

Hello East Lyme Soccer Association Travel Coaches!



Thank you for your time and expertise in coaching our athletes. We are thrilled with our Teams and are looking forward to a great season.

To follow is information/notes/reminders about ELSA Safety and Equipment:

1. **ELSA Coach's Backpack** – We're in this together! To keep you informed, supported, and organized, the following items are provided for ALL Travel Coaches:

- ELSA Backpack
- ELSA Coach's Binder
 - ELSA Emergency Action Plan (EAP)
 - *Print & attach your most up-to-date Team Roster*
 - *Print & attach your most up-to-date Player Emergency Contact Information*
 - Notes from the Equipment Manager (H. Tooker)
 - Notes from the Referee Coordinator (S. Buller)
 - Keeping it Together (Practice Plans, Notes, & More) – *Just for you!*
- ELSA Clipboard - *Print & attach multiple copies of your most up-to-date Team Roster*
- ELSA Coach Shirt (coming soon) - We appreciate you, Coaches!
- ELSA Pen & Post-It Notes
- Ball Pump
- First Aid Kit (gloves, band-aids, gauze, etc.)
- CPR Emergency Face Shield
- 2 – Ice Packs (more in the shed if needed throughout the season)

2. **Safety and Emergencies** – To complete your Team's Emergency Action Plan (EAP) please do the following:

- Locate our Emergency Action Plan (EAP) in your Coach's Binder.
- Thoroughly read our EAP. Understand your responsibilities and expectations in case of an emergency.
- Print and attach a copy your most up-to-date Team Roster.
- Print and attach ALL Player Emergency Contact Information.
- Bring this with you for any ELSA sponsored practice/game/event.

3. **It's in the Bag** – The following equipment will be provided by ELSA for practices and games:

- 2 – Game Balls, Size 4 or 5 (should be kept secure and in good condition, used ONLY for home games, and return at the end of the season).
- 3 – Practice Balls, Size 4 or 5 (extra balls for drills, players without a ball, etc.)
- 20 – Disc Cones of various colors
- 10 – Pinnies (more in the shed if needed)

Other Optional Practice/Game/Player Equipment/Accessories Available in the Shed:

- GK Gloves (Sizes 4-10)
- GK Jerseys (Sizes XXL-AL)
- Additional Ice Packs, Disc Cones, First Aid Kit supplies, etc.
- Pinnies (various colors – size adult)

- Tall, Orange Cones
- Ladders and other Drill Equipment

4. **ELSA Shed** - Please note that the shed lock can be finicky and requires care when opening. Putting in more muscle will not get you easier access. When opening the lock, hold the *handle* and turn it slightly to the left as you gently turn the *key and handle* to the right at the same time to unlock the door.

- The code to the key box is private and should only be shared with adult ELSA Coaches. It is not a public area and should be treated as a secure place. *Please ask a current ELSA Coach or Board Member for the key box code.*
- If you have trouble accessing the key box (contains a key that unlocks the large door, located on the right side of the shed), the key is missing, or you're having trouble with the shed door itself, please text me as soon as possible (860-227-6176).

5. **Home Games** – Before your Players arrive for warm-ups, please borrow the following items from the shed and bring them to your assigned field. When your game is finished, please return all items to their proper place in the shed:

- 4 - Corner Flags
- 1 - Sandwich Board with Reminders for Spectators prominently displayed near parents/fans.
- 1 – Black Team Bench – sideline chair style, sits 6 (optional)
- 1 – Black Team Bench Shade Cover – used with sideline chair style Team Bench (optional)
- 1-2 – Gray Team Bench – plastic, Lifetime style for your Team and/or opposing team (optional)
- 1 - 10'x10' Pop-Up Tent (optional)

All Game items can be found near the front of the shed (flags and sandwich boards to the left and benches and tents to the right). Our expectation is that, after your game, all items are returned to the shed for safe-keeping and to preserve their condition.

6. **Goal Weights** - Please check the field before all practices and games to confirm there are *two goal weights* on each goal before you begin. With many activities on the fields, often goal weights get moved around (along with the goals themselves). Our 7v7 and 9v9 Club Goals (Berardo, Softball and Baseball Fields) require **TWO** weights (yellow plastic or blue sandbags) for safety and field compliance. If for some reason, your goals are not weighted properly, you will most likely find the weights near the field or you can find blue sandbag goal weights in the shed.

**Note that the Soccer Goals on the 11v11 fields (Keser and Firehouse) are Safe Goals that have weights integrated into the frames and therefore do not require additional external weights.*

***Also note that ALL Bridebrook goals (Safe Goals and Club Goals) should rest/store on their frames - NOT with the wheels engaged/in the rolling position. Once goals are in the desired position on the field, please help us take care of our goals/wheels by removing the stress/weight on the wheels and change the position of the wheels allowing the goal to rest on its frame. If you are unsure how to do this, please ask another Coach or someone at the field for assistance.*

7. **PUMA Uniform Kit** – For GAMES, all Travel Players must wear a PUMA Uniform Kit from Soccer.com which includes the following four pieces:

- **ELSA Maroon PUMA Team Goal Jersey (Home)**
- **ELSA White PUMA Team Ultimate Jersey (Away)**
- **ELSA Maroon PUMA Team Goal Short**
- **UA Maroon PUMA Liga Sock.**

There are no substitutions or exceptions for the ELSA PUMA Uniform Kit.

For PRACTICES, all Travel Players must wear a black **PUMA Team Rise Jersey** from Soccer.com (shorts/pants and soccer socks are player's choice).

Why? team unity/spirit, sense of belonging/part of the team, discipline/responsibility, pride/ownership, eliminates decision fatigue, organization of smaller practice groups, etc.

All players must wear soccer socks, shin guards, and cleats for all PRACTICES and GAMES.

- Typically, all U9/U10 Travel Players AND new Players at any level will receive an email from Soccer.com with Uniform Kit Ordering Information and their assigned Player Number.
- Families can order new Uniform Kits or individual pieces at any time (with their current Player Number) at <https://www.soccer.com>. (The Soccer.com link and Uniform Ordering Instructions can also be found on our website, <https://www.eastlymesoccer.org/>)
- When registering, families are automatically enrolled into Soccer.com's Goal Club. With this membership families receive 10% off every order (excludes Uniform Kits), rewards for all purchases, and exclusive discounts and helpful sports-related content.
- Soccer.com also created an ELSA Fan Wear Store and a special Coaches Collection coming soon.
- **Note:** ELSA allocates funds to support families in need for the purchase of Uniform Kits. Families can email elsact.president@gmail.com for more information and to make a request; all inquiries are confidential.

8. Practice Goals –

- **Pugg Goals** – Typically shared among Coaches for Travel Soccer Practices (8 pairs in the shed).
- **Blue Fabric Goals** - With the understanding that these goals are not easy to move around, the expectation remains to store them in the shed throughout the season. After using, please return the blue fabric goals to the shed. (If left out, the weather and use from others outside of ELSA degrades them faster.) Thank you!

9. Tournaments / Patches - ELSA supports your Team's participation in tournaments. With kindness and courtesy in mind, recognizing that other ELSA teams may be attending as well, equipment may be borrowed from the shed (ie. borrow ONE tent, ONE table, and ONE feather sign). We have the following equipment available:

- 4 – 10x10' Pop-Up Tents
- 4 – Large Folding Tables
- 4 – Team Benches
- 4 – Team Bench Shades
- 2 - Large Gatorade Water Coolers (returned clean and dry)
- 4 - ELSA Feather Signs
- ELSA Patches - Available for teams to exchange with opponents at patch tournaments. Can be reserved in packs of 50 by emailing Heather Tooker at heds1@sbcglobal.net in advance of your tournament.

11. PVC Goals (Recreational Soccer Use) – Typically used for Pre-K-Grade 2 Recreational Soccer Practices (3' and 6' goals) and should be kept/left on the fields they are placed during the Fall season.

12. Maho Fan Store - Our season is here and soon we will have some chilly fall days. It's a great time to show your support for your favorite athlete and purchase some ELSA gear. You'll also be supporting local business which is double great! Place your order today! <https://mahoapparel.printavo.com/merch/east-lyme-soccer-association/?page=2>

Thank you for your close attention to this information and for all you're doing for our athletes - keep up the good work and hope your season is great!

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