

2025 WSSC Spring Coaches' Meeting and Annual General Meeting

REVISION: B

RELEASE: 04/26/2025



Revisions

Rev	Date	Notes
New	04/02/25	New Release
A	04/06/25	Changed U09/U10 AGC from Chip to Jesse. Board members and terms updated.
B	04/26/25	Changed contact opponent method. Updated fields

Meeting Notes

Keep mics on mute – avoid hot mics. Video optional and is recorded.

There age group-based breakout rooms/discussion at the end. They are not recorded.

Questions during the main meeting can be entered into the chat. Please preface with “Q:” so they stand out vs comments.

If you answer a question, please use @<user name> so they see your reply

Age Group Coordinators (AGC) are monitoring chat to facilitate

Questions not answered in the main meeting are addressed in breakout session

Agenda

Opening Remarks

Annual General Meeting (AGM) (Jesse Russell)

Coaches' Meeting – all coaches (Erich Wiener)

Break

Breakout Sessions – age group specific

- U6 & U7
- U8 – *stay in main presentation room. No separate breakout*
- U9 – U10
- U11 – U12
- No breakout room for U13+. Expect communication from AGC for SSUL / SYSA-specific league mtg.

Annual General Meeting (AGM) – Jesse Russell

Coaches' Meeting



Our HSA Family

Document Intent

This document is intended to be the coaches' packet for the Spring 2025 season.

Not all slides are covered in the meeting. WSSC expects its coaches to read and understand the reference slides and links.

If you have questions, please direct them to your age group coordinator.

Document includes web & in-document links for navigation

Key Points for the season

Coordinate equipment pickup now. ***You have only a few days between pickup (Wed) and your first game.***

Have hard copies of the medical releases of all players and team volunteers

Move goals and weights after your games and practices. Don't assume another team is coming later

Provide referee feedback via [Trias Soccer Central - Evaluate Referee](#)

Ask for help, clarification, info, or guidance early. The board cannot act if the info is not timely.

Fall registration opens May 1st (28 days).

- U13+: Closes May 31st
- U6 – U12: Closes June 30

New items for the Spring season

New: Conditions of Participation. REF: [WSSC – Resources – Coaches – Conditions of Participation](#)

New: US Soccer Referee Abuse Prevention Policy. REF: [US Soccer – Initiatives – Referee Abuse Preventions](#) and [WA State Referee Committee – Referee Abuse](#) and [HSA – Matchday – HSA Rules](#).

New: Weekly Matchday Report

New: Post-season survey for parents & guardians of coaches

Reminder: Earring and Jewelry are not permitted. REF: [WSSC – Safety – Earrings & Jewelry](#) and [HSA – Matchday – HSA Rules](#).

Caution: Only submit payments to WSSC by check to our P.O. Box or via our website.

Details presented later within Spring '25 info.

Acronyms

AGC	Age Group Coordinator
CDC	Center for Disease Control and Prevention
HPFC	Highline Premier Football Club
HSA	Highline Soccer Association
HSC	Highline Soccer Club
NFHS	National Federation of State High School Associations
NPSL	North Puget Sound League
RMA	Risk Management Application
PCA	Positive Coaching Alliance
SCA	Sudden Cardiac Arrest
SSUL	South Sound United League
SYSA	Seattle Youth Soccer Association
UKISC	UK International Soccer Coaches
USSF	US Soccer Federation
WSSC	West Seattle Soccer Club
WYS	Washington Youth Soccer

Club Organization & Communication

Spring Membership – West Seattle SC

Age	Players	Coaches / Volunteers	Teams
U6	213	29	24
U7	205	24	24
U8	223	33	23
U9	214	34	18
U10	153	22	12
U11	125	16	9
U12	87	9	6
U13	52	7	3
U14+	130	13	7
Spring '25 Total	1402	187	116
Fall '24 Total	1810	262	165
Spring '24 Total	1417	187	129

West Seattle SC Board

Role	Name	Term Ends
President	Jesse Russell	2027
VP Administration	Janna Templin	2026
VP Coaches	Erich Wiener	2026
VP Players	Hannah Wicklund	2027
Treasurer	Curtis Allan	2026
Secretary	Jamie Foulk	2027
Commissioner	Richard Hahn	2027
Commissioner	Michael O'Byrne	2026
Commissioner	Toby Janiec	2026
Commissioner	<i>Open</i>	-
Commissioner	<i>Open</i>	-
Commissioner	<i>Open</i>	-
Registrar	<i>Open</i>	-
Scheduler / Referee Assignment	Tim McMonigle	Hired Position



Highline Soccer Assoc. Board

Role	Name	Affiliation
President	Vacant (Chris Braun, acting)	HSC
VP Administration	Chris Braun	HSC
VP Competition	Tim McMonigle	HSA
Secretary	Bill Fry	HSA
Treasurer	Lori Reimann Garretson	HSA
Registrar	Vacant (Cori Reed, acting)	HSA
SSUL Representative	Chris Braun	HSC
Club Representative	Chris Casillas	HPFC
Club Representative	Jamie Foulk	HSA Select
Club Representative	Steve Balsiger	HSC
Club Representative	Jesse Russell & Erich Wiener	WSSC

[HSA – About Us – Board of Directors](#)

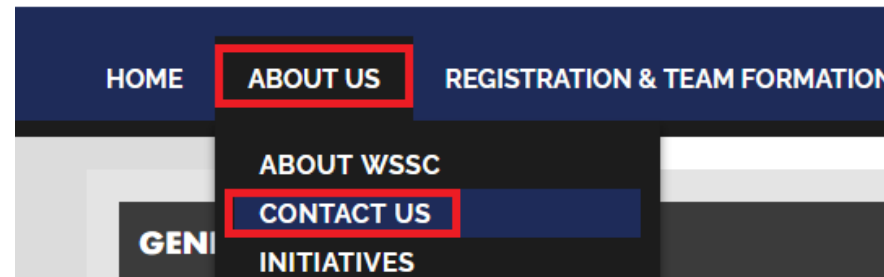
Age Group Coordinators (AGC)

Age Group	Name	Email
U6 / U7	Janna Templin	janna.templin@gmail.com ; wsscboard@gmail.com
U8	Toby Janiec	Toby.WSSC@gmail.com ; wsscboard@gmail.com
U9 / U10	Jesse Russell	jesse.wssc@gmail.com ; wsscboard@gmail.com
U11 / U12	Jesse Russell	jesse.wssc@gmail.com ; wsscboard@gmail.com
U13+	Rich Hahn	wsscagc13@gmail.com ; wsscboard@gmail.com

cc wsscboard@gmail.com in all communication. This ensures you receive timely response



WEST SEATTLE



[WSSC – About Us – Contact Us](#)

Need for Volunteers – Open Roles

Open Functional Roles

- Communications / Marketing / Social
- CPA / Tax Preparation
- Equipment / Uniforms
- Risk Management / Health and Safety
- Sponsorship / Fundraising
- Scholarship / Financial Aid / Outreach

Programs we'd like to pursue, but are resource limited:

- Junction & Rhodies FC Partnership
- Securing physical location (clubhouse)
- Equipment & uniform reuse/recycling
- Team trips to UW, SU, SPU, Highline, etc. games

Please solicit your extended networks for volunteers.

Board Communication

Include in all communications:

- Your name
- Player and Parent name
- Age Group and Team name
- Topic
- cc: wsscboard@gmail.com

Please communicate this format to your teams

Your first point of contact is your **age group coordinator**

Board contact info: [About Us – Contact Us](#)

Topic / Question	Name	Email
Team Admin Player Admin Equipment, uniforms, Season Info	AGC	Age Group Coordinator <u>and</u> wsscboard@gmail.com
Fields	Mick O’Byrne	wsscboard@gmail.com ATTN: Fields
Rescheduling & cancelling games	AGC Tim McMonigle	Age Group Coordinator <u>and</u> timpatmc@gmail.com ; wsscboard@gmail.com
Parent or Player assistance	Hannah Wicklund	wsscboard@gmail.com ATTN: VP Players
RMA/Background Check, Registration Problems	Registrar	wsscboard@gmail.com ATTN: Registrar
Coaching assistance, ideas, mentorship	Erich Wiener	coach.erich.wiener@gmail.com <u>and</u> wsscboard@gmail.com
Health & Safety Reporting	Board	wsscboard@gmail.com
General Questions	Board	wsscboard@gmail.com

Health & Safety

Health & Safety – Key Points

Strive to have a 2nd RMA (Risk Management Application / Risk Cleared) adult for your team

- Cannot hold practice or games with RMA cleared adult present
- Concussion Training required per State Law: RCW [28A.600.190](#)
- Sudden Cardiac Arrest training required per State Law: RCW [28A.600.195](#)
- SafeSport training required per Federal Law: [115 – 126 – Protecting Young Victims from Sex Abuse and SafeSport Authorization Act of 2017](#)

Goal & Field Safety

- Do not assume goals are secured. Always check yourself.
- Annually in the US, a child is killed or severely injured due to a goal toppling.
- Personal experience of goals toppling due to wind.

Additional slides / info in [References - Safety](#) section of this document

Health & Safety

Use Sports Connect to communicate with players

Ensure another adult is present when you are with the players – including carpools

Know and understand weather risks: [USSF - Recognize to Recover - Environmental](#)

Create an Emergency Action Plan (EAP).
Template: ([ref slide](#)). Ensure others know where it is located.

Write player uniform number on medical release form – others may not know all the players' names

Verify **your** medical release form is present

Always check the field before play for debris, litter, and dog waste

Ensure no one plays, hangs, or pulls on the goals

Prevent concussions by not shooting on goal when players are preparing near it – they are not watching for wild shots

Ensure players have an adult escort to public restrooms

Wait until every player has a ride home

Properly store goals – do not assume another team is coming

New for Spring '25 Season

New: Condition of Participation

Reference: [WSSC – Resources – Coaches – Conditions of Participation](#)

Required acceptance as part of registering as a coach / volunteer

Reasoning for implementation

- Revision / Update to prior Coaches Agreement
- Clarity of coach and volunteer expectations by the club
- Explicit, published guidelines available to the public
- First part of steps to add rigor to our policies and processes

Look for parent/guardian and player Conditions of Participation in the Fall

The club understands this is a new initiative. Questions, comments, suggestions: VP of Coaches & WSSC Board email.

New: Referee Abuse Policy

References:

- [US Soccer – Initiatives – Referee Abuse Preventions](#); and
- [WA State Referee Committee – Referee Abuse](#); and
- [HSA – Matchday – HSA Rules](#)

Detailed US Soccer document available at [HSA – Matchday – HSA Rules](#), direct download: [US Soccer RAP – Penalty Summary \(Policy 531.9\)](#). Examples of Level 1 violations follow. Level 4 is the most serious.

We are still working with the state (WYS) to understand implementation procedures for recreational leagues.

Please take this seriously. Don't put yourself in a position to find out how this is going to be implemented.

New: Referee Abuse Policy (cont.)

NON-PHYSICAL*	MIN. GAMES	TIME
Insulting, Belittling, Insinuating or Taunting Behavior Undermining Referee Authority	2	
Harassment, Intimidation, Retaliation, Abusive, or Threatening (Non Physical) Language	4	
Aggression, Attacking, Derogatory, Cyberbullying, Doxing or Threatening (Physical / Violence) Language	6	6 - 24 Months
Offensive or Discriminatory Act	10	12 - 24 Months
PHYSICAL*	MIN. GAMES	TIME
Minor or Slight Deliberate Touching	3	1 - 6 Months
Pushing, Grabbing, Pulling, Squeezing, Pinching, Lightly Slapping, Use of Object in Non Striking Manner, or Physical Property Damage	10	6 - 24 Months
Hitting, Punching, Elbowing, Kicking, Biting, Spitting, Choking, Tackling, Throwing or Use of Object or Any Part of Body (Forearm, Knee, Head) in a Striking Manner		12 Months - Lifetime

New: Referee Abuse Policy (cont.)

LEVEL 1: VERBAL TAUNTING

Speech or gestures intended to belittle the referee, damage their credibility, and undermine their ability to effectively officiate the game.

DEFINITION

Insulting, Belittling, Insinuating or Taunting Behavior
Undermining Referee Authority.

EXAMPLES

- **Questioning Competence:**
"Do you even know the rules?"
- **Mocking Appearance or Abilities:**
"Did you forget your glasses?"
- **Accusations of Bias:**
"What's the other team paying you?"
- **Dismissive Language:**
"You suck."
- **Aggressive Tone:**
"You're the worst ref we've ever had."

**2 Game Minimum
Suspension**



New: Referee Abuse Policy (cont.)

LEVEL 1: MINOR OR SLIGHT TOUCHING

Even minor deliberate touches can be unwanted and make referees feel unsafe and are considered physical abuse.

DEFINITION

Minor or Slight Deliberate Touching.

**3 Game Minimum
Suspension**

EXAMPLES

- Tapping the referee's shoulder to get their attention.
- Touching the referee's chest with your finger.
- Grabbing the referee's jersey to get their attention.
- Intentionally bumping lightly into the referee.

RECOMMENDED APPROACH

Respectfully get the referee's attention without touching them – and, even in the heat of the moment, make a conscious effort to keep your hands to yourself.

Disclaimer: These are only a few examples of abuse – other actions or statements may also fall into this category.



New: Weekly Matchday Report

Description:

- Google form, sent Sunday/Monday – after the matchday
- Basic info (email, name, age group)
- 3 Questions (score, was opposing Coach of Record present, referee coverage), plus field for comments
- Score is only for information in the ages that do not track league standings

Reasoning

- Means for the board to be more proactive during the season vs after the season is done
- Improve board's awareness of 3-goal policy adherence in HSA league. We want to ensure all teams are challenged at the appropriate level
- Early notification of coaches not complying with RMA policies & requirements
- Understand referee coverage

New: Post Season Survey of Coaches

- Google Form, sent post-season
- Based on Positive Coaching Alliance (PCA) [Coach Evaluation Form](#)
- Thirteen (13) questions, rating from 1 to 7
- You'll receive your score, plus the club's average score as a comparison

This is the criteria WSSC uses to gauge season success. Questions are next slide.

For more information, implementation strategies, and resources (including online training), navigate to:
<https://positivecoach.org/resource-zone/>

New: Post Sea. Survey of Coaches (cont.)

<i>I Felt Like My Child's Coach...</i>	<i>Strongly Disagree</i>				<i>Strongly Agree</i>		
PRIORITIZED TRUSTING RELATIONSHIP							
Knew my child's name	1	2	3	4	5	6	7
Listened to players	1	2	3	4	5	6	7
Helped teammates get to know eachother	1	2	3	4	5	6	7
TREATED ALL ASPECTS OF THE GAME WITH DIGNITY							
Followed the rules	1	2	3	4	5	6	7
Treated all players with dignity	1	2	3	4	5	6	7
Treated officials with dignity	1	2	3	4	5	6	7
Treated oponents with dignity	1	2	3	4	5	6	7
FOCUSED ON DEVELOPMENT OVER RESULTS							
Rewarded effort, not just results	1	2	3	4	5	6	7
Helped players develop sport and life skills	1	2	3	4	5	6	7
Viewed mistakes as learning opportunities	1	2	3	4	5	6	7
CONTRIBUTED TO PLAYERS' EMOTIONAL WELL-BEING							
Used positive reinforcement	1	2	3	4	5	6	7
Encouraged players to do their best	1	2	3	4	5	6	7
Made the sport more fun for my child	1	2	3	4	5	6	7

Would you like your child to play for this coach again? ☐ Yes ☐ No

Reminder: Earrings & Jewelry

References:

- [WSSC – Safety – Earrings & Jewelry](#); and
- [HSA – Matchday – HSA Rules](#)



Not permitted in accordance with Law of the Game 4.1 – Players' Equipment – Safety:

All items of jewelry (necklaces, rings, bracelets, earrings, leather bands, rubber bands, etc.) are forbidden and must be removed. Using tape to cover jewelry is not permitted.

The only exception granted by WYS are medical alert bracelets when meeting the following:

- The medical information is visible (not under the bracelet); and
- Securely taped to the arm, with no openings between the skin and bracelet; and
- The referee grants explicit approval of the taped bracelet configuration.

Caution: Use approved payment method

The board is seeing an increased number of phishing and fraudulent payment attempts.

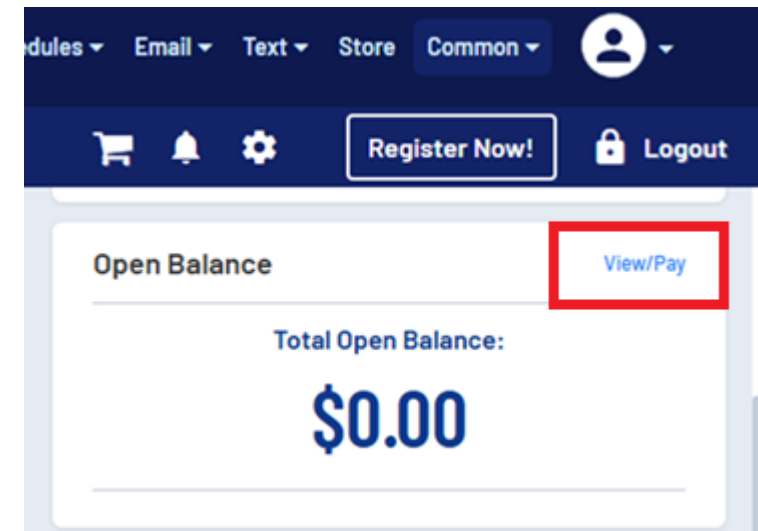
The board will only request payments via board website method or by check to our P.O. Box

Double-check email addresses, especially on mobile devices, which often hide the full address to avoid screen clutter.



[WSSC – About Us – Contact Us](#)

OR



Your WSSC Account home page

Spring '25 Season

Spring '25 Season – Key Points

Gameday

- | | |
|--------------------------------------|---|
| ◦ U6 – U12 playing in HSA: | Sunday |
| ◦ U12 – U14 playing in SSUL or SYSA: | Saturday or Sunday, depending on league & age |

Season Start:

- | | | |
|---------|---------------|--|
| ◦ HSA: | April 27 | No Games Memorial Day Weekend |
| ◦ SSUL: | April 26 & 27 | Contact the league |
| ◦ SYSA: | March 30 | No Games Memorial Day & Easter Weekend |

HSA league schedules published in approximately 2 weeks

Match Schedules

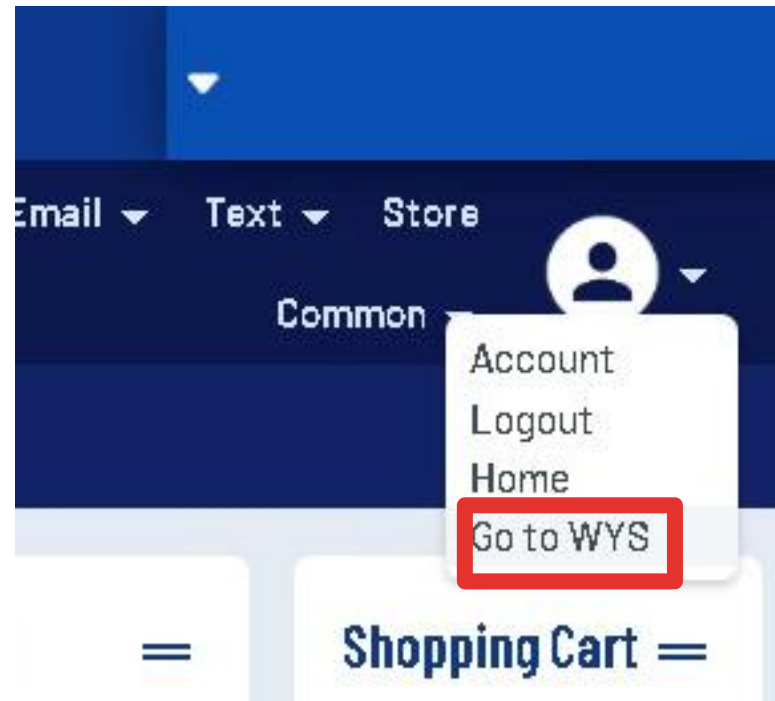
- HSA Teams: [HSA - Match Day – Schedules](#)
- SSUL Teams: [SSUL – Schedule](#)
- SYSA Teams: [SYSA Spring Soccer - 2025](#)
- Coach contact via Affinity Pages
 - Navigate to WYS / Affinity Page
 - Click on Team Name in the schedule
 - Info appears in pop-up

If you cancel or reschedule your game for any reason:

- Contact the [Referee/Field & Game Scheduler](#)
- Contact your [age group coordinator](#)
- This keeps referees from traveling unnecessarily

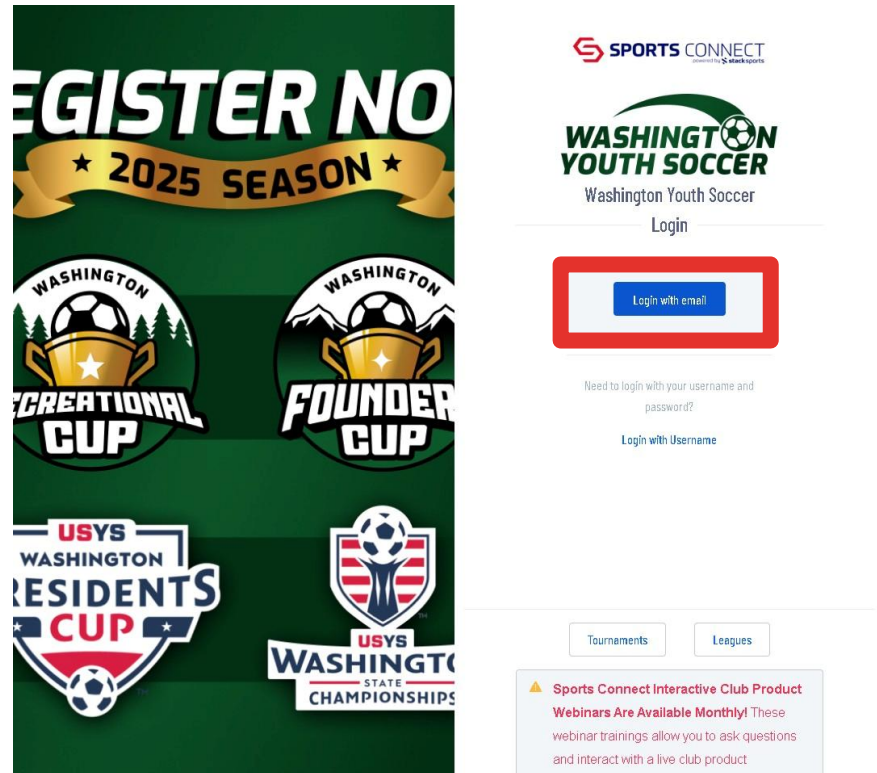
Contact Your Opponent

Navigate to your WSSC account and go to the WYS link under your account:



Contact Your Opponent (cont.)

If not already signed in, you'll be prompted to sign into the WYS system, known colloquially as "affinity"



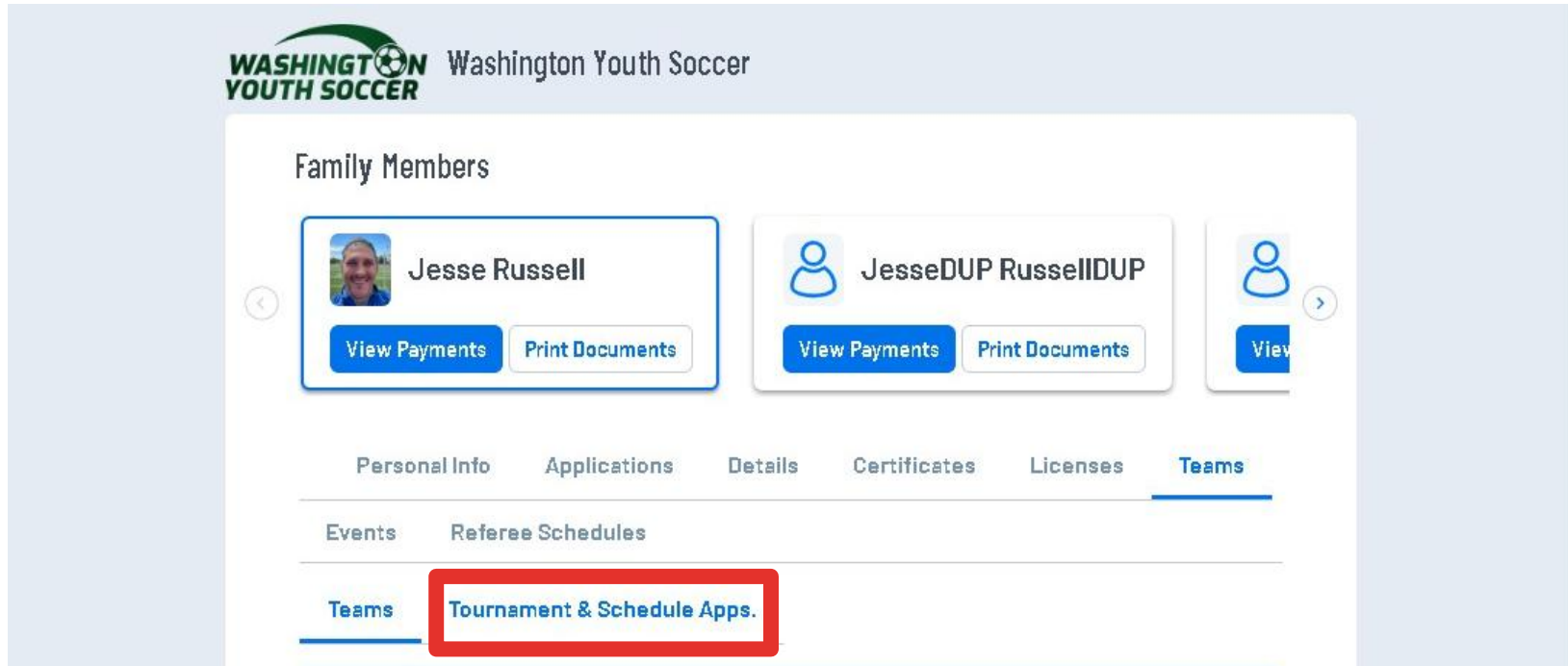
Contact Your Opponent (cont.)

You may need to click on “My Account” from the bar menu

The screenshot displays the Sports Connect dashboard for Washington Youth Soccer. The top navigation bar is dark blue and contains the following elements from left to right: a 'My Apps' dropdown menu, an 'All Apps' button, a 'Recommended Apps' section with links for 'Club', 'Officials', 'Tournaments', 'Mobile App', and 'Travel', and the 'stackmarketplace' logo. Below this, a secondary dark blue bar features the 'SPORTS CONNECT' logo (powered by stack sports), a 'Change Login' link, a 'My Account' link (highlighted with a red rectangle), a 'Help' link, and a 'Logout' link. The main content area has a light blue background and features the 'WASHINGTON YOUTH SOCCER' logo. To the right of the logo are tabs for 'Event' and 'Association'. Below these is a secondary navigation bar with links for 'Dashboard' (active), 'Teams', 'Players / Admins', 'Scheduling', 'Reports', 'Upload', and 'Setup'. A dropdown menu for 'Spring 2025' is visible. The page title is 'Highline Soccer Association / District 3'. A notification banner at the bottom states: 'New Season Information for Cup and Fall 2025-2026. Email was sent. Link to info' and 'Admins that are doing a background. Here is the "How to"'. The 'How to' link is underlined and in blue text.

Contact Your Opponent (cont.)

Click “Tournament & Schedule Apps.”



Contact Your Opponent (cont.)

[Personal Info](#) [Applications](#) [Details](#) [Certificates](#) [Licenses](#) [Teams](#)








[Events](#) [Referee Schedules](#)

[Teams](#) [Tournament & Schedule Apps.](#)

Team (and Team ID)	Tournament / Schedule	Status	Submitted On	View
WSSC B2008 - BU17 Russell/Rasmussen (Supernovas) 0305-152RB17-0002	2025 Spring South Sound United League	Final	03-17-2025	View Tourn. App. ▶ Schedules/Game Scoring ▶

Show Past Apps

Contact Your Opponent (cont.)

Club Info	Group -- A	1	2	3	4	5	6	7	8	Total Points
	A1 : PacFW-R B06-08 Kahn									
	A2 : PacFW-R B09/10 Lewis/Robbins									
	A3 : Cascade Foothills SC - HS Boys (U15-18) - Higginb									
	A4 : HSC B09 Warriors FC (Meza)									
	A5 : Southlake B07 Los Atleticos de Renton									
	A6 : Southlake BHS Titans (Costanti)									
	A7 : WSSC B2008 - BU17 Russell/Rasmussen (Supernovas)									

Bracket - Sunday, May 4, 2025

Game #	Group	Home Team	Score		Away Team	Score
126380	A6 vs A7	Southlake BHS Titans (Costanti)		vs.	WSSC B2008 - BU17 Russell/Rasmussen (Supernovas)	
						Reschedule Game

Bracket - Sunday, May 11, 2025

Game #	Group	Home Team	Score		Away Team	Score
126403	A5 vs A7	Southlake B07 Los Atleticos de Renton		vs.	WSSC B2008 - BU17 Russell/Rasmussen (Supernovas)	
						Reschedule Game

Fields & Practices

Game Field Locations

U06/U07: Hiawatha

U08: Riverview South

U09: Fairmount & Roxhill South

U10: Walt Hundley

U11: EC Hughes

U12 HSA: Highland Park

U12 SSUL: Refer to league schedule

U13+: Refer to league schedule

WSSC games vs HSC may be in Burien

- Chelsea
- Moshier Field

Locations: [HSA – Match Day – Fields](#)

Locations: [Trias Soccer Central - Locations](#)

Goal Code: 7908



7908 35th Avenue SW,
Seattle, WA 98126
(206) 937-8977

Practices

WSSC has no weekday reservations for fields in the Spring

Mid-week days are the most popular (Tu, Wed, Th)

To select a day, ask families what day they have hard conflicts (can't practice)

Ok to practice on Fridays or Mondays

DO NOT leave goals on the field after your practice! All fields must be clear:

- For other field permit holders
- To facilitate field maintenance
- For safety reasons
- Cable combos are 7908

NO Dogs

Dogs are NOT allowed at organized athletic fields, beaches, or children's play areas in Seattle parks, per the [SMC 18.12.080](#)

Seattle's informative website:

<https://www.seattle.gov/parks/recreation/dog-off-leash-areas>

Report via Seattle's [Find It, Fix It App](#) or animal control: 206.386.7387

Please tell your team families to leave their pets at home during practices and matches.



Season Preparation

Season Expectations

Spring Season ≠ Fall Season

- Spring is closer to organized pick-up vs a competitive league
- Teams are squads of convince vs continuation of Fall season
- More mid-season holidays, and wider variance in school break schedules
- More player absences (holiday, vacation, other sports or activities)
- No official mid-week field access

Season Expectations

Medical Releases - print out and have each parent sign.

Keep medical releases with you at all practices and games.

Keep Team Roster with you for easy reference

Keep Matches Competitive. HSA League 3-goal policy: [WSSC – Schedules & Fields - Schedules and Rules](#)

Ask for help

Only Players that are registered and assigned to your team roster are eligible to participate in a match!

Contact us whenever you have questions or need assistance. The response is faster if you contact your age group instead of the board email.

Make sure we can reach you!

Verify your email is current in your WSSC account. This ensures you receive all the communications

Medical Waiver

No ability to print team waivers from team page (as in prior system)

Form located at: [About Us – FAQs – Forms and Documents Library](#)

Direct Form Link: [Medical Waiver](#)

You can attempt to ask guardians to bring

Bring blank ones to first meetup

You must have it on hand or the guardian is present the full time

Recommend assigning completion task to your most pedantic parent/guardian.



AUTHORIZATION TO PLAY, MEDICAL RELEASE & WAIVER FORM

Please return signed copy of completed form to Team Coach or Manager

With the signature below, permission is granted for _____ (player) to participate in all practice sessions, games and other activities involving West Seattle Soccer Club (WSSC) during the _____ (Spring / Fall) 20____ Season. This permission extends to any travel to and from any and all practice sessions, games and other activities sponsored and arranged by WSSC.

This permission is granted without reservation. Recognizing the risks presented by the competitive contact sport of soccer, the signature below indicates a knowing, voluntary release of any claim which might be asserted against WSSC, its officers, assistants, coaches, trustees, sponsors, chaperones, drivers, volunteers and any and all other agents representing WSSC or HSA and its officers, agents or representatives, or the local league organization of which WSSC is a member.

By waiving any right to assert a claim, I am agreeing to release, absolve, indemnify and hold harmless any and all parties previously mentioned for any and all liability arising from any injuries incurred by participant in relationship to the sponsored and arranged activities of WSSC. My waiver expressly means that I, participant's parent or legal guardian, accept and assume all risks and hazards inherent in and related to the activities of WSSC including any travel to and from any activities sponsored and arranged by WSSC.

This permission also includes my agreement to abide by all the rules and regulations of WSSC.

This permission also includes my authorization for emergency medical treatment deemed appropriate and necessary by any coach or representative or agent thereof for participant, including transport to the nearest medical facility adequate to treat the emergency.

Player's Primary Physician or Medical Provider

Phone _____

Health Plan & Plan # _____

Regular Medications _____

Allergies and/or Medical Conditions _____

Emergency Contact(s) _____

Phone _____

Phone _____

Phone _____

I have read this Authorization to Play, Medical Release & Waiver, and acknowledge that I understand and agree to be bound by it.

Date _____ Players Name _____

Parent/Guardian Printed Name _____

Parent/Guardian's Signature _____

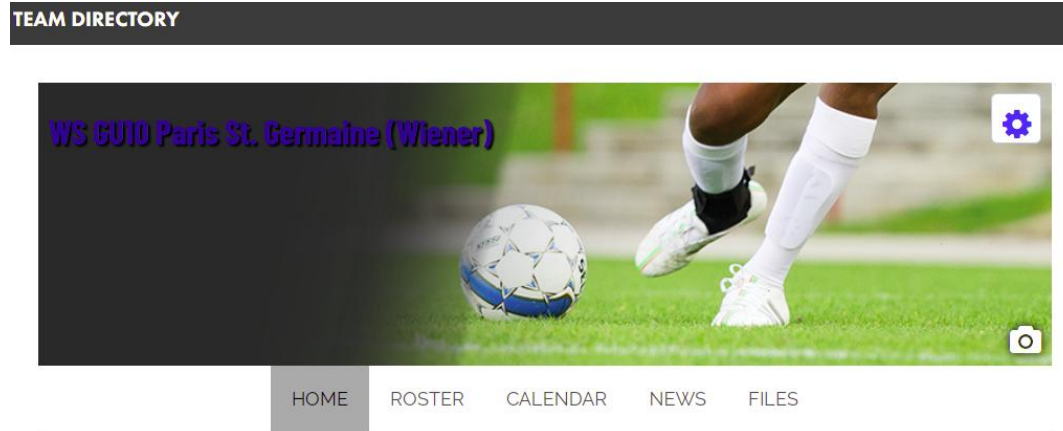
SportsConnect – Team Page

Team Rosters and match schedule

Post practice and other events

Send out team communications via email

Post files (photos, documents)

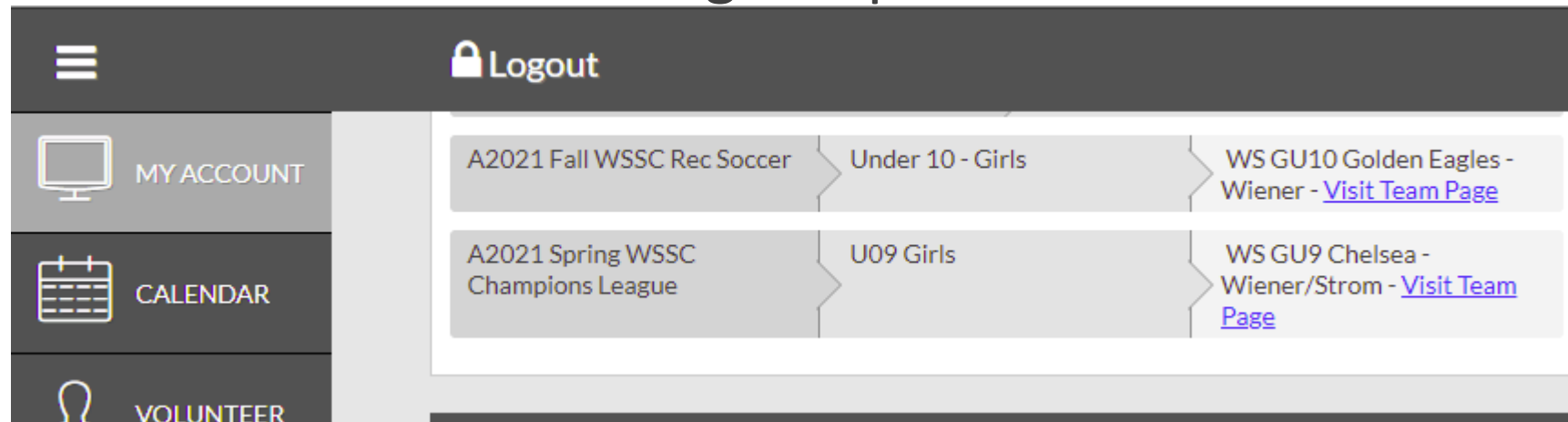


SportsConnect – Team Page

Access team page via your account at WSSC

Activated when RMA is cleared

Recommend bookmarking for quick access



Mobile App

GameChanger Team manager

Importing Your Team From Sports Connect

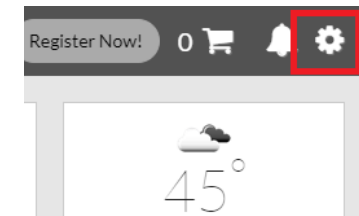
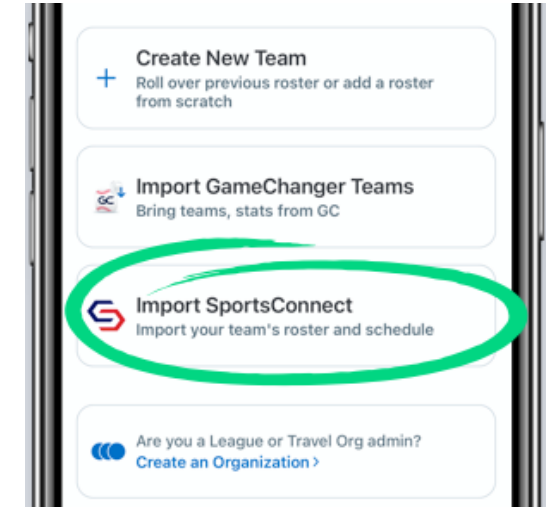
Coaches

- Same email as Sports Connect
- Roster Posted
- You are a team volunteer

Guardians use “Find Team”

- Have WSSC account*
- Use same email as Sports Connect
- Request to join team

**Main WSSC account holder can add family members under “Edit Account Info – Add Additional Account Holder” (Small Gear Icon in your WSSC Account) →*



Mobile App

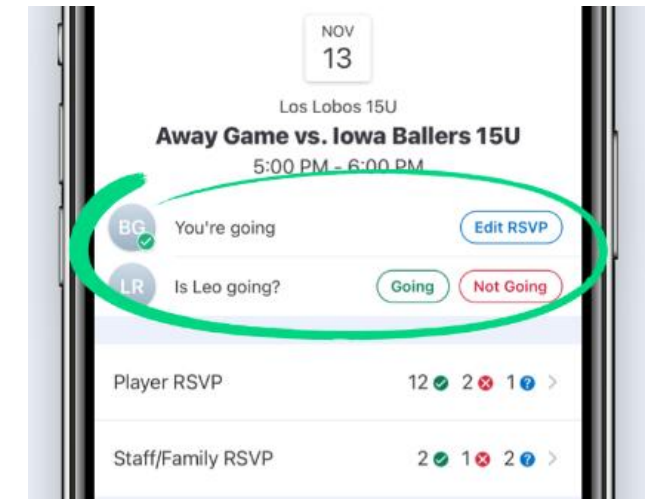
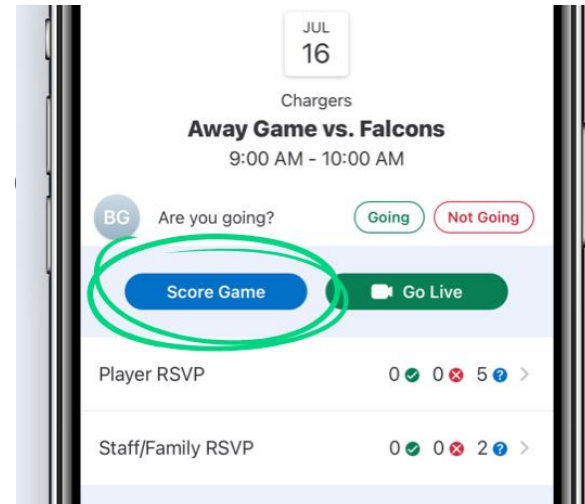


Scheduling Games & Practices

- Can be done in app or via web interface
- Web Interface: <https://web.gc.com> (so you use a keyboard vs phone for data entry)

Other Functions

- Messaging
- Inviting other team family members
- Scoring Games
- RSVP events
- Push Reminders



Uniforms & Equipment

Uniforms

- Tops only for spring
- Includes goalie top and a pair of gloves (U8+)

Equipment

- Balls, “hats”/cones
- Possibly recycled gear

Pickup Info:

- April 23rd (Wed) 6:00 pm – 7:30 pm
- Louisa Boren Stem Parking Lot

Ensure you have anyone pick up your equipment

- First game is 3-4 days later (Sat/Sun)
- Only need the following to pick up gear:
 - Your Name
 - Team Age Group & Gender
 - Additional equipment requests (e.g. your top size for coaches' top, extra balls)
 - **Need not be associated with your team (neighbor, friend, co-worker, 2nd cousin, taskrabbit, etc.)**

Matchday, Rules, & Referees

Matchday, Rules, & Referees – Key Points

Matchdays

- | | | |
|------------------------|--------------------|----------------------------|
| ◦ HSA (U6 – U12) | Sunday | No league scores |
| ◦ U12+ in SSUL or SYSA | Saturday or Sunday | Scores recorded (by coach) |

Bookmark your league rules page for sideline access

Know your league goal policy:

- | | |
|--------------------------------|---|
| ◦ WSSC (HSA): Three (3) goals: | WSSC - Team Central - Schedule and League Info |
| ◦ SSUL: Six (6) goals: | SSUL – League Docs §1.6 – Goal Difference Guidance |
| ◦ SYSA: Three (3) goals: | SYSA – Coach & Admin – Rules & Regulations (Rules of Play download) |

Matchday Checklists (before, during, after) available in [References](#) (this document)

General Rules (all ages)

No standings are kept until U11 and above and for the fall season only

No heading until U13 and above

All players are to be played at least 50% of the time

All players must wear shin guards under socks

No toe cleats (i.e. baseball or football cleats). Cleats are not required.

All players must be properly registered with the West Seattle Soccer Club and to your team

Only players registered with WSSC may participate in practices

All parents must provide a signed medical release for their players to their coach.

No jewelry is allowed on a player at all. The player will not be allowed to play if they have jewelry on. This includes the soft cloth necklaces or bracelets. No earrings

Jewelry Exception: Medical alert bracelets if taped down securely with info showing

Ref: [WSSC – Safety – Earrings & Jewelry](#) and [HSA – Matchday – HSA Rules](#)

It is the coach's responsibility to manage team sidelines. Yellow & Red cards are issued to the coach, not the fans.

Know the Rules for your age

HSA: [HSA – Matchday – HSA Rules](#)

SSUL: [SSUL – League Docs](#)

Recommendations:

- **Bookmark Rule Pages on your phone**
- **Confirm rules with referee and opposing coach pre-game**

For questions and support contact:
wsscboard@gmail.com

U08-U11: Review and understand the build-out-line rules ([ref slide](#))

HSA RULES MATRIX (LAST UPDATED 9-3-23)

	Fall and Spring Season Match Day Rules Chart							
	Age Group	U6 Under 6	U7 Under 7	U8 Under 8	U9 Under 9	U10 Under 10	U11 Under 11	U12 Under 12
	Players on Field	4 v 4	4 v 4	5 v 5	7 v 7	7 v 7	9 v 9	9 v 9
FIFA Law 01 The Field of Play	Field Size Ranges (yards)	Length 25- 35 Width 15- 25	Length 25- 35 Width 15- 25	Length 25-35 Width 15-25	Length 55-65 Width 35-45	Length 55-65 Width 35-45	Length 70-80 Width 45-55	Length 70-80 Width 45-55
FIFA Law 01 The Field of Play	Maximum Goal Size (feet)	Height 4 Width 6	Height 4 Width 6	Height 4 Width 6	Height 6.5 Width 18.5	Height 6.5 Width 18.5	Height 6.5 Width 18.5	Height 6.5 Width 18.5
FIFA Law 01 The Field of Play	Build-Out Line	N	N	Y	Y	Y	Y	Y
FIFA Law 02 The Ball	Ball Size	3	3	3	4	4	4	4
FIFA Law 03 The Players	Roster Size (max)	8	8	9	12	12	14	14
FIFA Law 03 The Players	Players on Field	4	4	5	7	7	9	9
FIFA Law 03 The Players	Goalkeeper	N	N	Y	Y	Y	Y	Y

Rule Reminders

It is only an infraction if the referee whistles for it.

No heading until older than 10. **This includes players playing up.**

Goalies cannot punt until U13 or .

“The entire ball over the entire line”. The line is part of the field of play. *Please stay back 10 feet from sideline – allows officials, especially the AR to see the full line.*

Home teams supply the match ball

Home team is responsible to change if there is a uniform clash

Hold your substitutions until you are recognized by the referee at a stoppage of play– they may be playing advantage or allowing your team a quick restart. *NOTE: entering or leaving the field of play without the referee’s permission is a cautionable offence*

Referees (U8+)

Referees are self-assigned. Only way to increase coverage is to increase referees.

Referee mentors are self-assigned. Only way to increase quality is to increase the pool of mentors and referees.

Check if a referee is assigned to your game via www.triassoccercentral.org, information, match inquiry.

Becoming a referee

- Must be 13 at time of class registration
- Course info: www.wareferees.org/AvailableClinics.aspx
- \$24 / game at U8. \$74 / game at U19. (Potential for 13 year old to make \$120/weekend)
- WSSC reimburses both initial and renewal certifications [About Us - WSSC Reimbursement Policies](#)

If no referee is present, coordinate with your opposing coach. Common solution is each team referees one half each.

Referee (U8+) - Evaluation

Same as if your own player

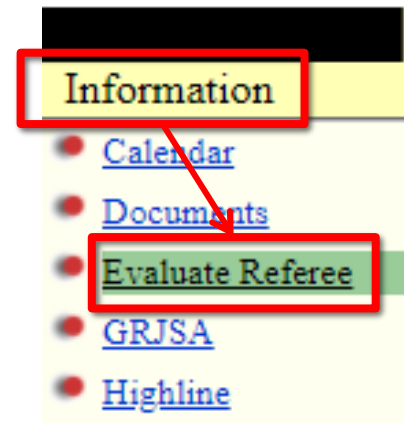
Three C's:

- Clear
- Concise
- Correct

Three Areas:

- What they did well
- What they can improve
- What to do different next time

www.triassoccercentral.org



Information

The **Information** segment of o

TriasSoccerCentral

TriasSoccerCentral is a not for profit organization (not a 501(c)(3) and [Highline](#)). Our goal is to as

If you cannot locate the inform

Mailing Address

Trias Soccer Central
28231 187th Ave SE
Kent, WA 98042

Coaching

Coaching

Experience in “invasion games” (basketball, hockey, lacrosse, rugby, or football), is transferable to soccer. The principles of play are the same

Courses

- [US Soccer Learning Center](#) – Official licensing
- [United Soccer Coaches](#) – Certificates, activities, articles, advocacy groups
- [Positive Coaching Alliance](#) – Non-technical activities, coach-player and coach-parent relationships, resources for first-time coaches

Recommendations in [Recommendations - Coaching](#)

West Seattle SC is a recreational club

- Mission is to create a fun, engaging environment for everyone who wants to play, especially those new to soccer
- Primary goal as a coach is every player wants to return in the Fall

Coaching

For help or ideas, please contact VP of Coaches or President.

Let the game be the teacher. Attention span = age + 7 seconds. Keep the team-wide discussions short.

Sample topics we can help:

- How to transfer activities to soccer from other sports
- Age-appropriate activities & player development stages
- Build a practice based a technical breakdown from last week's game
- Goalkeeper training as a solo coach
- How to ensure your coaching points stick
- Team formation (field position) ideas
- Personal development as a coach

Coaching – Session Building

Only need a few activities in your repertoire

- Change the constraints for your session theme
- Common constraints:
 - Activity objective (type & size)
 - Opponents (even, odd, quantity)
 - Space (size & shape)
 - Conditions (team in attacking half to score, number of touches, etc)

Key questions:

- Is the ball rolling? (excessive talking, players standing)
- Who's making the decisions in the activity? Rules (coach) or player
- Is it game-like?
 - Handball is extremely game-like – passing, space, support, anticipation
 - Consider attacking vs defending activities. How often in the game does offence outnumber defense in the penalty box?

Ok to adjust during practice. This includes abandonment.

Examples

Change / Topic	Rules (Coach)	Constraint (Player)
Improve dribbling skill	Cones	Mud Monsters, Knockout, Tag, Pennie tag
Improve team goalie skills	Single player as goalie in activity	Handball
Using the toe vs inside of the foot*	Passing activity, back and forth	Rondos (pig in the middle), Gates
· Single player scoring every goal in scrimmage · Players not passing (only dribbling)	· Must pass x number of times · “x” player cannot score	Bonus point for every pass building up to the goal
During small goal scrimmage, a player always stands in goal as a “goalie”	· No standing in the goal · Create a crease (as in Ice Hockey)	No goal counts unless every player on the team is in the attacking half

*Before you intervene, ensure the technique isn't working for the player first

“If you're in the penalty area and aren't quite sure what to do with the ball, stick it in the net and we'll discuss your options afterwards!” – Bill Shankly

Example Activity – Go to Goal

From Coach David Baird [Link](#)

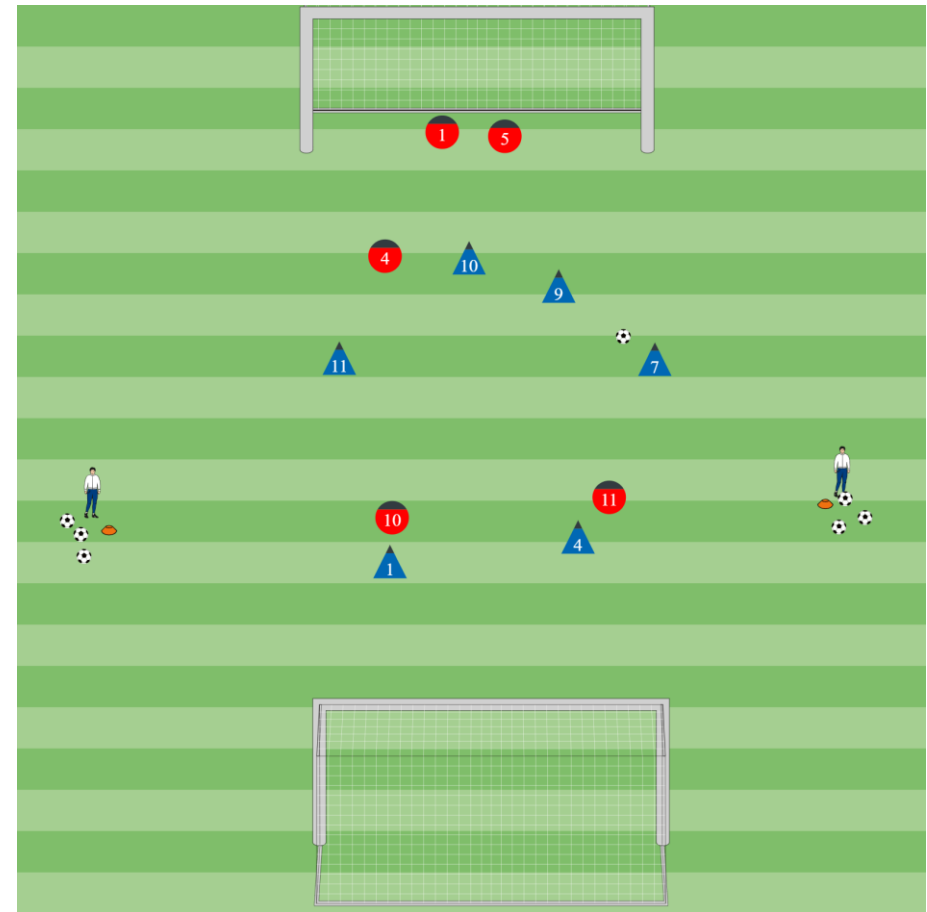
- Scrimmage, but no goalies
- When a player scores, they go in goal to act as goalie
- First team to get every player on their team in the goal wins

Notes:

- No one is eliminated
- Skill level self-adjusts
- Problem changes dynamically

Adjustments

- Goalies can't use hands
- Goalies must link arms



Red has scored twice and have two goalies.

Volunteer Match, Financial Aid, Closing

Vol. Match & Financial Aid

Volunteer Match

- WSSC is a 501(c)(3) corporation
- Please check with your company if they match your volunteer hours
- This can be in the form of Matching Funds or Matching Volunteer Hours
- Letter with details: ([ref slide](#))

Financial Aid

- WSSC offers player financial aid and changed process to streamline
- Please let your parents/guardians know
- Info: [About Us – Financial Aid](#)

See You On The Pitch!



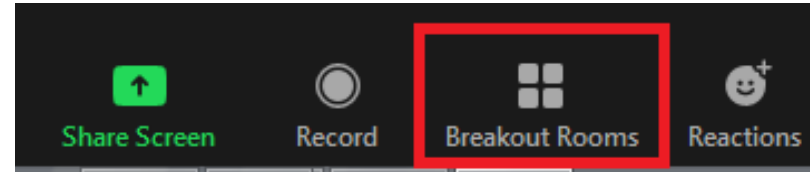
Thank You For Serving
With Us!

Breakout Session

Breakout Rooms

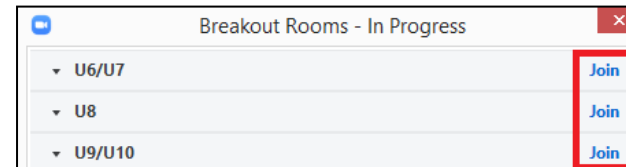
Breakout Room List

- U6 / U7
- U08 (main room)
- U09/U10
- U11/U12



If you enter the wrong room

- Select Breakout room again
- Join the correct breakout room



If you cannot join your room, post a message in the chat and the moderator will move you

If stuck, leave the meeting completely and re-join. The main room will stay open until all breakout rooms are closed

Age: U6/U7

Coordinator: Janna Templin

Movement foundation. Very informal

Simplified game

- 4 on the field with both coaches
- Many restarts

Development Stage

- Short attention span, large imagination
- Ball = toy
- Individual focused. Play = Parallel play. Side-by-side, not in concert with a friend
- Needs concrete instructions

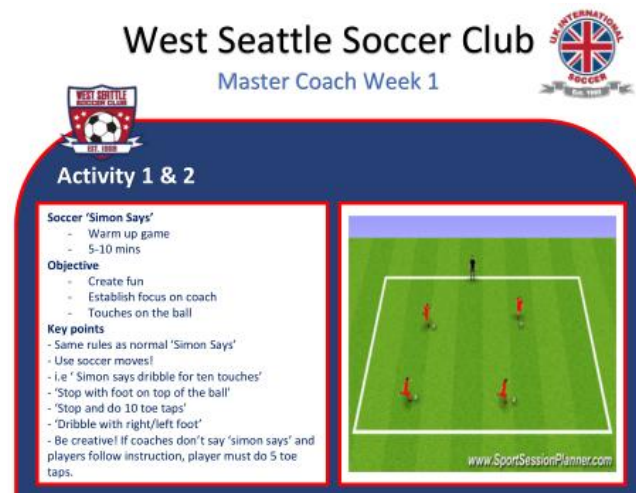
Age: U6/U7 (cont.)

Partner program with UKISC

Professional youth coaches on site with you

Same time and location each weekend

Session plans pre-written at U6/U7 Program Page



Matchday Agenda:

- | | |
|------------------------|--------------|
| ◦ Arrival/field prep | TEAM |
| ◦ Welcome | <i>Group</i> |
| | |
| ◦ 1st activity demo | <i>Group</i> |
| ◦ 1st activity | TEAM |
| | |
| ◦ 2nd activity demo | <i>Group</i> |
| ◦ 2nd activity | TEAM |
| | |
| ◦ Game | TEAM |
| ◦ Depart/field cleanup | TEAM |

Age: U6/U7 (cont.)

Session Plans available before each matchday, containing two activities

One of two activities change per week

Located at WSSC site (Fall pending)

Sample using spring: [WSSC – Programs – CoEd Program \(U6 to U7\)](#)

Prior seasons kept for reference

Recommendation: If practicing during the week, run that week's activities so the players become familiar with them for Matchday

WEEKLY SESSION PLANS

Spring 2023

- Week 1 (April 16)
- Week 2 (April 23)
- Week 3 (April 30)
- Week 4 (May 7)
- Week 5 (May 14)
- Week 6 (May 21)

Fall 2022

- Week [1](#), [2](#), [3](#), [4](#), [5](#), [6](#), [7](#), [8](#)

Spring 2022

- Week [1](#), [2](#), [3](#), [4](#), [5](#), [6](#)

Fall 2021

- Week: [1](#), [2](#), [3](#), [4](#), [5](#), [6](#), [7](#), [8](#)

The U06/U7 Player

Very informal – recess and games

Basic rules

Psychomotor

- Movement = Learning
- Starting, Stopping, and changing direction may be a challenge
- Can follow basic directions (front, back, next to, up, down)
- May not know left from right
- Loves to play, very imaginative
- Easily fatigued, but recovers rapidly
- Needs experience with wide variety of rolling and bouncing balls

Cognitive

- Single Tasks
- Concrete (physical) references
- Ball = Toy
- Individually orientated
- Short attention span (age + 7 seconds)

Psychosocial

- Family is main reference, not friends
- Individual > Team
- Play = Parallel play. It's side-by-side without interaction
- Play is fun, but also serious. It's how confidence is built

U6/U7 - Tactics and Coaching Points

There is no passing – *Why would I give up the one toy on the field?*

Instructions are specific and concrete

Tactics - Attacking

- Dribble into space (note: may be behind you)
- “Can you find an opening [gap]?”

Tactics - Defending

- “Be a Blocker” [get goal side]
- “Little Poke” [use basic toe poke to win the ball]

Don't worry about technique – let them experiment

Focus on desired outcomes vs negatives or directive points

- “can you find space?” vs “don't go in the crowd”
- “are you a blocker?” vs “get goal side”
- “can you turn?” vs “wrong way”
- “where's your poke?” vs “don't swing your leg”

Other

- We focus on what we control
- One person, one role (player, coach, referee, fan)
- Growth mindset over fixed mindset
 - I see you've been working hard vs
 - You are naturally talented

Age: U08

Coordinator: Toby Janiec

Introduction to game as we know it

Significant transition to how game is played

- 5 on the field
- Goalies, build out line, referees introduced
- Coaches stay on the sideline

Development Stage

- Improvements in coordination – many can ride bikes
- Can organize into pairs, occasionally threes
- Still dribbling focused, but introduced to passing
- Self-organizing, spatial awareness starting (making self open for pass)

Age: U08 (cont.)

Coaching Points

- Passing introduced. Ok to use hand-ball activities to introduce the concept
- Goalies introduced. Train all players in GK skills simultaneously. Removes the singling out of a player
- Introduce “goal-side” by saying “be a blocker”
- Introduce the pass/dribble decision and how to recognize it
- Shift field breakdown to the players and build their organizing abilities, “Jane, find a partner and get the balls in the bag”
- Introduce competition – winner gets to pick cleaning up the balls or equipment.

Age: U08 (cont.)



US Soccer 9U, 10U, 11U and 12U PDI

Adopted by WSSC for U08

Washington Youth Soccer has adopted the US Soccer 9U – 12U Player Development Initiatives.

Please note the 9U - 11U age group changes that include:

- No Heading. If player heads the ball regardless of the outcome (own goal, goal, preventing a goal) an indirect free kick is given, NO Card.
- The use of the Build out Line
- GK No Punting or Drop kicking

Build-out Line Reminders:

- a. Goal-kick: the opposition can enter the “build out line” area as soon as the ball is kicked and has clearly moved.
- b. The ball is considered in play when it has been kicked and has clearly moved. Players for the team in possession of the goal kick may choose to position themselves inside the penalty area.
- c. GK in possession of ball with their hands. The opposition retreats back to the “build out line”, they can enter the build out area as soon as the goalkeeper puts the ball into play.
- d. If the GK puts the ball into play quickly (throw, roll or set the ball at their feet) the opposition can now defend immediately, even if they are inside the “build out line” area.

Offside:

Is in effect at the **build out line** (NOT the halfway line) for 9U - 11U

The 12U age group follows FIFA Laws.

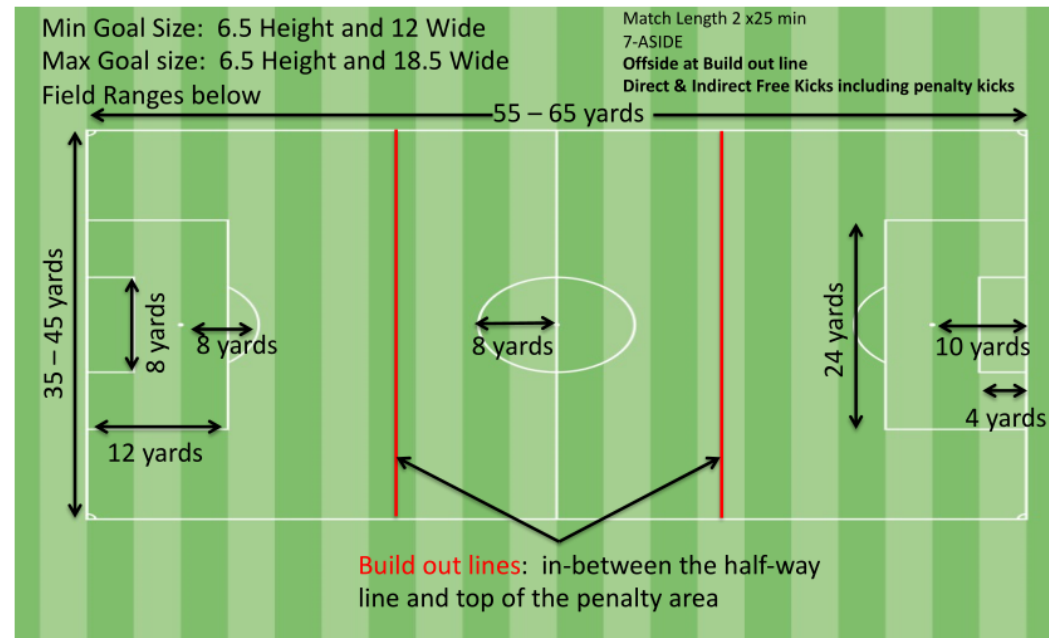
www.WashingtonYouthSoccer.org

Full PDF included on slide “Build Out Line”

Age: U08 (cont.)

And adopted by WSSC for U08

- 9U-10U Rules of Competition**
- **GK No punting or dropkicks**
 - **No heading:** deliberate heading indirect free kick
 - **Build out lines:** a. Goal-kick, The opposition can enter the build area as soon as the ball is kicked and has clearly moved, b. GK in possession with their hands. The opposition can enter the build out area as soon as the goalkeeper puts the ball into play.
Example: If the goalkeeper makes a save and is in possession with their hands the opposition drops behind the build out line and if the goalkeeper places the ball on the ground the ball is in play.



Age: U09/U10

Coordinator: Chip Goss

Starting development towards to 11v11

Nearly all laws match full game

- 7 on the field
- Ball size #4
- Offsides
- Score directly from kick-off
- Cautions (Yellow) and Sending-off (Red)
- Slidetackling
- Direct and Penalty Kicks
- Re-starts are not retaken (throw-ins, corners)

Development Stage

- Playing diversity increases
- Now starting to think ahead (if I do this...)
- Organizing groups are now 3+. Understands 2v1. Starting to understand 3v2

Age: U09/U10 (cont.)



US Soccer 9U,10U,11U and 12U PDI

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www.WashingtonYouthSoccer.org

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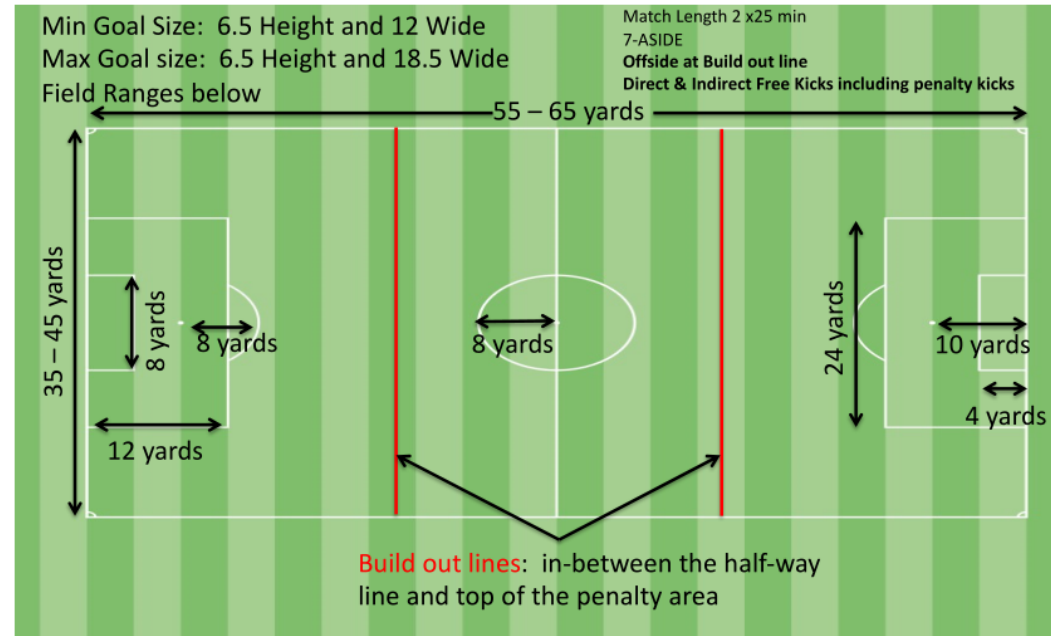
Age: U09/U10 (cont.)

➤ **GK No punting or dropkicks**

➤ **No heading:** deliberate heading indirect free kick

➤ **Build out lines:** a. Goal-kick, The opposition can enter the build area as soon as the ball is kicked and has clearly moved, b. GK in possession with their hands. The opposition can enter the build out area as soon as the goalkeeper puts the ball into play.
Example: If the goalkeeper makes a save and is in possession with their hands the opposition drops behind the build out line and if the goalkeeper places the ball on the ground the ball is in play.

9U-10U Rules of Competition



Age: U11/12

Coordinator: Jesse Russell

Preparation for 11v11

Rule Changes

- 9 on the field
- Build out line and heading restriction removed at U12
- Goalie can punt at U12
- Assistant Referees (ARs) present
- Scores Kept
- 3-goal policy removed
- U11 Rules in use for joint U11/U12 age group due to heading restriction for 10 and younger

Development Stages

- Understands all principles of play and applies it as functional groups (left-side players, defensive line)
- Advanced tactics introduced (pressing, counter-attacking)
- Strength and power now performance factors
- Starting training to prevent ACL injuries (FIFA 11+ program)

Age: U11/12 (cont.)



US Soccer 9U,10U,11U and 12U PDI

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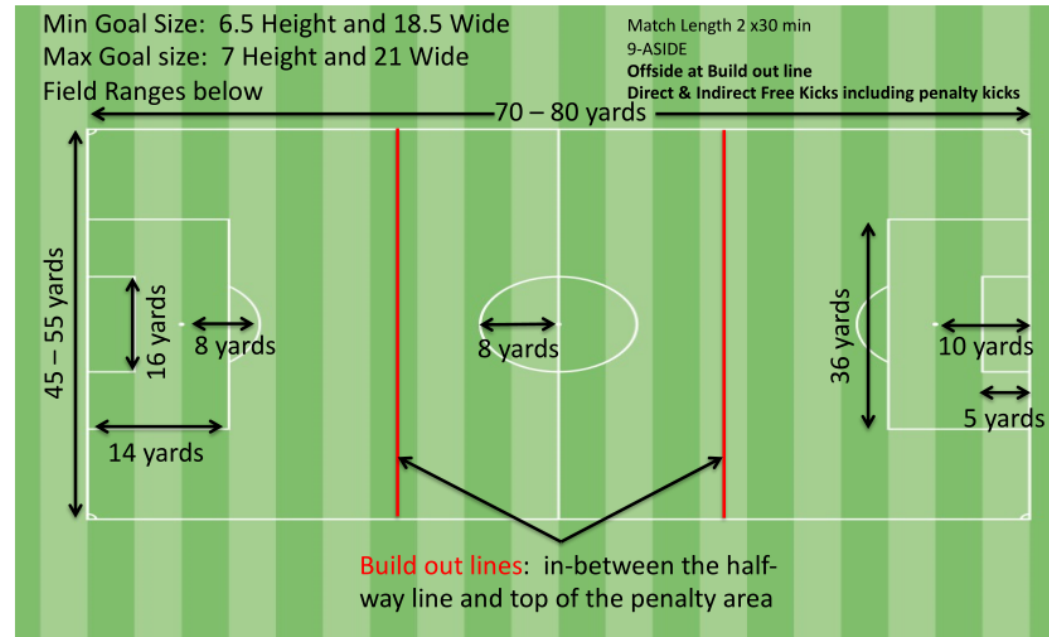
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www.WashingtonYouthSoccer.org

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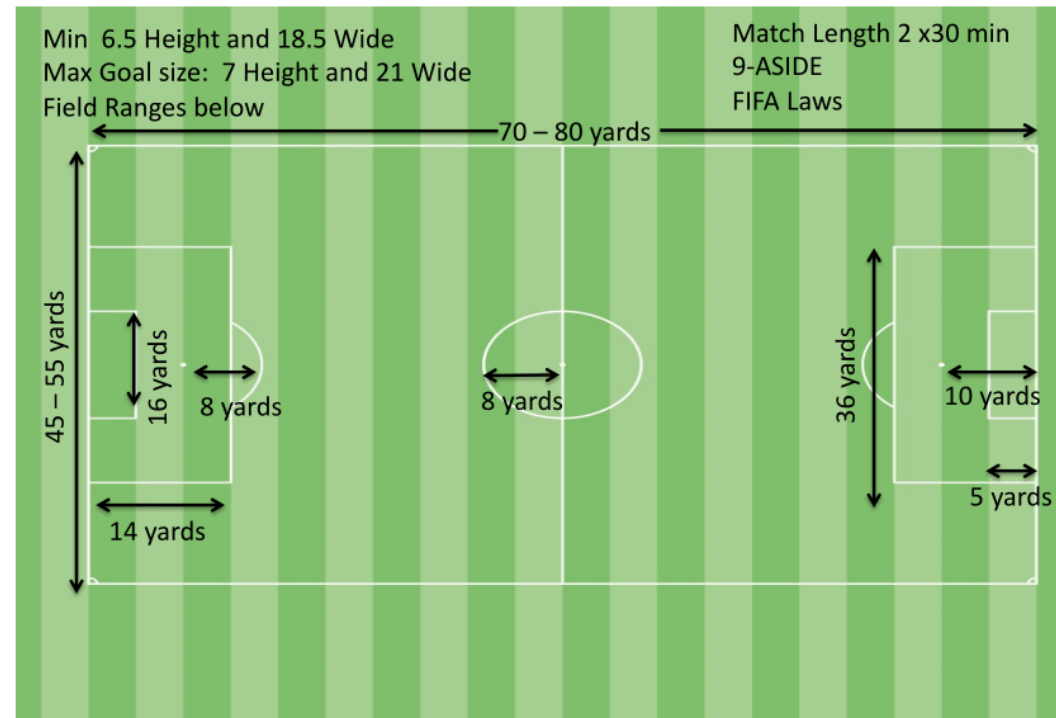
Age: U11

- 11U Rules of Competition League Play ONLY**
- **GK No punting or dropkicks**
 - **No heading:** deliberate heading indirect free kick
 - **Build out lines:** a. Goal-kick, The opposition can enter the build area as soon as the ball is kicked, and has clearly moved b. GK in possession with their hands. The opposition can enter the build out area as soon as the goalkeeper puts the ball into play.
Example: If the goalkeeper makes a save and is in possession with their hands the opposition drops behind the build out line and if the goalkeeper places the ball on the ground the ball is in play.



Age: U12 – reference only

12U Rules of Competition



Recommendations - Coaching

Recommendations – Coaching

Use collective pronoun Players

- Simplifies your cognitive load
- You don't have to switch for each environment

Loudly praise desired behavior

- Be specific, why you're praising the player
- "Thank you for running back so quickly"

Learn several "attention getters"

- At the sound of my voice...
- All Set – *You Bet*
- Team - *Yes* / Oh Team - *Oh Yes* / Teamity Team - *Yesity Yes* / Team Team - *Yes Yes*
- [YouTube: Playworks Attention Getters](#)

Know your body language

- At their level
- No sunglasses
- Sun your eyes, not theirs

Learn the 4 main instruction styles

- Command and Direct
- Question & Answer
- Guided Question ← Most Frequent at U6/U7
- Experimentation

Remember: Attention Span = age + 7 seconds

Remember: It's the players' game. Let them make the decisions, not you

Recommendations – Practice

Always ask, “does this look like soccer”

- Players making their own decisions
- Dynamic. Player ↔ ball ↔ teammate ↔ opponent is always changing
- NOTE: I did not ask if they’re using their hands

No L’s (Lines, Laps, ‘Limination)

Lots of footwork

Learn session adjustments

- Opponents (quantity, even/odd)
- Space (geometric shape, size)
- Time (via watch or via space/opponents)
- Conditions/Restrictions (full team in attacking half, method of scoring, touches)

Recommendations – Practice

Basic Session Outline

- Play
- Practice
- Play

Players set-up first play session, with no coaching instruction (street soccer)

Since you arrive early (ideally) they get extra playing time

Having the players in charge of 1st play gives you free time at the beginning (set-up, talk to guardians, talk to co-coach, etc.)

2nd play is full game, rules, whistle

Players help with cleanup

- It's the players' activity, ask families to stay back
- Make the clean up a race (how many cones)
- Let scrimmage winning team pick if they get the balls or cones (games have consequences)

Families have the primary role in skill development, not coaches

Encourage 1v1, not passing back and forth at the park

Recommendations – Game

Do not play with standing goalies

- At this age, the game = recess
- You are telling the player not to play recess
- Add a rule, for a goal to count, all players must be in attacking half

U6/U7: After scoring, walk backward into your own half, hands out

- Have them give you high 5s
- Resets focus on you after the goal
- Allows other team space and time to reset, some players may be upset
- Avoids creating bullying situations (rubbing in the score)

For U6/U7: have first player to tell you the correct restart perform the restart

- Encourages them to learn the rules
- Develops their in-game autonomy
- Once developed, you can focus on the game
- Helps those moving to U8, when the coaches are on the sideline

Throw-Ins (make it concrete)

- Toes on the line
- Touch your neck with the ball
- To a buddy's feet

Recommendations – Game

For subs, have a “ready zone”

- In the ready zone = ready to play
- If with family ≠ not ready to play
- Lets players self-select. They may need to check in with their family
- You’re not tracking down players to put on
- Let families know so they can remind their players

Use pinnies/bibs when performing subs

- Handing off a pinnie = you’re being subbed
- Have players coming on self-select who they’re replacing

To track playing time use simple ticks

- List the squad
- Put ticks down for each field session
- Simple, but also flexible

Use your whistle for restarts

- “Play to the whistle”
- Encourage players to keep playing, even during the game – *“I’m paying for a referee’s whistle so I’m going have them use it”*

Recommendations – You, the Coach

Use a note taking app

- Create a game-day template (field #, opponent, post-match notes to the family)
- Create a practice template

Use Self Reflection (use a template)

- What went well
- What would I do different
- What can I improve
- How did the players respond

Talk to other coaches

- Coaching is a solitary activity
- Few of my ideas are original thoughts

Look at coaching education

- The club reimburses up to \$150 without prior permission
- Ideal is in-person, but they are hard to find
- If you find an in-person and need coverage for your game, I will cover for you

Learn about yourself

- What's your preferred coaching style?
- What's your philosophy?
- Why are you doing this?

Reference - Safety

Goal Safety



Unsecured goals are an unacceptable safety risk to our membership.

Do not assume goals are secured. Always check yourself.

Annually in the US, a child is killed or severely injured due to a goal toppling.

Personal experience of goals toppling due to wind.

Contact wsscboard@gmail.com ATTN: Field Steward if weights are damaged or missing.

More Info:

- [WSSC – Safety – Goal Safety](#)
- [CPS Guidelines for Movable Soccer Goals](#)

COVID Protocols

WYS Webpage: [Return to Play Guidelines](#)

Last Updated 01/13/22 and subject to change

- Masks are not required for players/coaches/spectators at this time
- If your local field requires a mask, please adhere to their rules
- If showing symptoms – stay home

[WYS League Protocol / Safety Plan Winter 2022](#)

2+ RMA Cleared Adults for each Team

Register with WSSC as a volunteer

‘Clear’ status is good for one year. It expires every 04/30

You can start renewal for next year (Fall Season) on 04/01

We can’t assign coaches to teams if their RMA is not current

NOTE: All training is now completed via the US Soccer Learning Center.

- Course completion automatically synchronized
- Certificate upload no longer supported
- Confirm training status in US Soccer Learning Center profile
- Go to: [WSSC – Resources – Coaches Corner](#) for latest info and work arounds

SafeSport

Federal Law

US Soccer Mandate

Physical Misconduct

Sexual Misconduct

Emotional Misconduct

Bullying

Harassment

Hazing

SEE SOMETHING, SAY SOMETHING

REPORT TO:

wsscboard@gmail.com

206.395.3997

More info:

[WSSC – Safety – SafeSport](#)



Sudden Cardiac Arrest (SCA) Awareness Act

Information on Compliance with Senate Bill 5083 - "Sudden Cardiac Arrest Awareness Act"

The safety of our players is paramount to Washington Youth Soccer. Sudden cardiac arrest is the leading cause of death for youth athletes, with as many as 1 in 250 youth athletes having a heart disorder that may increase the risk of sudden cardiac arrest. On July 24, 2015, a new State of Washington law regarding sudden cardiac arrest awareness will go into effect. SB 5083 – referred to as the Sudden Cardiac Arrest (SCA) Awareness Act – was passed by the Legislature and signed by the Governor with the intent of making youth athletes, their families, and coaches aware of sudden cardiac arrest.



Sudden Cardiac Arrest

Information Sheet for
Student-Athletes, Coaches and Parents/Guardians
SSB 5083 ~ SCA Awareness Act



What is sudden cardiac arrest? Sudden Cardiac Arrest (SCA) is the sudden onset of an abnormal and lethal heart rhythm, causing the heart to stop beating and the individual to collapse. SCA is the leading cause of death in the U.S. afflicting over 300,000 individuals per year.

SCA is also the leading cause of sudden death in young athletes during sports

What causes sudden cardiac arrest? SCA in young athletes is usually caused by a structural or electrical disorder of the heart. Many of these conditions are inherited (genetic) and can develop as an adolescent or young adult. SCA is more likely during exercise or physical activity, placing student-athletes with undiagnosed heart conditions at greater risk. SCA also can occur from a direct blow to the chest by a firm projectile (baseball, softball, lacrosse ball, or hockey puck) or by chest contact from another player (called "commotio cordis").

While a heart condition may have no warning signs, some young athletes may have symptoms but neglect to tell an adult. If any of the following symptoms are present, a cardiac evaluation by a physician is recommended:

- Passing out during exercise
- Chest pain with exercise
- Excessive shortness of breath with exercise
- Palpitations (heart racing for no reason)
- Unexplained seizures
- A family member with early onset heart disease or sudden death from a heart condition before the age of 40

How to prevent and treat sudden cardiac arrest? Some heart conditions at risk for SCA can be detected by a thorough heart screening evaluation. However, all schools and teams should be prepared to respond to a cardiac emergency. Young athletes who suffer SCA are collapsed and unresponsive and may appear to have brief seizure-like activity or abnormal breathing (gasping). SCA can be effectively treated by immediate recognition, prompt CPR, and quick access to a defibrillator (AED). AEDs are safe, portable devices that read and analyze the heart rhythm and provide an electric shock (if necessary) to restore a normal heart rhythm.

Remember, to save a life: recognize SCA, call 9-1-1, begin CPR, and use an AED as soon as possible!



Cardiac 3-Minute Drill

- 1. RECOGNIZE Sudden Cardiac Arrest**
 - Collapsed and unresponsive
 - Abnormal breathing
 - Seizure-like activity
- 2. CALL 9-1-1**
 - Call for help and for an AED
- 3. CPR**
 - Begin chest compressions
 - Push hard/ push fast (100 per minute)
- 4. AED**
 - Use AED as soon as possible
- 5. CONTINUE CARE**
 - Continue CPR and AED until EMS arrives



AED

Be Prepared! Every Second Counts!

UW Medicine
Center For Sports Cardiology
www.uwspportscardiology.org



SCA Signs and Symptoms

Usually, the first sign of sudden cardiac arrest (SCA) is loss of consciousness (fainting). At the same time, no heartbeat (or pulse) can be felt.

Some people may have a racing heartbeat or feel dizzy or light-headed just before they faint. Within an hour before SCA, some people have chest pain, shortness of breath, nausea (feeling sick to the stomach), or vomiting.

More info:

[WSSC – Safety – Sudden Cardiac Arrest \(SCA\)](#)



Concussion Education and Action Plan



WHEN IN DOUBT, SIT THEM OUT!

Notify Parents and WSSC or HSA Board

Allow the athlete to return to play **ONLY** with permission from a health care professional with experience in evaluating for concussion.

A repeat concussion that occurs before the brain recovers from the first can slow recovery or increase the likelihood of having long-term problems. Prevent common long-term problems and the rare second impact syndrome by delaying the athlete's return to the activity until the player receives appropriate medical evaluation and approval for return to play.

More Info: [WSSC – Safety – Concussion Awareness](#)

Reference - Matchday

Matchday Checklist – Before

Confirm no schedule changes or revisions

Confirm match officials ([Trias Soccer Central - Match Inquiry](#))

Check if your match is first or last – you may need to move goals

Find your opponent's team name on the Schedule to view their contact information.

Contact your opponent to confirm the field, match time, team colors

Prepare equipment and medical releases

Arrive EARLY

HOME team changes color (*fall only*)

Move goals into position

Confirm field safety ([reference slide](#))

Confirm you understand the rules with the referee

Introduce yourself to your opponent coach

Coordinate a referee if there is none

Matchday Checklist – During

Balance player game time

Cheer successes, whisper coaching points

Be specific, “Jane, great job with that pass” – avoid generalities like “good job”

Let the game be the teacher

Let the players play – let them make the game decisions

Let the referee ref – let them make the game decisions

Verify no one in your group crowds the sideline (*10 ft. buffer*)

Monitor fan and player behavior

Be the leader for your team in behavior, communications, and interactions

Be aware of non-game activity (loose dogs, subs’ behavior)

Matchday Checklist – After

ALWAYS acknowledge your opponents and match officials after the game

Respect the next coach's match – clear the sidelines quickly

Verify no abandoned equipment, litter, or debris

Post-match notes to players and parents

Wait until you've confirmed all players have rides home

Store and lock goals if your match is last.
Scramble combo locks.

Report scores by 7:00pm on matchday

- U11 & U12: fall only
- U13+: both seasons

24-hour cooling off period. No team communications

Report referee feedback ([Trias Soccer Central - Evaluate Referee](#))

Reference - Other

Other info

Agreement, Parent / Spectator: [Resources – Parent / Spectator Agreement](#)

Agreement, Player: Resources – [WSSC Player Agreement](#)

Coaches Code of Ethics: [Resources – Coaches Code of Ethics](#)

Player Reg. & Assignment Guidelines: [About Us – Player Assignment Guidelines](#)

Player Fee Refunds: [About Us – WSSC Reimbursement Policies](#)

Tournament Guidelines: [About Us – Tournament Guidelines](#)

Tournament Reimbursement: [About Us – WSSC Reimbursement Policies](#)

Tournament, WYS Recreational Cup (Rec team focused): [Programs - Recreational Cup](#) and [WYS – Cups – Recreational Cup](#)

Tournament, WYS Founders Cup (Highest level WSSC clubs are eligible for): [WYS – Cups – Founders-Cup](#)

Eligible Players

It is the responsibility of the coach to only allow players in good standing that are listed on their official team roster to participate in a match.

If it is determined that an ineligible player participated in a game, whether deliberately or unknowingly, the team may be required to forfeit every game in which the ineligible player(s) took part, and the coach may be suspended from the league.

Playing improperly registered or ineligible players will cause the team to be NOT IN GOOD STANDING.

Teams NOT IN GOOD STANDING may be deprived of WSSC goods and/or services by a decision of the WSSC board.

In extreme cases, the team may be disbanded and all fees and dues paid by the team and/or team players may be forfeited.

Recruiting

WSSC is a recreational club that encourages fair play.

Improving one team at the expense of another team is not fair play.

WSSC will not tolerate any recruiting of players from one team to another.

Under no circumstances should a coach or team official contact a player from another team for the purposes of bringing that player over to their team.

If a player wants to play on another team, the parents and coaches of both teams should participate in the discussion.

League Structure

WSSC teams are placed into four (4) different leagues, depending on age and competition level.

HSA: CoEd U06/07 – Rec in-association league: [Programs - CoEd U06/U07](#)

HSA: U08-U12 – Rec in-association league: www.highlinesa.org

SSUL: U13+ - Rec and Select inter-association league: [Match Day – South Sound United League](#)

NPSL: U13+ - Select regional league: [Match Day – North Puget Sound League](#)

Emergency Action Plan (EAP)

The goal is to have specific steps listed to reduce time and confusion in a medical emergency

This includes specifics where the entrance is, field locations, and field numbers

This includes if you have an emergency as well. Verify your parents and other team officials know where it is stored and have seen it

Emergency Action Plan (EAP)

Address:

Madison Middle School
West Seattle
3429 45th Ave SW
Seattle, WA 98116

Closest Entrance:

NE Corner: 46TH AVE SW & SW Hinds ST
SW Corner: 47TH AVE SW & SW Spokane ST

1. Call 911
2. Person's Name and Age
3. Describe what happened
4. Describe condition of player
5. Best Access for ambulance
6. Send someone to meet EMS at Entrance (***you must point at an individual and send them***)



FIFA 11+ ACL Inj. Prevention

The FIFA 11+ program was designed for injury prevention

This is especially significant for female players who have a higher incidence of ACL injury

It is designed to take only 20 minutes

Focuses on core and leg strength, balance, and plyometrics

[WSSC – Resources – Coaches' Corner](#)



FIFA 11 Plus - Workbook.pdf



FIFA 11 Plus - Summary Poster.pdf