

AYSO REGION 281 PLEASANT HILL MARTINEZ SOCCER ASSOCIATION

**COACH ORIENTATION
July 24, 2025**



EVERYONE PLAYS

BALANCED TEAMS

OPEN REGISTRATION

POSITIVE COACHING

GOOD SPORTSMANSHIP

PLAYER DEVELOPMENT



AGENDA

- AYSO Vision & Mission
- AYSO Philosophies
- Coaching Requirements
- Coach Responsibilities
- Team Points program
- Safety
- Rosters
- Age Group Differences
- Game Day Reminders
- Schedule
- Referees
- Save the Dates
- Contacts
- Questions



We are AYSO

The AYSO Vision Statement

To provide world class youth soccer programs that enrich children's lives.

The AYSO Mission Statement

To develop and deliver quality youth soccer programs which promote a fun, family environment based on our Six Philosophies.



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AYSO Six Philosophies

EVERYONE
PLAYS®

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TEAMS

OPEN
REGISTRATION

GOOD
SPORTSMANSHIP

PLAYER
DEVELOPMENT

POSITIVE
COACHING



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COACHING REQUIREMENTS

1. VOLUNTEER REGISTRATION (ANNUAL)

- Register as a volunteer for 2024/25
- Submit Volunteer Form
- Complete background check with Sterling Volunteers
- Live Scan Fingerprinting

2. COMPLETE MANDATORY TRAINING

- Safe Haven
- CDC Concussion Training
- Sudden Cardiac Arrest Training
- SafeSport Annual Update

3. COACH CERTIFICATION

Complete age-appropriate training:

- 6U, 8U: online only field session available
- 10U, 12U, Intermediate, Advanced:
pre-course online + field training

Need Support?

Contact your Division Coordinator

More Info : AYSO WIKI

LOGIN TO AYSO THROUGH YOUR ACCOUNT AT
[AYS0281.ORG](https://www.ayso281.org)



[My Account](#)[Calendar](#)[Volunteer](#)[My Orders](#)[Messages](#)[AYSOU](#)[Home](#)

My Roles & Certificates

**Brandon Ricks**

ID Number

Board Member 2024 Fall Core

19U - Coed (Players Born 2006 - 2010)

[AYSOU](#)

Region 281 Area 2C

<input type="checkbox"/>	Certification	Expiration Date	Status	Compliant
<input type="checkbox"/>	Risk Status	11/11/2024	Green	<input checked="" type="checkbox"/>
<input type="checkbox"/>	Concussion Awareness	None	Verified	<input checked="" type="checkbox"/>
<input type="checkbox"/>	Fingerprinting California Only	None	Verified	<input checked="" type="checkbox"/>
<input type="checkbox"/>	Sudden Cardiac Arrest	None	Verified	<input checked="" type="checkbox"/>
<input type="checkbox"/>	AYSOs Safe Haven	None	Verified	<input checked="" type="checkbox"/>
<input type="checkbox"/>	SafeSport	11/22/2024	Verified	<input checked="" type="checkbox"/>
<input type="checkbox"/>	Coaching License	None	Advanced (19U) Coach	<input checked="" type="checkbox"/>
<input type="checkbox"/>	Referee Grade	None	Intermediate Referee	<input checked="" type="checkbox"/>

[Renew & Update](#)[Support](#)

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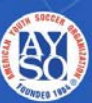
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Coaches CEU

VIEW COURSES

Training Library

Coaching

VIEW COURSES



completed online and in face-to-face format.

ENROLL

includes an Online Part 1 and In-Person Part 2 module. Coaches must complete 14U Intermediate Coach Online...

ENROLL

completed online and in face-to-face format. The 14U Intermediate Coach Online...

ENROLL



Coach Administrator - Online

AYSO

This training presents the duties and responsibilities of Coach Administrators with tips to enhance performance and...

ENROLL



AYSO - US Soccer Foundation Coach Mentor Certification - Online

AYSO

The Coach Mentor Blueprint is provided by the US Soccer Foundation and designed to encourage the development of...

ENROLL



XC CEU - US Soccer Foundation Coach Mentor Certification - In-Person

AYSO

Free

ENROLL VIA EVENT



COACH MENTOR CERTIFICATION - HIGHLY RECOMMENDED



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ADMINISTRATIVE RESPONSIBILITIES

1. CONTACT FAMILIES - Reach out ASAP!

- Teams > Team Rosters > Team Information/Contact Info
- Use apps (Teamsnap / Whatsapp / MOJO)

2. TRAINING

- Weeknight & Saturdays in August
- Once games start - weeknights only
- Only use assigned fields & spaces
- Shared fields - be nice

3. RECRUIT VOLUNTEERS

- Require referees
 - 8U - 1 ref
 - 10U+ - 2 refs
 - Similar training as coaches
- Assistant coach
- Field Coordinator
- Team Manager
- PHMSA Cup Volunteer (10U, 12U, 14U)

It's a village, it takes everyone to help make the kid's experience a positive one!



PERSONAL RESPONSIBILITY

- REMEMBER CORE PHILOSOPHIES
 - POSITIVE COACHING
 - PLAYER DEVELOPMENT
 - GOOD SPORTSMANSHIP
 - EVERYONE PLAYS
- MAINTAIN A FAIR, FUN AND SAFE
- ENVIRONMENT FOR KIDS TO LEARN
- SET APPROPRIATE EXPECTATIONS
- USE AVAILABLE RESOURCES
- HAVE FUN



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HELP KEEP OUR FIELDS CLEAN

**Please respect the facilities we
use by cleaning up the areas once
your game/training has concluded.**



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COACHES TOOLBOX

Get organized

- Now I'm a Coach, what's next?
- Fingerprinting
- Email Templates
- Team Meeting Outline

Volunteers

- Team Points Program
- Volunteer sign up sheet
- Volunteer reporting form

Laws of the Game

- Rules made simple
- Soccer etiquette
- Parents Pledge

Coach Tools

- The Coaching Manual
- Season Guide
- Lineup Cards
- Rating Spreadsheet

Admin Forms

- General Release
- Return to Play Form
- Incident Report

Safety Information

- Concussion Info & Action Plan
- PHMSA Weather Policy

AYSO Coaching Manuals

PLEASANT HILL/MARTINEZ SOCCER ASSOCIATION

HOME PROGRAMS VOLUNTEERS AYSO WIKI RESOURCES

COACHING RESOURCES

Start of the Season Documents and Resources

Whether you're a new or returning coach, the following documents will help you get organized and set your team up for success at the start of the season.

Get Organized:

- [Now I'm a coach...what's next?](#)
- [Live Scan Fingerprinting](#)
- ["Welcome to the Team" Email Template](#)
- [Pre-season Team Meeting - Talking Points](#)

REFEREES

- Referee Training
- Referee Certification Requirements
- AYSO/USSF cross certifications
- Youth Referees

COACHES

- Coaches Toolbox
- Coach Training Events

PHMSA BOARD

TRAINING SESSION MATERIALS

AYSO Division 9

load links

must be

selecting the links. These manuals provide

ensive information on all of the materials

ered in your division training and

tification, including very helpful age-

appropriate training session techniques,

activities, and skill-centered training plans.



Team Points Program

AYSO is a **volunteer-driven organization**. From coaches and referees to board members and beyond, AYSO can only operate successfully with the involvement of parents and guardians. **PHMSA thrives because of your support!**

To ensure our region runs smoothly, all PHMSA families are expected to contribute to our volunteer program in some capacity.

Volunteer Requirement & Point System

Three years ago, we introduced a **point-based volunteer system**, which has played a key role in our successful seasons. Based on community feedback, we continue to refine and improve this system. If you're returning this year, here's what to expect:

- **Core Volunteer Positions:** Each team (6U and up) must fill all required core volunteer roles before receiving uniforms.
- **10U and Up – Earning Points:**
 - Each core volunteer role earns **1 point** toward the team's total.
 - **Referees** will earn the remaining points needed to meet the season's requirement.
- **Incomplete Volunteer Requirements:** Teams that do not meet the required points will be ineligible to compete in the elimination stages of the PHMSA Cup (10U-14U).



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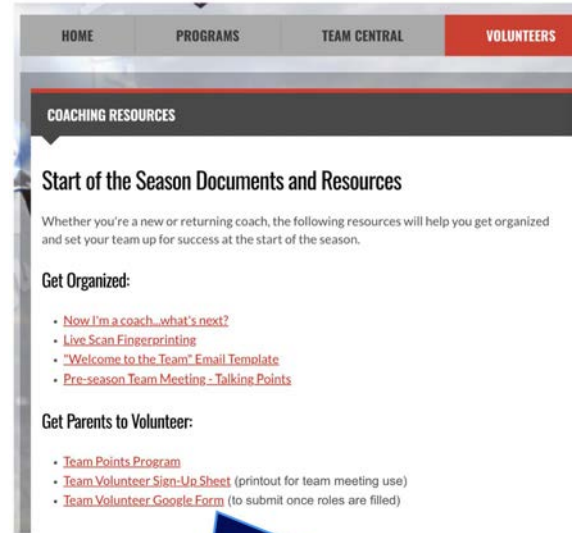
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PLAYER DEVELOPMENT



TEAM VOLUNTEER POSITIONS

6U	8U	10U - 19U
Coach	Coach	Coach
Assistant Coach	Assistant Coach	Assistant Coach
Team Manager	Team Manager	Team Manager
Field Coordinator	Field Coordinator	Field Coordinator
	Referee	Referee
		Referee
		PHMSA Cup Volunteer



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TEAM MANAGER MEETING

THURSDAY AUGUST 7th

6U/8U 5PM
10U+ 6:30PM

*ALL VOLUNTEER POSITIONS MUST BE FILLED BEFORE PICKING UP UNIFORMS



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SAFETY

- No unregistered players or volunteers may participate! This invalidates the insurance coverage for EVERYONE ON THE FIELD in case of an incident.
- No PHMSA goals are to be used during practices.
- All players must wear shin guards; no jewelry/hard hair accessories/watches.
- In the event of an injury, illness or other incident, file an [AYSO Incident Report Form](#) ASAP.
- First Aid Kits: available at equipment pickup
- Wet conditions or poor air quality:
 - Check the website FIRST - www.ayso281.org
 - safety@ayso281.org
- Coaches and referees should ensure goals are staked or weighted with sandbags before every game.

MINORS CAN NOT TOUCH KNAACK BOXES, HANDLE GOALS, OR ANY EQUIPMENT

NO DOGS ON THE FIELDS - Coaches need to remind families



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FIELDS

SILENT SATURDAY

WEATHER POLICY

COMMUNITY AND EVENTS

Community Support and
Outreach

FREQUENTLY ASKED QUESTIONS

REIMBURSEMENT REQUEST FORM

Weather Policy

Always assume "game on" unless you hear from your coach, or until a cancellation is posted online or sent via league-wide email.

Check the PHMSA website for announcements and [Field Status](#).

Rain Policy*:

Practices and games may be canceled due to (1) driving rain, or other conditions making play dangerous or impractical; (2) standing water on the field; or (3) ground so wet that play will damage the fields. We don't cancel merely because it is or was raining.

Air Quality Policy*:

The following guidelines are used based on the observed [Air Quality Index \(AQI\)](#):

0-50 = games and practices proceed as normal

50-100 = games and practices may proceed with adjustments

100-120 = games canceled; practices may proceed with adjustments

120+ = games and practices canceled

Excessive Heat Policy*:

Heat injuries can be one of the most common injuries to occur in youth soccer players and volunteers, with risks ranging from dehydration, to heat cramps and heat exhaustion, to a heat stroke, all of which present with different symptoms. Proper hydration is essential to help combat these injuries from occurring and [it is essential that hydration starts 24 hours in advance of the event](#). Increased water intake in advance of and during events helps to ensure a safer and more enjoyable experience for players, volunteers, as well as spectators. Parents: Always ensure your player(s) bring a water container of their own to all practices and games.

Additional information about heat-related injuries and illnesses, including signs & symptoms as well as what to do, is available [here](#).



Shortening/Cancellation of Region 281 Practices and Games due to Excessive Heat:

Temperature will be based off the highest temperature in the PHMSA region. Martinez is often a few degrees cooler than Pleasant Hill, however most of our fields are in Pleasant Hill.

PHMSA uses [Weather Underground](#) for all temperature forecasts.

Practices for all Divisions (6U - 19U)

- 92-97°F - Coaches shall encourage increased water intake, take breaks in the shade where available, decrease strenuous activity and focus on skill based learning.
- 97-101°F - Practices shortened to a maximum of 40 minutes. Coaches shall take frequent water breaks, take breaks in the shade where available, decrease strenuous activity and focus on tactical and technical skills.
- 102°F and above – Fields closed, practices canceled.
- Coaches may choose to cancel practices at any temperature and at their own discretion.
- The Region Safety Director will monitor weather conditions and send out practice cancellation/field closure notifications if needed.

6U - 10U Games Policy (Includes any 12U – 19U in-league games)

- 92-97°F - Referees & Coaches shall provide longer water breaks, shorten each quarter by 2 minutes.
- 97-101°F:
 - 6U-10U - Referees & Coaches shall provide longer water breaks at quarter and half, Referees/Coaches can allow for substitution of players who need water/rest and should be taken at a natural stoppage. Goal keepers are recommended to keep water bottles behind their nets for hydration. Each quarter is shortened by 2 – 3 minutes at Referee and Coach discretion.
 - 12U-19U In-League Games - Referees & Coaches shall provide longer water breaks, Referees shall allow for more stoppage in play such as a quarter break or eighth break, Referees can allow/permit for substitution of players who need water/rest and should be taken at a natural stoppage. Goal keepers are recommended to keep water bottles behind their nets for hydration. Each quarter is shortened by 2 – 3 minutes at Referee and Coach discretion.
- 102°F and above – Fields closed, games canceled or abandoned.
- The Region Safety Director and other Board Members will monitor weather conditions and make a determination to cancel games if needed. It may be determined that morning and early afternoon games can be played, but later afternoon games need to be canceled or abandoned due to excessive heat. If you have a late afternoon game, please monitor your email for field closures/game cancellations.

For 12U – 19U interplay games please defer to [Area 2C](#).

*It is the final decision of each player's parent(s) as to whether they play a game or attend practice. If you feel your player is unable to participate, please let your coach know as soon as possible.



ROSTERS

AGE GROUP	PLAYERS ON FIELD	MAX. ROSTER SIZE	GAME LENGTH
6U	5	7	4 x 5min
8U	5	8	4 x 10min
10U	7	10	4 x 12.5min
12U	9	12	4 x 15min
14U & 16/19U	9-11	18	2 x 35min



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AGE GROUP DIFFERENCES

- **3 /4 MINIMUM RULE APPLIES:** All players must play 3 quarters before any player plays 4
- 8U: No goalkeepers, no headers, no slide tackling
- 10U: Build Out Line
 - READ ABOUT IT
 - CONFIRM WITH REFEREES ON HOW THEY INTERPRET THE LAW BEFORE GAME
- 12U & up: Goalkeeper punting allowed
- 14U & Up: Heading permitted within guidelines
- SUBSTITUTIONS: 6U-12U: at quarter breaks; 14U and up: rolling substitutions

ALL DIVISION-SPECIFIC RULES CAN BE FOUND IN THE APPROPRIATE AGE AYSO COACHING MANUAL

- Accessible online once online training completed in AYSOU
- Contains a full season's worth of training plans and activities!



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GAME SCHEDULE/DETAILS

- GAMES START AUGUST 16TH (12U+) / SEPTEMBER 6th
- GAMES SCHEDULED ON SATURDAYS
- SCHEDULES TO BE DEVELOPED BY DIVISION COORDINATORS
- GAMES TIMES WILL VARY EACH WEEK
 - TYPICALLY START AT 9
 - LAST GAME ENDS AROUND 5
- COACHES WITH MULTIPLE TEAMS
 - MAKE SURE YOU ARE SIGNED UP AS A VOLUNTEER AND ASSIGNED TO EACH TEAM
 - GAME SCHEDULING SYSTEM WILL RESOLVE CONFLICTS (THEORETICALLY)
- ANTICIPATED FIELDS FOR GAMES
 - 6U – Sequoia Elementary OR Nancy Boyd
 - 8U – VALLEY VIEW MIDDLE SCHOOL
 - 10U – PLEASANT HILL MIDDLE SCHOOL, GREGORY GARDENS
 - 12U – WATERFRONT PARK, SEQUOIA MIDDLE SCHOOL + INTERPLAY
 - 14U+ – SEQUOIA , PO PARK, INTERPLAY

**IF THERE IS NOT REFEREE FOR A GAME –
YOU CANNOT USE THE GOALS.**



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GAME DAY REMINDERS

- **ZERO TOLERANCE POLICY**: PHMSA does not tolerate any unsporting, abusive or aggressive behavior towards officials or volunteers. As Coach, you are responsible for the behavior of your sidelines. Please review the policy with your team families ahead of the season.
- **POSITIVE COACHING**: We are here for player development and above all **FUN!**
- First Game of the Day: Responsible for field set up. Ensure goals are staked or weighted with sandbags.
- Last Game of the Day: Responsible for field take down. All equipment must be safely locked up with goals facing AWAY from the field.
- Ensure you have line-ups ($\frac{3}{4}$ rule!), MRFs, first aid kit, [game card](#)
- Have a plan for blowouts



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MANAGING BLOWOUTS

- Adjust player positions: Move goal scorers to defense or to goalkeeper, and put developing players in key positions.
- Limit scoring: Require players to score from outside the penalty area, with their less dominant foot, or with a limited number of touches.
- Require passing: Require players to make a certain number of passes before scoring, or have every player touch the ball before a shot.
- Change formation: Consider a less attacking formation that focuses on ball possession.
- Set new goals: Challenge players to accomplish new goals, such as more passing or shooting with their weaker foot.
- Encourage other teams: When you see something done well by the other team, encourage their players.
- Be respectful: No one likes to lose big, so it's important to be respectful



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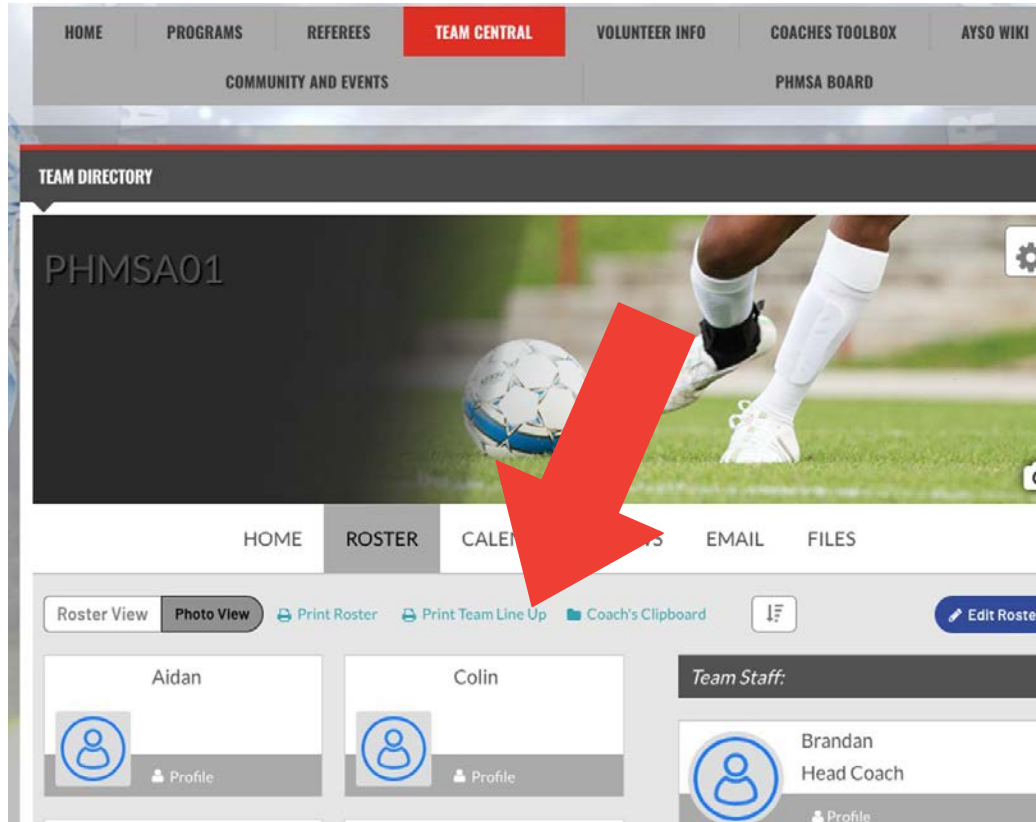
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GAME CARDS REQUIRED



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DIVISION SPECIFIC GAMES

12U

- Size 4 ball
- 9v9
- Shinguards required
- 60 minute game – 15 minute quarters
- Subs at quarter breaks and halftime
- Halftime = 5 min
- No heading
- All other IFAB laws enforced
- Safe slide tackling allowed
- Registered and certified referees required
- Together parents and coaches are expected to provide and promote a fair, fun, and safe environment for the players.

14U

- Size 5 ball
- 11v11 or 9v9 as needed
- Shinguards required
- 70 minute game – 35 min halves
- Free substitution
- Halftime = 5 min
- All IFAB laws enforced
- Safe side tackling allowed
- Registered and certified referees required
- Together parents and coaches are expected to provide and promote a fair, fun, and safe environment for the players.

19U

- Size 5 ball
- 11v11 or 9v9 as needed
- Shinguards required
- 80 minute game – 40 min halves
- Free substitution
- Halftime = 5 min
- All IFAB laws enforced
- Safe side tackling allowed
- Registered and certified referees required
- Together parents and coaches are expected to provide and promote a fair, fun, and safe environment for the players.

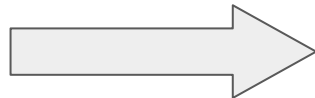


INTERPLAY SCHEDULE

- 12U+
- vs Concord, MDSA, Delta
- Google doc is always correct!
- Confirm games with opponent
 - jersey color
 - Parking
 - Bathroom
 - Etc

	HomeTeam	AwayTeam	MatchDate	StartTime	EndTime	Location	Field
14UG	PHMSA02	PHMSA03	9/7/2024	15:00	16:15	Sequoia Middle	14U Field
14UG	CON1	MDSA2	9/7/2024	11:00	12:15	El Dorado Middle School	Field 1
14UG	DELTA1	PHMSA01	9/7/2024	11:00	12:15	Riverview Middle School	Field 1
14UG	MD3	PHMSA04	9/7/2024	13:00	14:15	Pine Hollow Middle School	Field 1
14UG	MD1	BYE	9/7/2024				Field 1
14UG	PHMSA04	PHMSA02	9/14/2024	13:00	14:15	Sequoia Middle	14U Field
14UG	CON1	DELTA1	9/14/2024	11:00	12:15	El Dorado Middle School	Field 1
14UG	MD1	PHMSA03	9/14/2024	9:00	10:15	Pine Hollow Middle School	Field 1
14UG	MD3	PHMSA01	9/14/2024	11:00	12:15	Pine Hollow Middle School	Field 1
14UG	MD2	BYE	9/14/2024				Field 1
14UG	PHMSA03	MD2	9/21/2024	15:00	16:15	Pine Hollow Middle School	Field 1
14UG	DELTA1	MD1	9/21/2024	11:00	12:15	Riverview Middle School	Field 1
14UG	MD3	CON1	9/21/2024	11:00	12:15	Pine Hollow Middle School	Field 1
14UG	PHMSA01	PHMSA04	9/21/2024	9:00	10:15	Sequoia Middle	14U Field
14UG	PHMSA02	BYE	9/21/2024				Field 1
14UG	MD1	PHMSA01	9/28/2024	15:00	16:15	Pine Hollow Middle School	Field 1
14UG	MD3	PHMSA02	9/28/2024	13:00	14:15	Pine Hollow Middle School	Field 1
14UG	PHMSA04	MD2	9/28/2024	13:00	14:15	Hidden Lakes Park	HL Turf Field
14UG	PHMSA03	DELTA1	9/28/2024	9:00	11:15	Sequoia Middle	14U Field
14UG	CON1	BYE	9/28/2024				Field 1
14UG	PHMSA04	MD1	10/5/2024	15:00	16:15	Pine Hollow Middle School	Field 1

☰	🔒 Area 2C Guidelines ▾	🔒 Field Locations ▾	Coach Information ▾	🔒 14UG ▾	🔒 14UB ▾	🔒 19UC ▾
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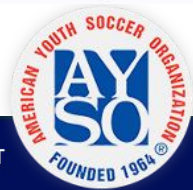
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AYSO Parent Pledge



Kid Zone Parent Pledge

Coaches, referees, parents, and all players agree to abide by the following code of conduct as a condition to their participation in AYSO activities:

1. I pledge to be on time or early when bringing my child to his/her practices and games. I understand that it may be uncomfortable for my child to be late to a game or practice and that he/she is subject to physical risk if not provided with adequate time to warm up. I understand that I am encouraged to stay during practices and games, but if I do not, I will be there when he/she is finished. Being punctual shows respect for the coach, who has other time commitments, and it tells my child that he/she is my top priority.
2. I understand that the top three reasons kids play sports are to have fun, make new friends and learn new skills. I understand that the game is for the kids, and I will encourage my child to have fun and keep sport in its proper perspective. I understand that athletes do their best when they are emotionally healthy, so I will be positive and supportive.
3. I will redefine what it is to be a "Winner" in my conversations with my child. Winners are people who make the maximum effort, continue to learn and improve, and do not let mistakes, or fear of making mistakes, discourage them. I understand that mistakes are an inevitable part of any game and that people learn from their mistakes. I understand that all children are born with different abilities and that the true measure of success is not how my child compares to others, but how he/she is doing in comparison to his/her best self.
4. I will "Honor the Game." I understand the importance of setting a good example of sportsmanship for my child. I will show respect for all involved in the game including coaches, players, opponents, opposing fans, and referees. I understand that officials, coaches, and players make mistakes. If the referee makes a call I do not agree with, I will refrain from questioning, insulting or making personal attacks against him or her.
5. I understand that games can be exciting for my child as he/she deals with the fast-paced action of the game, responds to opponents, referees, teammates, and listens to coaches. I will not yell out instructions. During the game, I will make only sportsmanlike comments that encourage my child and other players on both teams.
6. I will not make negative comments about the game, coaches, referees, or teammates in my child's presence. This sets a bad example, which can negatively influence my child's motivation and overall experience. I agree to act in a sportsmanlike manner and make every effort to foster a friendly and nonviolent atmosphere.

I agree to honor the AYSO Parent Pledge in my words and actions.



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The AYSO implementation of the US Soccer Referee Abuse Program (RAP) applies to all members of our community - including **Coaches, Referees, Spectators, Team Members, all Participants and Volunteers.** Everyone is expected to contribute to a respectful and safe environment on and around the pitch.



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REFEREES

- Together - we all support the kids to play (Safe - Fair - Fun)
- 8U+ no certified referee = no game - NO USE OF PHMSA EQUIPMENT
- Each team, 10U & up required to have at least two certified team referees
- Identify your team referee(s) immediately! Get them started on training.
- 10 matches per team 10U and above (multiple refs per team can share the requirement). Need to earn points for qualifying for end of season tournament.
- Referees can do their own team's games - preferably as the assistant referee
- Youth referees are encouraged and welcomed! (Min age 12 for U8 and below, age 13 for U10, age 15 for U12, age 17 for U14 and above)
- Email refadmin@ayso281.org with any questions



ABSOLUTELY Zero Tolerance of abuse for Referees, regardless of AGE!



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REFEREE TRAINING

- Referee Training is similar to Coach Training; mostly online & start early!
- Current Calendar - eTrainU - classes hosted by PHMSA / Concord / MDSA
- 8u referees - recommend to take Regional class and be ready for next year too!
- Current Scheduled Regional (10u) Referee Training (more coming soon)
 - Online and in person training



More info: ayso281.org/volunteers/referees/



SAVE THE DATE

- EQUIPMENT HANDOUT - JULY 26TH
- PRACTICES START - AUGUST 2ND
- COACH MEETING - SEPTEMBER 4TH
- GAMES START 12U+ - AUGUST 16TH
- GAMES START 6U-10U - SEPTEMBER 6TH
- PICTURE DAY - SEPTEMBER 7TH
- AMO COACH COACHING - SEPTEMBER 8TH
- NO GAMES - OCTOBER 11TH
- COACH MEETING - OCTOBER 16TH
- PHMSA VOLUNTEER DINNER - NOVEMBER 14TH
- PHMSA CUP 11/8-9

*NO RESCHEDULING OF CANCELLED GAMES

- IN PERSON CERTIFICATIONS
 - MUST COMPLETE ONLINE MODULES BEFORE ATTENDING
- 6U
 - 7/26 2PM
 - 7/30 5:30PM
- 8U
 - 7/26 3:30PM
 - 7/29 6PM
- 10U
 - 7/19 3PM
 - 7/26 9AM
 - 8/9 3PM
 - 8/24 3PM
- 12U
 - 7/19 1PM
 - 8/2 GOLDEN GATE CAMP
 - 8/9 9AM
 - 8/24 9AM

*6U and 8U do not require a field session, but it is highly recommended.



EVERYONE PLAYS

BALANCED TEAMS

OPEN REGISTRATION

POSITIVE COACHING

GOOD SPORTSMANSHIP

PLAYER DEVELOPMENT



Need help? Have questions?



coachtraining@ayso281.org



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CONTACTS

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12U	Soheil Etemadi	12U@ayso281.org
10U	Ben liams	10UB@ayso281.org
8U	Amanda McKeon	8UB@ayso281.org
6U	Heather Smith	6U@ayso.281.org



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Questions?

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Thank you



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