



**Winter Program**  
**Youth Elite/Competitive Groups**  
**2011/12**

**Capital United "Winter Junior Competitive & Elite Program" (WJCEP)** targets the U9-U18 boys and girls competitive teams. This program enables serious and committed players to improve their skills, game awareness and Speed of Play during the winter. Participation in the program is based on invitation and recommendation by our Club Head Coach and Staff Coaches.

The WJCEP is delivered under the supervision of our **Club Head Coach, Traian Mateas, National B Licensed, assisted by our Staff Coaches:**

- **Raz El-Asmar, National B Licensed,**
- **Andreas Noe, Pre B Licensed,**
- **Frank Lofranco, Provincial B Licensed**

**Tania Singfield, Director and head coach of the Golden Gloves Goalkeeper Academy,** will conduct once again, our **goalkeeper clinics over the winter!**

Our WJCEP is an integral part of our overall year-round programs, built with the emphasis on Skills development per the principles of the LTPD Model. For most age groups, this program runs twice weekly (with Intra-Squad/Club games on Saturdays for the U9-U11s), **starting from November 5th 2011 until March 10th 2012.**

This program also permits players graduating from our Youth Development Program (U4-U11) and Summer Youth League to enter into our Competitive and Elite categories.

**Dome time is offered to our older competitive teams, starting from U12 (99') age groups and up.**

**For detailed information on fees' options and schedule, go to [www.fccapitalunited.com/details\\_and\\_fees.html](http://www.fccapitalunited.com/details_and_fees.html)**

You'll find below **updated** schedule per level and age group. Cancellation dates (due to Holidays, etc.) will be communicated directly to teams.

<b>Age groups</b>	<b>Days/Times</b>	<b>Location</b>
Women (D2) Weekly Indoor League	Tuesday	<a href="#">Coliseum</a>
95' Girls OYSL	Monday 6:45PM-8:15PM	<a href="#">Louis-Riel Dome</a>
95' Girls OYSL	Wednesday 8:30PM- 10:00PM	Ridgemont High School, 2597 Alta Vista



		Drive
Futsal	Saturday 1:30PM- 3:00PM	Notre Dame High School
Friendly Games	Saturday/Sunday	TBD
96' Girls OYSL	Monday 5:30PM-6:45PM	<a href="#">Louis-Riel Dome</a>
96' Girls OYSL	Wednesday 7:00PM-8:30PM	Ridgemont High School, 2597 Alta Vista Drive
Weekly Indoor League	Saturday	<a href="#">Coliseum</a>
98' / 99' Girls	Wednesday 5:30PM-7:00PM	<a href="#">Louis-Riel Dome</a>
Weekly Indoor League	Saturday/Sunday	<a href="#">Coliseum</a>
00' Girls	Monday 5:30PM-7:00PM	<a href="#">Louis-Riel Dome</a>
00' Girls	Thursday 6:00PM-7:30PM	Gloucester High School, 2060 Ogilvie Rd
Weekly Indoor League	Saturday/Sunday	<a href="#">Coliseum</a>
01' -02' Girls	Monday 7:00PM-8:30PM	Henry Larson school, 1750 Sunview drive
Intra Squad games	Saturday 9:00AM-10:30AM	Notre Dame High School
Men Weekly Indoor League	Sundays	<a href="#">Louis-Riel Dome</a>
94' Boys	Tuesday 8:00PM-10:00PM	Emily Carr School
Weekly Indoor League	Saturday	<a href="#">Coliseum</a>
95' Boys	Monday 8:30PM-10:00PM	Sir Robert Borden School, 131 Greenbank Road
95' Boys	Thursday 8:45PM-10:00PM	<a href="#">Louis-Riel Dome</a>
Weekly Indoor League	Saturday	<a href="#">Coliseum</a>
96' Boys	Monday 8:30PM-10:00PM	Sir Robert Borden School, 131 Greenbank Road
96' Boys	Thursday 8:45PM-10:00PM	<a href="#">Louis-Riel Dome</a>
Weekly Indoor League	Saturday	<a href="#">Coliseum</a>



97' Boys OYSL	Monday 7:30PM-9:00PM	<a href="#">Louis-Riel Dome</a>
97' Boys OYSL	Thursday 8:00PM-10:00PM	Emily Carr School, 2681 Innes Road
Futsal	Saturday 12:00PM- 1:30PM	Notre Dame High School
Weekly Indoor League	Sunday	<a href="#">Coliseum</a>
98' Boys	Monday 7:00PM-8:30PM	Sir Robert Borden School, 131 Greenbank Road
98' Boys	Thursday 7:30PM-9:00PM	<a href="#">Louis-Riel Dome</a>
Weekly Indoor League	Saturday/Sunday	<a href="#">Coliseum</a>
99' Boys	Monday 7:30PM-9:00PM	Cairine Wilson High School, 975 Orleans Blvd
99' Boys	Thursday 6:30PM-8:00PM	<a href="#">Louis-Riel Dome</a>
Weekly Indoor League	Saturday/Sunday	<a href="#">Coliseum</a>
00' Boys	Tuesday 6:00PM-7:30PM	Gloucester High School, 2060 Ogilvie Rd
00' Boys	Thursday 7:30PM-9:00PM	Gloucester High School, 2060 Ogilvie Rd
Weekly Indoor League	Saturday	<a href="#">Coliseum</a>
01' Boys	Wednesday 5:30PM-7:00PM	Louis Riel Dome
01' Boys	Thursday 7:30PM-9:00PM	Gloucester High School, 2060 Ogilvie Rd
Weekly Indoor League	Sunday	<a href="#">Coliseum</a>
02' Boys	Thursday 7:15PM-8:45PM	Glen Ogilvie School, 46 Centrepark Drive
02' Boys Intra Squad games	Saturday 9:00AM-10:30AM	Notre Dame High School
Development League	Sunday	Ben Franklin Dome
03' Boys	Thursday 6:15PM-7:15PM	Glen Ogilvie School, 46 Centrepark Drive
03' Boys Intra Squad games	Saturday 9:00AM-10:30AM	Notre Dame High School



**Capital United Youth Academy will resume once again this winter! Weekly sessions will be offered to players, as selected and identified by our Club Head Coach, ages U12-U17 boys and girls.**

<b>ACADEMY SCHEDULE</b>		
<b>U12-U17 Boys/Girls</b>	<b>TBA</b>	

<b>Goalkeepers' clinics 1st session - Oct 26th</b>	<b>Wednesdays</b>  - 6:15PM-7:15pm (juniors)  - 8:45PM-9:45PM (seniors)	<u><a href="#">Golden Gloves Academy FIELD HOUSE, 800 INDUSTRIAL AVE. UNIT #2-R</a></u>
--	---	---

**In 2011, we continue to offer to existing members, free additional "Time on the Ball" outings! Starting on the first week of November until mid-March, we will be hosting Futsal Intra-Club games every Saturday at Notre Dame High School.**

<b>FUTSAL INTRA-CLUB GAMES</b>		
<b>U10-U12 Boys/Girls</b>	<b>Saturday 10:30AM-12:00PM</b>	<b>Notre Dame High School</b>
<b>U13-U17 Boys/Girls</b>	<b>Saturday 12:00PM-1:30PM</b>	<b>Notre Dame High School</b>

**We're committed to Long Term Player Development.**