**Fall 2016 U12 AYSO Region 159 – Coach: XXX**

Parents and Players:

Welcome to the Fall 2016 soccer season. I hope you are all excited to get back out on the pitch and play some soccer!

My name is XXXXX and I’m your daughter’s head coach for the Fall 2016 season. I’ve been active in AYSO Region 159 as a coach, assistant coach, center referee and assistant referee for the last 4 years, ranging from U6 up to now U12. My cell # is XXX-XXX-XXXX and my email address is XXXXX@XXXXX.com.

**My Goals:**

1. Kids to have FUN!
2. Coaches to have FUN!
3. Parents to have FUN while helping at practices and watching the games!
4. Develop your child’s individual and team soccer skills while having…. FUN!

**Expectations of Players:**

1. Have FUN at practices and games.
2. Be focused and pay attention during practices and games.
3. Give your full effort at practices and games. Winning is not what’s important. Trying your best, respecting your coaches and referees while enjoying yourself is what matters!
4. Build trust and bond with your teammates, communicate and work together as a TEAM!
5. Treat your teammates, coaches, referees and opponents with the utmost respect. Criticizing, making fun of people, name calling or trash talking will not be tolerated.

**Expectations of Parents:**

1. Volunteer for open positions and help out at practices.
2. Get your daughter to practice on-time and 30 minutes early to games with her cleats, shinguards, socks and sunscreen on and ready to play, and her size **XXXX** ball and water in hand.
3. Communicate with me via text, phone call or e-mail with advance notice if your child will miss practice or a game.
4. Treat all players, coaches, referees and opponents with the utmost respect. Keep your comments and cheering positive and encouraging. Criticizing players, referees or coaches will NOT be tolerated!
5. Leave the coaching to the coaches, the refereeing to the referees and the playing to the players!

**Volunteers and Sponsors:**

In order for our team to function as a well-oiled machine, we need volunteers! Your help will allow me to focus my time on training and developing your child’s soccer skills; volunteer positions need to be filled ASAP. See circulating handout for open positions (Assistant Coach, Team Manager, Referee, Field Maintenance).

\*\*\*FREE training is available for coaches, referees and field maintenance. Sponsor is a tax-deductible donation.

**Medical Conditions or Allergies:**

Let me know if your child has any medical conditions or allergies. You can e-mail me privately.

**Practices:**

Practice start Monday, August 1st. We will practice on Mondays and Wednesdays from 6:00PM – 7:30PM until our first game on September 10th. Afterward, practices will most likely be moved to Tuesdays and Thursdays same time. Practices will be held at Arbor Park.

Parents please encourage additional practice at home. Even just leaving the soccer ball in the house and having your daughter dribble down the hall to the bathroom and her bedroom coupled with doing bells, toe-taps, pullbacks, etc. while watching TV or playing on a computer / tablet / phone will greatly improve her ball handling skills and improve her confidence at practice and games! Every extra touch on the ball helps!!!

**Equipment:**

Cleats – required at all practices and games  
Shinguards – required at all practices and games  
Size **XXX** Ball – bring to all practices and games properly inflated  
Water Bottle – bring ample water for breaks at practices and games  
Uniform – will be provided by region at a later date, only needed for games not practice  
Hairbands / Hair ties - only soft / non-rigid hair ties / headbands / ponytail holders are allowed  
No Jewelry – necklaces, bracelets & earrings cannot be worn at games or practice for safety  
No Casts or Splints – hard casts or splints are not allowed at games or practices for safety  
Prescription glasses - OK, prescription goggles are preferred.  
Practice Clothing - please be sure your daughter shows up to practices wearing appropriate training clothing: no skirts, dresses, skorts, no offensive or inappropriate shirts.

**Games:**

**Schedule -** has not yet been released. We are scheduled to play 10 games starting September 10th and ending November 12th. Once schedule is received I will e-mail.

**Rules -** U12 is 9v9 and played on a larger field than U10. We play 60 minutes broken into 4 15 minute quarters. We have 12 players on our team. Each player will play ¾ of each game, and each quarter 3 players will sit out. No Heading allowed!

**Location -** There are 6 teams in our regions Girls U12 division. We will not travel, all games will be at Oak.

**Snack –** Any allergies? A snack schedule will be created. Please bring a halftime snack and an optional end of game snack. Quick, healthy, easy to eat and easy to cleanup snacks for halftime are preferred, such as sliced fruit: oranges, apples, watermelon, etc.

**Players need to be on the field dressed and ready to play 30 minutes prior to game start time.**

**Please notify me in advance if your daughter will miss a game. If there is a last minute illness or emergency please send me a text ASAP. Communication is key so I can reorganize the game lineup.**

**Parents –** Be positive and encouraging spectators. Do not berate the referees, leave the coaching to the coaches. Be good role models for our children. This is not the world cup, we are all volunteers, we all need to work together to provide a SAFE, FAIR, and FUN environment for our children! Thank you!