



Region 91 Lancaster

Parent Welcome and Information Sheet

Welcome Parents/Guardians!

It is my privilege to welcome you to the AYSO Region 91 2015 Fall Season. My name is _____ and I will be your child's soccer Head Coach. Throughout past soccer seasons, many questions have arisen. I will attempt to answer many of these in this letter. Should you have any concerns that are not addressed herein, please feel free to contact me at your convenience. Here is some contact information:

Contact Info: _____ - _____

Practice: Our practices will be held on _____ at the Lancaster Soccer Center from _____. The practice field is located on the east fields on Field _____. Each player is expected to be at every practice. Parents are required to stay and observe. If a parent is unable to stay for the duration of practice, please make arrangements with one of the coaches. It is during these practices that we will work on the fundamentals of soccer. However, we realize that your child may have scheduling conflicts during the season. Accordingly, when he/she cannot make a particular practice, please call me in advance. ***The most important thing to remember about practice is the following: Encourage your child with positive comments after each session.*** Comments like "You were really fast!" or "Your dribbling is getting even better!" will make my duties as Head Coach both easier and even more rewarding.

Games: Please have your son/daughter at the field they will play on at least twenty (20) minutes prior to game time. Our team number is _____. Again, if your child will be unable to attend a game, please notify me in advance. Games are usually canceled due to poor field conditions or prevailing weather conditions. Do not assume that if games are canceled at a different field that our games will be canceled. Should you have any questions regarding the status of our games, please call one of the coaches. We will provide parents with a game schedule as soon as we receive one. ***The most important thing to remember about games is the same as above: Encourage each player with positive comments after each game***

Equipment: Shin Guards are **MANDATORY** for both practices and games. Due to AYSO rules, your child will not be able to participate in practice or games without them. Soccer shoes (cleats) are highly recommended, but not mandatory. There will be times when he/she will be playing on wet grass, and the soccer cleats will improve traction. Each child needs to have their own soccer ball for practice at home and with the team. We use a **Size ____** ball in Division _____. Bring the soccer ball to practice—please have their name clearly marked on the ball. During cooler weather, ***sweat clothes/running tights can be worn at games, but must be UNDER the SOCKS AND UNIFORM.*** Your child does not need to wear the uniform to practices.

Playing Time: Each player will get at least two quarters of playing time, probably three, and in some games possibly four. During the year, each player will be encouraged to play every position.

Jewelry: No jewelry of any kind should be worn at practice or during a game. This includes, but is not limited to bracelets, watches, and necklaces. Soccer is a contact sport, so we try to eliminate any potential hazard that jewelry may present. This is an AYSO rule.

Refreshments: It is very important that children remain properly hydrated while participating in youth sports, particularly on hot days. Therefore, we require that parents provide water to their players during practice. Additionally, there will be a snack schedule based on jersey numbers for game days. Healthy snacks and water are encouraged versus sodas, chips, candy, etc. You may want to offer a small snack such as apples, oranges, or grapes to the kids at halftime. After-game snacks will be left to the discretion of the parents of the assigned player, and healthy alternative are encouraged.

First Aid: We will bring a simple first aid kit to all practices and games. In the event of minor cuts or abrasions, a coach will administer topical antibiotics and bandages. In the event of a more serious injury, you will be immediately contacted for instructions. If, in the coaches' judgment, there can be no delay in seeking professional medical assistance, an ambulance will be called and your child will be taken to the nearest hospital. If you have any instruction or comments regarding this proposed (and typical AYSO) procedure, please speak with me at practice. In addition, please advise me in writing if your son/daughter is allergic to a medication or if he/she has some other unique medical situation, which the coaches would have to convey to medical professionals in the event of an emergency. Injuries or blows to the head will always require a player to leave the game. The player will not be allowed back to the game or to practice until cleared by his/her doctor.

Positive Participation: Soccer is a team sport in which each child can share in the accomplishments and improvement of the team. At games, we require only positive participation from the spectators. Please cheer good plays made by BOTH teams, and never criticize what you think is a poor play. Soccer is also a contact sport and there will be times when your child will fall or get hit/pushed. If a player is down, a coach is always the first to enter the field. Please allow coaches to assess the situation and only enter the field if called to do so by a member of the coaching staff. Please keep emotions in check in these situations. More often than not, the player is fine and allowed to play on. During games, always remember: **Coaches Coach, Players Play, Parents Cheer**. There is zero tolerance for sideline coaching, negative comments, or any other inappropriate behavior. Also, AYSO requires all spectators to remain at least five (5') feet back from the sidelines during the games. There are no dogs or pets allowed on the field during practice or games.

Refereeing/Playoffs: Games are officiated by volunteer referees. They are trained in FIFA rules and while they always do their best to make the correct calls, they are human and can make mistakes. No verbal abuse of officials will be tolerated. Spectators will be immediately sent off the fields for inappropriate language or behavior by a member of the coaching or officiating staff. All teams are required to provide a team of three (3) referees in order to advance to playoffs. We gather points for our team every time our officiating crew refs a game. If a team has a perfect record but has not provided a team of referees or has not gathered the required points, that team will not be allowed to advance. **We need parents to step up and volunteer.** The region discourages coaches to act as both a referee and a coach, so having volunteers from our pool of parents is crucial to our team's success. Training for referee certification is provided by the region at no cost. Please speak to one of the coaches for more information.

Team Picture: Pictures will be taken in September here at the Soccer Center. Details will be available later.

Please feel free to contact me with any questions or concerns that may come up during this season. I look forward to a fun soccer season with your child.

Sincerely,

Coach _____