

FMSC Club Soccer Program



Club Soccer— For those players looking for more.....





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FMSC Club Soccer Program



Program Objectives

The FMSC Club Soccer Program is dedicated to promoting and enhancing the game of soccer, and encouraging healthy development of players within a fun and competitive environment for children, parents, and coaches in the FM Community.

Our efforts and energies are directed to the following objectives:

- To develop players at all levels of play by building and improving their skills, confidence, fitness, initiative and sense of teamwork.
- Promote players who enjoy the spirit of competition.
- Focus on developing a comprehensive training footprint which leverages consistency around the basic technical and tactical learning of soccer.
- Promote and encourage high standards of sportsmanship and fair play.

The Club Soccer program is open to all players within the FM District and surrounding areas that reside within New York State West Youth Soccer Association (NYSWYSA) jurisdiction and that are cleared to play with FM Soccer Club through NYWYSA, who are looking to play at a more advanced level than the recreation program.

The program begins at the U-10 age level and will carry through to U13. The Age Matrix as adopted by NYWYSA will be used to determine if (and at what level) a player is eligible to play.

It is a goal of the program to field both girls and boys teams in the respective age brackets.

Club Soccer Program Ruling Bodies

The FMSC Club Soccer Program falls under:

- The guidance of the Central NY Junior Soccer Association – CNYJSA: <http://www.cnyjsa.org/site/>
- New York State West Youth Soccer Association: <http://www.nyswysa.org/>
- US Youth Soccer (national level): <https://www.usyouthsoccer.org/>

As members of these organizations, the FMSC is able to pass along many of the philosophies, training and guidance being used across the country. An

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example of this is the utilization of small sided games and drills that allow players to increase the number of touches to become comfortable with ball handling.

FMSC Club Soccer Program Philosophy

The FMSC Club Soccer Program is a full year developmental program designed to offer players a challenging learning experience, exposure to teams outside of FM, and an opportunity for advanced skills development.

We believe in age appropriate developmental training duration and intensity, while still establishing an off-season window to allow young players sport specific rest and the opportunity for cross-training. This off-season period is from the middle of July to the middle of August.

The FMSC Club Soccer Program is a community centered, volunteer based structured approach. Our teams are coached and managed by parent volunteers, with active support and direction from the FMSC Director of Coaching regarding player and team development, and logistical support from FMSC Club Coordinator

Club Soccer Team Player Selection:

Players interested in being on a Club Soccer team must participate in mandatory tryouts. These tryouts are generally held at the end of June – please see our website for exact dates. Tryouts consist of two (2) weeknight sessions, and players must attend both. Criteria for player evaluation is below:

- Receiving
- Passing
- Shooting
- Heading
- Defense
- Dribbling
- Movement off the ball
- Knowledge of the game
- Communication
- Speed
- Goaltending

The Club Soccer Program tryouts are under the supervision of our FMSC Director of Coaching, who evaluates of each player’s performance and selects the roster.

Please note: Just because a player makes the team one year does not guarantee they will make the same team the next year.

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Player and Parents' Commitment to FMSC Club Soccer Program

Each player needs to understand the Commitment and agree to the season plan. The intent of this is to make the player and his/her family aware of the level of commitment that the FMSC Club Soccer Program requires:

1. The program is based on age appropriate practice and game time durations per week.
2. One Team practice per week not to exceed 1 hr 15 min per week.
3. Player Skills Development sessions; Spring and Fall (8 – 75 min sessions each).
4. One game per week, with durations per NYSWYSA/USYSA age matrix (between 2 halves of 20 min to 2 halves of 35min depending on age group).
5. Player is expected to participate in all Skills Development sessions, games and Team practices during the entire session. This is the commitment expected from all players that wish to participate in the program.
6. All U10, U11 and U12 Club Soccer teams will play two seasons a year in the CNYJSA league (Fall friendlies and Spring competitive).
7. All Club teams will play at least one indoor season (Fall or Winter).
8. All teams will have an initial team meeting before the first season begins. This meeting will address at least the following items:
 - Expectations
 - Which winter sessions to participate in (1, 2, or both)
 - Which tournaments the team will intend to participate
9. Once players and families are notified by the Club Soccer Program Coordinator that they have been accepted into a Team, and they confirm their willingness and commitment, they will be officially rostered on such Team.
10. If a player decides to drop off a team after they have been rostered, any costs incurred/paid towards the Club Soccer program are not reimbursable.

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Team Rostering

Our Program is based on CNYJSA developmental league play in the Fall and the Spring, and its start and duration are set accordingly. As such, our team roster size is defined by the league rules and regulations as follows:

Division	Players on Field	Minimum Players Rostered	Maximum Players Rostered
U10	7 vs. 7	10	14
U11	9 vs. 9	12	18
U12	9 vs. 9	14	18
U13+	11 vs 11	14	22

Specific team sizes are based solely on eligibility of players that tried out. The Club Soccer Program Coordinator will make every reasonable effort to field a competitive team in each age group.

If a team in a division cannot meet the minimum quota of players, the Club will not field a Club Soccer team for that division for that season.

The FMSC Club Soccer Program rosters up to 3 coaches, and one Team Manager per Team. One of the three coaches must be a Head Coach, and the other two would be registered as Assistant Coaches.

All players will be registered with our ruling bodies, and player passes will be provided accordingly.

All 3 coaches and the Team Manager will be screened and certified using the Risk Pass process in place with NYSWYSA.

The maximum number of Risk Pass holders rostered on a team on the sideline during official FMSC Club Soccer games is 3 (League and Tournament play).

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Coach and Team Manager Duties and Responsibilities

Head coach-

Key technical contact for FMSC Club Soccer Program (for their specific team), League and Tournament play. Responsibilities include roster integrity, practices, games, indoor league registration, and tournaments registration. Expected to perform duties according to FMSC Club Soccer bylaws, CNYJSA no tolerance rules, and NYSWYSA bylaws.

Assistant coach-

Secondary contact for FMSC Club Soccer Program (for their specific team), League and Tournament play. Assists with rosters, practices and games. Expected to perform duties according to FMSC Club Soccer bylaws, CNYJSA no tolerance rules, and NYSWYSA bylaws.

Team Manager-

Lead administrative contact for registrations, rosters, player passes, referees fees, announcements, uniforms and player emergency contact information. Expected to perform duties according to FM Soccer Club bylaws, CNYJSA no tolerance rules, and NYSWYSA bylaws.

Is the responsibility of the Head Coach, Assistant Coach and Team Manager that the FMSC Club Soccer team properly represents our Club and community. This includes but is not limited to player behavior during games and practices, and spectators' attitudes and composure during practices and games. All billing and payments for Club Soccer related fees are to be handled through the FMSC and our website. We also encourage teams to use the scheduling and communication features available to them through their dedicated Team Page on the website. FMSC commits to supporting and training volunteers in various aspects of coaching and running the team.

Age Appropriate Player Eligibility

All players that comply with the Club Soccer Eligibility criteria already described in previous sections can play in their respective divisions as defined by the Age Matrix published by NYSWYSA. All players will be placed according to their DOB, regardless of academic grade per US Soccer rules. Players may not play down, but may play up.



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Club Soccer Program Cost:

One of the big questions asked about Club Soccer is How much does it cost? Costs depend on how many tournaments and indoor sessions each team plays over the course of the year.

We estimate the overall cost for playing Club Soccer between \$700-\$1000 per year, plus any expenses incurred when traveling to tournaments outside the area.

As a reference, below is a sample list of the different kinds of costs involved from a previous season:

	U10	U11	U12		
<i>ESTIMATED CLUB FEES (Formerly Travel)</i>	Fees with 12 Players	Fees with 14 Players	Fees with 16 Players	Total Team Costs	<i>Date Payable</i>
Tryout Fee	\$ 25	\$ 25	\$ 25		<i>Tryout Registration</i>
Club Program Overall Registration*	\$ 315	\$ 325	\$ 325		<i>Upon Acceptance to Team (August)</i>
Uniforms	\$ 90	\$ 90	\$ 90		<i>Upon delivery (August/September)</i>
Winter Season 1 Fees (481 SC)	\$ 92	\$ 79	\$ 69	\$ 1,100	<i>Around October</i>
Winter Season 1 Practice Facility Fees (Manlius Y, 15- 1hr practices)	\$ 200	\$ 171	\$ 150	\$ 2,400	<i>Around October</i>
Winter Season 2 Fees (481 SC)	\$ 92	\$ 79	\$ 69	\$ 1,100	<i>Around January</i>
Winter Season 2 Practice Facility Fees (Manlius Y, 15 - 1hr practices)	\$ 227	\$ 194	\$ 150	\$ 2,400	<i>Around January</i>
Sample Weekend Tournament (Chili - Rochester)**	\$ 33	\$ 29	\$ 25	\$ 400	<i>Upon team registration</i>
Sample Weekend Tournament (Northstars - Syracuse)**	\$ 33	\$ 28	\$ 25	\$ 395	<i>Upon team registration</i>
Sample Weekend Tournament (1492 - Syracuse)**	\$ 27	\$ 23	\$ 20	\$ 325	<i>Upon team registration</i>
Total Individual Fees	\$ 1,133	\$ 1,043	\$ 948		
<i>*Club Program Registration includes: Fall & Spring Skills Sessions; Fall & Spring Season CNYJSA League Fees, including Referees; NYSWYSA Player and Coach related Fees and Passes; FMSC Club related fees</i>					
<i>**Sample Tournament does not include actual travel or lodging costs for tournaments outside of Syracuse area.</i>					

Tournament travel expenses are an example, and will vary depending on team, location and length of stay – lodging & travel expenses not included.