



## COSA Tiny Tots

Tiny Tots is structured to support the development of boys and girls born from January 1, 2013 through June 30, 2014. Your child will be taught basics of soccer through interactive soccer drills and activities. These activities focus on creating a fun environment while introducing the fundamentals of soccer.

Instruction is provided by Ellis Wallinger. She has played rec and select soccer, as well as high school, and worked Tiny Tots with Don Dopps for 10+ years. She assumed all activities last Fall and continues to work with youth. Tiny Tots has seven sessions (one per week), a jersey (one per year) and a participation trophy. Applications are accepted on a first come, first serve basis so register early at [cosasoccer.com](http://cosasoccer.com).

### Program Information:

**Ages:** January 1, 2013 – June 30, 2014

**Class sizes:** (10-15) children per class

### Class Days and Times:

Saturday – 9:00 a.m., 9:50 a.m. or 10:40 a.m.

Sunday – 2:30 p.m. or 3:20 p.m.

**Cost:** \$65 through March 10<sup>th</sup>

**Season Begins:** April, 2018

**Season Ends:** May, 2018



## COSA U5, U6, and U7 Leagues

The U5, U6, and U7 leagues are structured to continue the development of your child through small sided games. All coed teams are formed by age groups and teams stay together from Fall through Spring Soccer. COSA will accept neighborhood teams from other leagues.

Instruction is provided by volunteer coaches and coaches may practice (1 or 2 times) a week. The program consists of (8) games, a team shirt\*, and a participation medal. Register online at [cosasoccer.com](http://cosasoccer.com).

### Program Information:

**Ages:** Check Age Chart on Back of Page

**Team sizes:** Limited to 6 to 10 depending on age group.

**U5:** 6 Players, **U6:** 7–8 Players **U7:** 9–10 Players

### Game Format:

**U5:** 3 v 3 with Six (6) minute periods.

**U6:** 4 v 4 with Six (6) minute periods.

**U7:** 5 v 5 with Six (6) minute periods.

### Game Days:

Saturday Mornings, Sunday Afternoons, Weekday Evenings

**Cost:** \$70 through March 10<sup>th</sup>

**Season Begins:** April, 2018

**Season Ends:** May, 2018



## COSA U8/U9 In-House Academy Leagues

COSA continues to provide an in-house academy league. COSA will provide instructor led training sessions bi-monthly for our Academy League. These sessions will focus on more advanced skills and concepts associated with the game of soccer.

Volunteer coaches will assist with the training sessions and coach games. The program consists of (8) games, a team shirt\*, and a participation medal. Register online at [cosasoccer.com](http://cosasoccer.com).

### Program Information:

**Ages:** Check Age Chart on Back of Page

**Team sizes:** Typically 9–11 players per team based on the game format.

### Game Format:

**U8-U9:** 6 v 6 and a goalie with two (20) minute halves

### Game Days:

Saturday Mornings, Sunday Afternoons, Weekday Evenings

**Cost:** \$75 through March 10<sup>th</sup>

**Season Begins:** April, 2018

**Season Ends:** May, 2018

## About Us Central Ohio Soccer Association

The Central Ohio Soccer Association (COSA) has proudly served Central Ohio and its surrounding communities for over 30 years. We are a Non-Profit, Volunteer Organization that operates out of Westerville, Ohio. We are a member of the Ohio South Youth Association and are affiliated with the US Soccer Federation and US Youth Soccer. We provide children with a fun and energetic environment in which to learn basics of soccer. COSA provides beginning instructional programs (i.e. Tiny Tots) and youth recreational divisions. In addition, if your child excels and desires more Advanced Training they can join our select soccer program - Capital City Futbol Club.

Our seasons are in the Fall and Spring and the players will be able to play in the same division both Fall and Spring. The Spring season runs from April through May, and the Fall season runs from August through October.

**We hope you will join our organization and provide your children with a great environment to learn about soccer and most importantly - Have Fun!**

### COSA Fee Includes:

- New team jersey each fall
- Limited team size allows maximum playing time per game
- Eight game season
- Participation Awards for all youths
- Officials

### Equipment:

- Shin guards (mandatory)
- Soccer cleats (no metal, baseball or football cleats)
- Water bottle for games and practices
- Soccer ball for practices
- Coaches will determine short and sock color to be provided by players

## SPRING 2018 AGE GUIDELINES

Tiny Tots:..... 01/01/13 – 06/30/14  
 U5 Division:..... 01/01/12 – 12/31/12  
 U6 Division:..... 01/01/11 – 12/31/11  
 U7 Division ..... 01/01/10 – 12/31/10  
 U8 Division: ..... 01/01/09 – 12/31/09  
 U9 Division: ..... 01/01/08 – 12/31/08

### WWW.COSASOCCER.COM

The website has information about COSA, it's divisions, camps, and Club soccer. On the website you may find directions to fields, field closings, registration forms, and more.

### REFUNDS & CHECK RETURNS

Refunds are issued on a case by case basis at the end of the season. Refunds will not be issued once the season begins. Any request for a refund must be in writing and will be subject to a \$20 administrative charge. All returned checks will be charged a \$30 fee.

### WE DO PLAY IN THE RAIN!

Weather hotline: For field closings and game cancellations, go to [www.cosasoccer.com](http://www.cosasoccer.com). Coaches can call 614-890-1207 after 4:00pm then they will notify their players. After 4:00pm it is a game time decision.

### APPLICATIONS

Applications must be completed in full, have required parent signature and **include proper payment**. COSA reserves the right to restrict entry based on the number of applicants and coaches, even if applications are received by the deadline. Mail to COSA: P.O. Box 1309, Westerville, OH 43086

**Early Bird Registration Period** - January 15<sup>th</sup> - March 10<sup>th</sup>

Tiny Tots - \$65

U5 - U7 Recreational Soccer - \$70

U8 - U9 In-House Academy Soccer Leagues - \$75

**Late Registration Period** - March 11<sup>th</sup> - March 31<sup>st</sup>

Tiny Tots - \$75

U5 - U7 Recreational Soccer - \$80

U8 - U9 In-House Academy Soccer Leagues - \$85

## COSA SPRING 2018 SOCCER REGISTRATION

Check if new address

Please print legibly and return with payment to the COSA office by August 12<sup>th</sup>, or register on-line at [cosasoccer.com](http://cosasoccer.com).

Players Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Home # \_\_\_\_\_ Cell/Work # \_\_\_\_\_

Male \_\_\_\_\_ Female \_\_\_\_\_ Birth Date \_\_\_\_/\_\_\_\_/\_\_\_\_

School \_\_\_\_\_ Grade \_\_\_\_\_

Shirt Size: YXS YS YM YL AS AM

Name of Parent(s) \_\_\_\_\_

Email Address \_\_\_\_\_

### Please register my child to play in:

#### TINY TOTS:

\_\_\_\_\_ Saturday at 9:00 a.m. \_\_\_\_\_ Sunday at 2:30 p.m.

\_\_\_\_\_ Saturday at 9:50 a.m. \_\_\_\_\_ Sunday at 3:20 p.m.

\_\_\_\_\_ Saturday at 10:40 a.m.

#### RECREATIONAL SOCCER LEAGUES: (check appropriate box)

Co-Ed (U5)  Co-Ed (U7)

Co-Ed (U6)  Co-Ed (U8/9)

\*To determine your child's division, please review age group chart.

If you played COSA in Fall 2017, provide your team name and coach:

Would you like to play on this team again?  Yes  No

All players receive a new jersey in the Fall.

#### PARENTS WE NEED YOUR HELP!

I would like to: HEAD COACH / CO-COACH / ASST. COACH

I am a returning coach \_\_\_\_\_ I am a new coach \_\_\_\_\_

Name \_\_\_\_\_

Email \_\_\_\_\_

Work # \_\_\_\_\_ Cell # \_\_\_\_\_

Date of Birth \_\_\_\_\_

#### Waiver: Please read and sign below

The undersigned consent and agree that the above named child may become a member of the Central Ohio Soccer Association. In consideration of recreation and instruction being furnished, we do assume risks in connection with participation in said activities, and release and discharge the Central Ohio Soccer Association and its Staff, Trustees, Officers, and Members, from all claims, demands and damages for injuries to person and damages to property which may befall the herein named child while participating in such activities, including all risks connected therewith, whether foreseen or unforeseen; and further to save and hold harmless said Association and person from any claim by me, or by my child, arising out of my child's participation in such activities. Further, the undersigned agrees to furnish upon demand a birth certificate for the child.

(parent: sign & date)

**NO application will be accepted without payment and proper signature**

TEAR HERE AND RETURN