



## Pre-Season

- Contact your region's administrator to let them know if you are returning to coach
- Complete the online Risk Management form and let your region's administrator know when it is completed
- Receive season information August 1-5 and communicate the following to your team:
  - Practice & game dates, times and locations
  - Uniform information: Fall 2017 marks the beginning of Year 1 in the Adidas uniform cycle\* and **all** U5-U12 NCFC Recreation players must purchase a home & away jersey
    - U5-U12 players can purchase the Adidas NCFC Rec jerseys
    - \*U13-U19 coaches and managers are responsible for picking their teams jerseys
- Attend mandatory coaches meeting and optional NCFC Coaching Clinic on Saturday, August 5. Coaches will receive\*:
  - Cones, official NCFC shirt and match ball
  - Official NCFC Coaching Certification & shirt once coaching clinic is completed
  - U5-U8 coaches receive ball vouchers for their players

*\*We ask coaches who have attended in the past to only take pinnies and cones if needed.*
- Sign up for Recreational Text Alerts (used for weather and other time-sensitive updates)  
**Text NCFCREC to 84483**
- Email team requesting someone to serve as the assistant coach or team manager. These adult(s) must complete the same risk management process as the head coach

## In-Season

- U7-U19 teams will have their first practice during the week of August 14-18. **U5 & U6 will have their 1<sup>st</sup> session August 26**
- Kick-off your first game August 26-27
- Continue weekly practices. Find practice plans on the NCFC Youth Website
- Take a break for Labor Day weekend September 2-3
- Continue communication about upcoming games
  - U5-U12: Navy jerseys are home | Red jerseys are away
  - U13-U19: Home team must change to white if there is a jersey color conflict
- Submit your Hamilton Sportsmanship Award Winner midway through the season. Winners will be recognized during halftime of a NCFC or NC Courage game.

## Game Day

- Head coaches, assistant coaches, or any adults on the bench **must bring a picture ID and be on the official match roster**
- Bring your team roster to every game
- Bring a copy of the North Carolina FC Youth Medical Waiver to every game
- Always check your email, and NCFCYouth.com for field information and updates  
Text "NCFCREC" to 84483 to sign-up for emergency text alerts (i.e. field closures)



## End of Season

- Send an end-of-season email to your team with the following information:
  - Thanks for a great season
  - Encourage players to sign-up for next season prior to Guaranteed Placement Deadline
  - Complete online risk management for next season  
*Risk Management must be completed each year*
  - Information about post-season gathering (optional)

## Suggested Equipment

- U5-U8 | 10 cones & 4 pinnies  
*Size 3 game ball is provided to each coach*
- U9-U12 | 20 cones & 6-8 pinnies  
*Size 4 game ball is provided to each coach*
- U13-U19 | 20 cones & 9 pinnies  
*Size 5 game ball is provided to each coach*

*NCFC provides a game ball, coaching shirt, and cones at coaching meeting and certification clinic on August 5.*

Questions? Contact Recreation Director Scott Becker- [Scott.Becker@NCFCYouth.com](mailto:Scott.Becker@NCFCYouth.com)