



100 MILE HOUSE SOCCER ASSOCIATION

FOR GENERAL INFORMATION, PLEASE CONTACT 250-395-3100 OR info@100milesoccer.com

Which Division does my child register for?

Children are registered for the program that matches their birth year (proof of birth date is required at time of registration). Each division is set with specific learning goals in mind based on the age of the child.

“First Touches” **U5** is the introduction of soccer for 3 to 5 year olds. The emphasis is on fun and learning basic soccer skills through a variety of drills and fun activities. Parental involvement is encouraged—parents are often called upon by coaches to assist during the sessions. (Birth years 2007 & 2006). **Registration Fee = \$60.00**

“Love of the Game” **U6—U10** is a scaled down version of soccer. A graduated program has been developed, the player #'s, field size, goal size, ball size and game duration increases to match their soccer developmental level. The rules are designed to promote skill development, fitness, team-

work and cooperation. There are between 4-7 players per team on the field at one time instead of the usual 11, giving everyone a chance to participate.

Registration Fee for U6 = \$70.00, U8 and U10 Divisions = \$90.00

Divisional Soccer Program—The **U12** division will play “super-eights”, 8-a-side soccer. This is based on the premise that with fewer players on the field, players will be more actively involved in the games and therefore develop better soccer skills. The **U14 and U16/18** divisions will continue to be full field 11-a-side recreational level soccer. Emphasis is on fun, fitness, teamwork and team spirited competition. **Registration Fee \$90.00**

March 31 is the **registration deadline** for the 2011 season. Registrations may be accepted after April 1 only if there is room on an existing team. This must be verified with the registrar prior to submitting application. A \$40 surcharge will apply. Please contact Barb McKenna at **250-395-3100 for more information.**

REFUND POLICY: All refunds will be subject to a \$25 administration fee (no exceptions). Refunds will only be granted until May 28, 2011 (no exceptions).

Schedules and Season Duration

OMHSA schedules run from May through June 30, break for summer, and begin again the first week of September running through to October 1. Listed to the right is the proposed practice and game schedule per division (exact times may be adjusted to need at season start.)



DIVISION	PRACTICE	GAME
U5 (mixed)	SAT 9:00 AM	N/A
U6 (mixed)	SAT 9:00 AM	SAT 10:00 AM
U8 Girls	THURS 6:00-7:00	SAT BETWEEN 11:00—1:00
U8 Boys	THURS 6:00-7:00	SAT BETWEEN 11:00—1:00
U10 Girls	MON 6:00-7:00	SAT BETWEEN 9:00—2:00
U10 Boys	MON 6:00-7:00	SAT BETWEEN 9:00—2:00
U12 Girls	TUES 6:00-7:00	SAT BETWEEN 9:00—12:00
U12 Boys	TUES 6:00-7:00	SAT BETWEEN 9:00—12:00
U14 (mixed)	WED 6:00-7:00	THURS AND/OR FRIDAY 5:30
U16/18 (mixed)	N/A	MON AND/OR TUES 5:30



EQUIPMENT REQUIREMENTS

- * Each child will receive a team jersey, shorts and matching socks (provided to you as part of your registration fee.)
- * The player will be responsible to obtain shin guards (mandatory) and cleats (recommended for U6 and up).

MISSION STATEMENT: 100 Mile House Soccer Assoc. shall support soccer players, coaches, referees and volunteers by providing appropriate programs and opportunities to help the individual achieve their potential, while employing the principles of "Fairplay".

OMHSA is an affiliate of the British Columbia Soccer Association and subject to the rules and regulations of that body and of the Canadian Soccer Association.

Select (Rep) Soccer

OMHSA is a proud member of CYSL (Cariboo Youth Soccer League). This league was designed to give the kids of 100 Mile, Williams Lake, and Quesnel the opportunity to play select (rep) soccer in a competitive league atmosphere. This league was newly created last season and enjoyed a very successful inaugural season.

Proposed team age groupings are U11/12, U13/14, and U15/18.

Exact details of practice times and games dates (May & June) and fees are pending,

but we do need to know ASAP if you would be interested in playing as team submission deadlines are soon approaching.

All players interested in joining this CYSL league will be required to play Divisional House soccer with OMHSA as well.

For more information or to acknowledge interest, please contact Lisa Davidson at lisa.lizzidavidson@gmail.com or Lianne Heales at lianne.h@100milesoccer.com

Referee Information

Are you 12 years old or older and want to learn how to be a referee? OMHSA is willing to train you and pay you for the games that you work.

Entry Level Clinic—April 8-10 (100 Mile House) Cost \$100 (will be reimbursed by OMHSA upon completion of 6 games.) Must be at least 14 yrs of age at time of clinic to register.

Refresher Clinic—April 10 (100 Mile House). Must be currently registered with BCSA as an Entry Level referee. No cost for clinic but must re-register with BCSA (annual registration) at a fee of \$50. (This fee will be reimbursed by OMSHA upon completion of 6 games.)

Small Sided Referee Clinic—April 2, 9:00—3:00 at 100 Mile Elementary. Must be at least 12 years of age. Clinic fee is \$25 and will be returned upon completion of 6 games.

For more information or clinic registration, please contact Werner Heine at 250-791-6647 or heine2@shaw.ca

WE NEED YOUR HELP!

While the fields are physically ready for play, our project is still very much ongoing. We have many fundraising activities planned (dinner auction, quad raffle, garage sales, NEW THIS YEAR concession operation), and welcome any additional ideas. If you can help out in any way with any of these projects, please contact Werner Heine at heine2@shaw.ca or 250-791-6647.

In addition, OMHSA is pleased to host the U13 and U15 boys and girls Provincial B Cup tournament this July 7-10. This massive undertaking will see 32 teams in our town (4 of them local). With this number of teams, we will require a lot of help. If you have even a couple of hours to spare, we need you. Please contact Jenn Lindner at tournament.info@100milesoccer.com for a list of what we need help with.

Player Development Academy

Player Development Academy is a development program aimed at dedicated U9/U10 players (birth years 2002 and 2001).

The focus is on building players confidence, as well as technical and tactical abilities in a stimulating fun environment. Practice times TBA.

This program is in addition to regular house practices. Fee is \$35 per player.

For more information or to register for the player development academy, please contact Lianne Heales at lianne.h@100milesoccer.com.

Coaching Clinic & Support

OMHSA is pleased to offer a Community Coach Senior Clinic (CCS) April 30-May 1 in 100 Mile House. This is the entry level course for coaches coaching in the 14+ age groups. The CCS course is geared towards coaching at a more competitive level of youth soccer and touches on the following areas: stages of development, advanced technical skill development, aspects of coaching, coaching team play (systems/tactics), set plays, coaching the goalkeeper, attacking and defending principles, fitness, physical preparation (warm-up and cool-down), first-aid, ethics, and safety and liability. This course meets the NCCP standards for the soccer technical and practical components. There is a registration fee of \$145 which will be reimbursed upon completion of the clinic. For more information or registration instructions please contact Lisa Davidson at lisa.lizzidavidson@gmail.com.

For **any** coaching questions or concerns, please contact Lisa as above.

