so all players receive the same quality of coaching, and skill development is a focus for everyone involved.

Most often, games within these Skill Centre age group end up being hosted half at your home facility (HBSSC) and half at away facilities (HRM/Valley). Games are 35 minutes and the teams play 2 in the same day closely scheduled together. U10/U11 teams play 7 aside.

Players registering for winter soccer could have the option to just train (2 times a week), or to participate in the Skill Centre games as well. An extra fee will go along with the different options. This coming winter the U10/U11 Skill Centre games will be played on 8 Saturdays between end of October to end of February.

Skill Centre also exist in the summer season but there are some differences between local clubs and city clubs. Locally we have our own local leagues at these age groups since we have many rural clubs inside the same district (Upper County, West Nova, Thunder, Chester, Queens, Mahone Bay), whereas the larger clubs only participate in Skill Centre competitions. In the past we have opted for ½ seasons in the summer Skill Centre since our players also have the local league options.

## **NSSL Option – Youth Teams (U12-U18)**

### **U12 Academy (U12A):**

Once players reach U12 age (2010 birth year), the introduction to the performance stream can be entered. U12 Academy is a selected option for players who have the interest to pursue a higher level of soccer, and players entering this stream should have received an introduction to basic soccer skills through the Skill Centre ages.

U12 A could be compared to a rep team in hockey and would most likely require a tryout. This option could be open to selected U12 and U11 players. This coming winter U12A will play on Sundays. Games at this level are 7 aside.

**This group would train locally within the U13 division.**

### **U13 AA or A:**

Players too old for U12 (2009 birth year), would still have a game option at U13 if numbers are high enough and interest is there. This coming winter U13 will play on Sundays. Games at this level are 7 aside.

League play at AA would result in home and away games, whereas A level will only have travel games to HRM as an option. Tryouts will be required and will determine league level (AA or A).

### **U15 AA or A:**

This coming winter U15 will play on Saturdays. Games at this level are 7 aside. League play at AA would result in home and away games, whereas A level will only have travel games to HRM as an option. Tryouts will be required and will determine league level (AA or A).

### **U15 Girls AAA:**

The AAA structure is different from AA/A. AAA teams would be on their own to train as they see fit until December 31, 2021. Beginning in January 2022, a 7 a-side exhibition series will be organized to run from January to mid-March, followed by an 11 a-side AAA NSSL season that will begin indoors in mid-March and run through to the end of October 2022. Tryouts will be required. Cost TBD.

### **U18 AA or A:**

This coming winter U18 will play on Saturdays. Games at this level are 7 aside. League play at AA (tryouts will be required) would result in home and away games, whereas A level will only have travel games to HRM as an option.

**If at any given age group, the NSSL is deemed not to be an option (player numbers, commitment, evaluation), local game options (intra-team games, exhibition games) will be established.**

South Shore United strives to help each player find the most appropriate level of play for their current needs. If you are unsure of what these options are, or just want to have more information on structure and programs, please contact us.

## Coaches/Volunteers

Anyone interested in coaching or volunteering please contact the club: [administrator@sssoccer.ca](mailto:administrator@sssoccer.ca)  
Requirements to work with the players will follow Canada Soccer guidelines and Soccer Nova Scotia regulations:

- Criminal records check & vulnerable sectors check
- Appropriate level of coaching courses and training will be provided to those needing updates or just starting out.

SSUFC will assist you in all required paperwork and coaching courses. All fees for courses are covered by the club.

## COVID-19 & Vaccine Requirement for Players (12yrs+), Coaches/Volunteers & Spectators

South Shore United Football Club will be following the COVID-19 guidelines & policies set by Soccer Nova Scotia and the recommendations & regulations put in place by the Government of Nova Scotia. All participants and and/or legal guardian must agree to adhere by these requirements to participate in SSUFC programming. As indicated by the provincial government starting October 4th Proof of Vaccination will be required for sport programming and to enter facilities such as HB Studios Sports Centre.

Nova Scotia's Proof of Vaccination Policy as related to sports:

*Everyone who is 12 and older will need to show proof of full vaccination to participate in indoor and outdoor sporting events, including practices, games, competitions, tournaments. It includes participants as well as teachers, coaches, officials, and volunteers who support these activities. It includes spectators.*

*Children who turn 12 between 1 January and 4 October 2021 will have until 31 December 2021 to attend events and activities while they get vaccinated. Children who turn 12 after 4 October 2021 will have 3 months from their birthday to get vaccinated.*

SSUFC is waiting for guidance from Soccer Nova Scotia on how this policy will be implemented. As a volunteer organization we feel that it is important that we continue to offer participants, namely our children the opportunity to participate in the sport of soccer. We ask you to take this into consideration as we continue to work through this pandemic and hope we can return to normal participation to all. Let's be respectful to each other and work together in providing our kids the opportunity to play soccer in a positive environment.

## Sponsorship Opportunities

SSUFC has a great community reach, not just through our club but all local clubs are linked to our programs. Our goal is to provide the best possible environment for the players, coaches, and parents to keep the largest number of players playing for the longest period of time.

To do this, we need our community behind us. We are always looking for new community partners to help us deliver these programs. If you are interested in supporting SSUFC or a player or a program, please let us know.

We have many levels of partnership possibilities for our community businesses. Please contact the club for more information and to start a conversation on how we might work together to keep our kids playing.

## Questions/Issues

Please contact: [administrator@sssoccer.ca](mailto:administrator@sssoccer.ca)