



**Highline Soccer Club  
2026 Spring Season**

**U06-U12 Coaches Meeting  
Wednesday, April 15, 2026  
6:00 – 7:00PM**



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## 2026 Spring Coaches Meeting Agenda

- Introductions
- Youth Soccer Landscape
- Starting Off on the Right Foot
- Health & Safety - RMA, SafeSport, SCA, Concussion, Environmental
- Season Details
- Fields
- Expectations
- Referees
- Rules
- Uniforms
- Q&A



7:00–7:30 PM – Soccer Ball & U06-U12 Spring Jersey Handout

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## 2025/2026 Volunteer Board & Directors

President	Steve Balsiger	<a href="mailto:president.highlinesc@gmail.com">president.highlinesc@gmail.com</a>
VP Comp/Admin	Chris Braun	<a href="mailto:christopher.braun14@gmail.com">christopher.braun14@gmail.com</a>
Treasurer	<Open>	<Steve> <a href="mailto:highlinesc.treasurer@gmail.com">highlinesc.treasurer@gmail.com</a>
Secretary	Lisa Corner	<a href="mailto:lcorner@comcast.net">lcorner@comcast.net</a>
Registrar	Miranda Olsen	<a href="mailto:highlinesc.registrar@gmail.com">highlinesc.registrar@gmail.com</a>
Coed Mini's (U06/07) Director	<Open>	<Miranda>
Boys HSA (U08-U12) Director	<Open>	<Steve>
Girls HSA (U08-U12) Director	Jenny Spicher	<a href="mailto:heston.jenny@gmail.com">heston.jenny@gmail.com</a>
SSUL/NPSL (U13-U18) Director	<Open>	<Chris & Steve>
Practice Field Scheduler	Jenny Spicher	<a href="mailto:heston.jenny@gmail.com">heston.jenny@gmail.com</a>
Community Representative	Lourdes Morales	<a href="mailto:ofsof2012@yahoo.com">ofsof2012@yahoo.com</a>

# Youth Soccer Landscape in Washington

Club

Leagues

State

National

Recreational

U06-U12

U13-U18



Select



Premier





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# HSC Teams - 2026 Spring HSA Season

22 HSC Teams in HSA League

	<u>Coed U06-U07</u>
<b>Coed U07</b>	HSC CU07 Little Sounders (Cuko)
<b>Coed U07</b>	HSC CU07 TBD3 (Lautman)
<b>Coed U07</b>	HSC CU07 TBD4 (Degefa)
<b>Coed U07</b>	HSC CU07 Blue Dragons (Robinson)
<b>Coed U06</b>	HSC CU06 TBD1 (Berceau)
<b>Coed U06</b>	HSC CU06 Unicorns (Orlowski)
<b>Coed U06</b>	HSC CU06 Sharks (Williams)

	<u>HSA U08-U12 Girls</u>
<b>GU12</b>	HSC GU12 Dolphins (Higgins)
<b>GU12</b>	HSC GU12 Pandas (Contreras)
<b>GU11</b>	HSC GU11 Sapphires (LaVielle)
<b>GU11</b>	HSC GU11 Tornado Tigers (Carter)
<b>GU10</b>	HSC GU10 Wild Waves (Doll)
<b>GU09</b>	HSC GU09 Waves (Luoma/Toner)
<b>GU08</b>	HSC GU08 Lightning Bolts (Davidson)
<b>GU08</b>	HSC GU08 Wave Breakers (Delano-Rainey)

	<u>HSA U08-U12 Boys</u>
<b>BU12</b>	HSC BU12 Phantoms (Printz)
<b>BU11</b>	HSC BU11 FC United (Barton)
<b>BU11</b>	HSC BU11 Warriors (Izem)
<b>BU10</b>	HSC BU10 Tater-Hawks (Contreras)
<b>BU10</b>	HSC BU10 Swamp Monsters (Jones)
<b>BU09</b>	HSC BU09 BTown Bombers (Canning)
<b>BU08</b>	HSC BU08 Lions99 (Thainat)



## Starting Off on the Right Foot

- ✓ 1. Register as a Coach (or Team Manager) and complete SafeSport, Intro to Safety (Concussion & Sudden Cardiac) Certs, then submit for RMA background clearance
- ✓ 2. Provide roster information to age group director
- ✓ 3. Contact player families to register their son/daughter
- ✓ 4. Attend Coaches Meeting
5. Rosters will be posted to all team members once RMA's are Approved
6. Access Sports Connect and communicate with player families
7. Host a team/parent meeting to set expectations for sideline conduct
8. Communicate game schedule, links will be posted on our website
  - HSA U06/U07 CoEd begins Sunday, April 26th, ends June 7th
  - HSA U08-U12 League games begin Sunday, April 19th, ends June 14th
  - SSUL/NPSL League games begin Saturday/Sunday, April 18th, ends June 14th



## Two (*or more*) RMA-Cleared Adults for each Team

- Register with HSC as a volunteer through Sports Connect.
- Online courses and certification for SafeSport, Concussion Awareness and Sudden Cardiac Arrest are required prior to RMA approval.
- We can't give access to Team details to coaches if their RMA is expired.

It takes  
**two**  
to make a  
**thing**  
go right...

***\* On February 14th, 2018, the Protecting Young Victims from Sexual Abuse and Safe Sport Authorization Act of 2017 was enacted by Congress and became federal law. The new legislation is a response to sexual abuse revealed in and around USA Gymnastics — but the impact of the legislation reaches far beyond Olympic-level sport. The Act creates a new 'standard of care' for all organizations providing youth sport programming: youth sport ministries, school leagues and athletics, camps, country club leagues, and more. In short, the new Act requires Prevention Training and Prevention Policies.***



## Health & Safety – SafeSport

- Federal Law
- US Soccer Mandate
- Physical Misconduct
- Sexual Misconduct
- Emotional Misconduct
- Bullying
- Harassment
- Hazing

**SEE SOMETHING,  
SAY SOMETHING**

**REPORT TO:**

<mailto:info.highlinesc@gmail.com>



## Health & Safety – Environmental Conditions

- US Soccer’s Player Health and Safety Program - [Recognize to Recover](#)
- US Soccer’s Recognize to Recover - [Environmental Conditions](#)
- Heat Guidelines (*HSA is in Category 1 Region*): [Heat Guidelines](#)
- [Air Quality Index Guidelines](#)
- [Lightning & Severe Weather \(HSA\)](#)
- [Snow & Stormy Weather \(HSA\)](#)



## Health & Safety – Other

- Use Sports Connect to communicate with players
- Ensure another adult is present when you are with the players – including carpools
- Verify your medical release form is present
- Write player uniform number on medical release form – others may not know all the players' names
- Always check the field before play for debris, litter, and dog waste
- Always check goals are secured
- 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



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## Game Schedules

- Season Opens weekend of April 18/19 and runs through June 13/14
  - Game schedules are maintained in Affinity and can be accessed here:  
or HSC website >> Team Central >> Schedules >>  
[2026 Spring HSC Schedules](#)  
or your SC Team Page  
or [HSA League Schedule](#)
  - Some divisions will have byes due to an odd number of teams
  - Re-scheduling will need to be coordinated with opposing team and club game scheduler.
- \* NOTE: If you cancel or reschedule your game for any reason, please contact us ([info.highlinesc@gmail.com](mailto:info.highlinesc@gmail.com)) so we can inform referees and assure field availability**



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## Fields – Home Games

- U06/U07: Hiawatha
- U08: Chelsea Park
- U09: N/A
- U10: N/A
- U11: Moshier #1
- U12: Moshier #1
  
- U13/U14: North SeaTac Park  
& Valley Ridge
- U15+: Evergreen High School

## Fields – Away Games

- U06/U07: Hiawatha
- U08: Riverview South
- U09: Fairmont & Roxhill Park
- U10: Walt Hundley
- U11: EC Hughes
- U12: Highland Park
- \*Please assist WSSC with setup and stowing of goals, cable combos are 7908*
  
- U13+: *South Puget Sound area*

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## Fields – Sorry NO Dogs!



- **Dogs are NOT allowed** at organized athletic fields, beaches, or children's play areas in Seattle parks, per the Seattle Municipal Code.
- Please tell your team families to leave their pets at home during practices and matches.



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## Expectations

- Team Conduct -- Coaches, Players, and Spectators  
**Strict adherence to HSC and WYS Code of Conduct!**
- The coach is responsible for the conduct of the entire team and their supporters -- **Be positive! Be a role model!**
- **Model poise, integrity, and good sportsmanship!**  
(Players and Sidelines will follow your lead)
- **50% playing time for EVERY player** *in good standing (per HSC Player Agreement)* regardless of level of competition



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## Coach Expectations – Before the Match

- Check the schedule to make sure there are no changes or revisions!
- Click on your opponent's team name on the Schedule to view their contact information.
- Contact your scheduled opponent the week of the match to verify the field assignment, game time, and opponent's uniform colors.
- If there is a color conflict it is the responsibility of the HOME team to change colors. Home team supplies the match ball.
- Know the rules! Rules Posted at:
  - HSC website >> Resources >> Rules >> [HSA League Rules & Fair Play](#)
- Be Prepared
  - Have a Plan
  - Have Team Roster and Medical Releases
- Arrive EARLY



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## Coach Expectations – During/After the Match

- Be a role model!
- Demonstrate good sportsmanship for your players and supporters and assure that they follow your good example!
- Be POSITIVE or be silent!
- Do not challenge the officials calls!
- Keep matches competitive
- 3-Goal Courtesy Rule (add a player, limit touches, left foot only)
- Post-game “air” shakes with referee and opponents
- Be good field stewards. Check for equipment left behind and leave the fields free from garbage and debris



## Game-Related Incidents and Escalation

To help create a more consistent and effective process, HSC is asking that any individuals associated with our club - such as parents, team managers, or other supporters—connect with us when they need to report an issue that occurred during a game.

By routing these reports through club leadership, we can:

- **Ensure accurate and complete information** is gathered before being escalated
- **Streamline communication** between clubs and the league
- **Allow HSC the opportunity to address concerns internally** when appropriate
- **Create a more organized and efficient reporting structure** for leagues to review and act on

Once a concern has been reviewed at the club level, we can then reach out to the appropriate league directly to share details and discuss next steps as needed.

Additionally, some types of incidents particularly those involving referees should be handled by HSC in coordination with our referee assignors to ensure proper communication and resolution through the appropriate channels.

This approach helps reduce confusion, avoids duplicate or incomplete reports, and ultimately supports a more professional and consistent experience across the league.



## Respect the Referee!



- **Be POSITIVE or be silent!**
- Referees ref – Coaches coach – Parents parent
- Do not challenge the officials calls on the field!
- Provide ALL Constructive Feedback Good or Bad via [www.triassoccercentral.org](http://www.triassoccercentral.org)
- NOTE: Referees provide TRIAS feedback on Coaches and sideline behavior
- [US Soccer Referee Abuse Prevention](#)



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## New Referee Abuse Rules and Penalties

### NON-PHYSICAL OFFENSES of gross misconduct, abuse, and / or assault

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 OFFENSES of gross misconduct, abuse, and / or assault

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, Spiting, Choking, Tackling, Throwing or Use of Object or Any Part of Body (Forearm, Knee, Head) in a Striking Manner		12 Months - Lifetime

### KEY PENALTY FACTORS

- Single offenses are at **minimum** the prescribed game penalty or time penalty for non red zone offenses
- Penalties can be **both game and time depending on severity** / circumstances
- Second time offenders receive **double punishment**
- Third time offenders receive a **lifetime ban**
- More than one offense at the same time is **at least the punishment for the most serious offense**
- Offenses against minors are automatically subject to a **“minor multiplier”** resulting in **triple punishment**
- **One offense warning per league** to be managed by states and leagues collaboratively
- Game consequences are **inclusive of 1 game penalty for any red cards given**
- Optionality for **50% penalty for first offense from a minor**

Please follow your current reporting structure – updated reporting procedure will be a part of Phase 3.

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



## Respect the Referee!

- Know the Rules for your Age Group! [HSA League Rules & Fair Play](#)
- Ask questions BEFORE the match (good to confirm length of half, rules, build out line, etc.)
- Control team and sideline conduct – Coaches are responsible for their team and spectators. The Coach can be cautioned for any individual's sideline behavior, including spectators
- Post-game “air” shakes with referee and opponents
- **Consider becoming a Referee**
  - HSC reimburses new referees for fees paid to attend classes
  - Excellent job for coaches, parents and siblings. Minimum age is 13 years old, one of the few jobs available at that age
  - You select the games you want to ref, on your schedule

member login

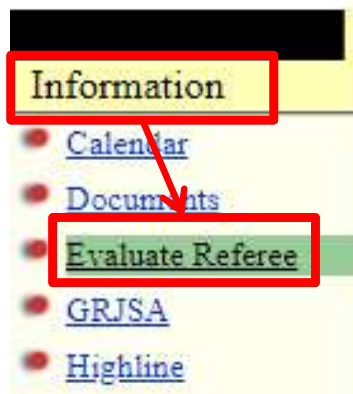


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## Evaluate your Referee

- 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
- <http://www.triassoccercentral.org/>



### Information

The **Information** segment of o

### TriasSoccerCentral

**TriasSoccerCentral** is a not for profit organization (affiliated with Highline 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



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## General Soccer Rules

- The purpose of the Modified soccer format is to allow players to play the game in a format that will maximize player enjoyment of the game while teaching them the skills that they will need as they grow older.
- 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
- No toe cleats (i.e., baseball or football cleats). Cleats are not required.
- All players must be properly registered with HSC and on your team roster
- Only players registered with HSC may participate in practices
- No jewelry is allowed on a player at all. The player will not be allowed to play if they have jewelry on. Including soft cloth necklaces or bracelets, NO earrings
  - Jewelry Exception: Medical alert bracelets if taped down securely with info showing



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## General Soccer Rules

- All comments from the sidelines must be positive and supportive of the players, coaches, and officials. It is the coach's responsibility to manage team parents/guardians
- It is only an infraction if the referee whistles for it.
- "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.*
- 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*
- Home teams supply the match ball
- Home team is responsible to change if there is a uniform color conflict



# Modified Soccer Rules

- Know the Rules for your age group “U”
- HSA Modified Rules Posted at (*print a copy for reference*):  
HSC website >> Resources >> Rules >> [HSA League Rules & Fair Play](#)

	Player Birth Year 2025 Fall - 2026 Spring Seasons	2020	2019	2018	2017	2016	2015	2014
	Age Group	U06 Under 6	U07 Under 7	U08 Under 8	U09 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
FIFA Law 03 The Players	Goalie Allowed to Punt or Drop Kick Ball	N/A	N/A	N	N	N	N	N
FIFA Law 04 The Players' Equipment	Players' Equipment	Standard Game Laws	Standard Game Laws	Standard Game Laws	Standard Game Laws	Standard Game Laws	Standard Game Laws	Standard Game Laws
FIFA Law 05 The Referee	Referees Provided	N	N	optional	Y	Y	Y	Y
FIFA Law 06 The Other Match Officials	A/Rs Used	N	N	N	N	N	Y	Y
FIFA Law 07 The Duration of the Match	Game Time (# periods x minutes)	2 x 16	2 x 16	2 x 25	2 x 25	2 x 25	2 x 30	2 x 30

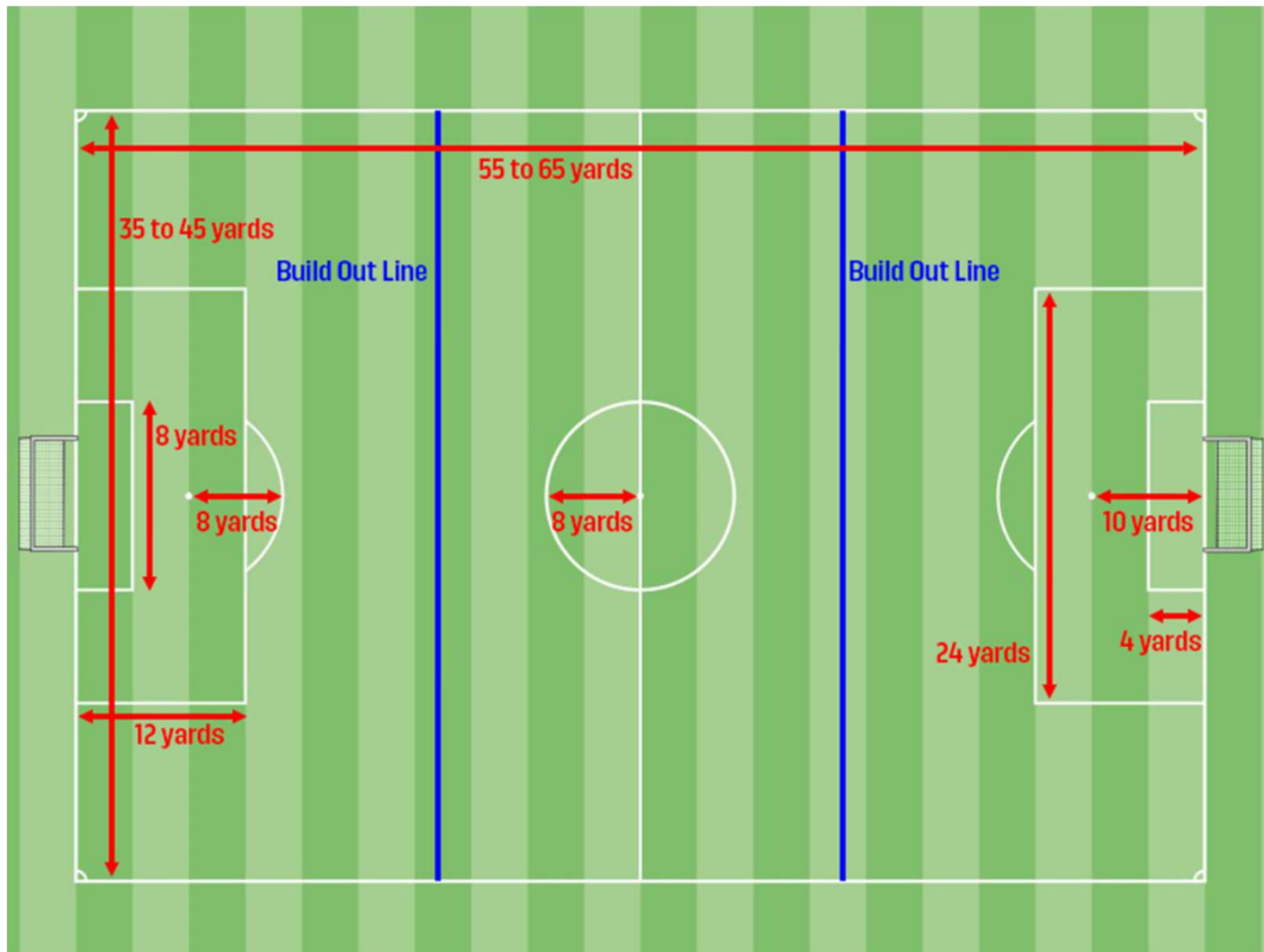
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## Build Out Line (U08 – U12)





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## **Build Out Line (U08 – U12)**

- The build out line promotes playing the ball out of the back in a less pressured setting
- When the goalkeeper has the ball in his or her hands during play from the opponent, the opposing team must move behind the build out line until the ball is put into play
- Once the opposing team is behind the build out line, the goalkeeper can pass, throw or roll the ball into play (punts and drop kicks are not allowed)
- After the ball is put into play by the goalkeeper, the opposing team can cross the build out line and play resumes as normal
- The opposing team must also move behind the build out line prior to a goal kick and may only cross the build out line once the ball has left the penalty area
- If a goalkeeper punts or drop kicks the ball, an indirect free kick should be awarded to the opposing team from the spot of the offense



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## **Build Out Line (U08 – U12)**

- If the punt or drop kick occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the nearest point to where the infringement occurred
- The build out line will also be used to denote where offside offenses can be called
- Players cannot be penalized for an offside offense between the halfway line and the build out line
- Players can be penalized for an offside offense between the build out line and goal line
- Ideally, the goalkeeper will wait to put the ball into play once all opponents are past the build out line
- The goalkeeper can put the ball into play sooner however does so accepting the positioning of the opponents and the consequences of how play resumes



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**Rule adjustments (3-goal rule)** — please add a player if your team falls behind by 3 goals. If you are ahead by 3 goals, please add conditions (such as shooting with your weak foot, passing 3 times before shooting, etc).

### *For U11/U12 HSA League*

At halftime, if a Coach believes without mitigating conditions that their team will finish the game with a score in excess of a three-goal margin of victory, they should communicate with their players one of the following conditions.

- 1) Goals should only be attempted by an offensive player shooting with one touch.
- 2) Goals should only be attempted by the offensive team after completing three consecutive passes and only finished with a one-touch shot excepting under conditions of a Corner Kick and on awarded Penalty Kicks.
- 3) Goals should only be attempted by the offensive team after completing three consecutive passes and finished with a one-touch from outside the penalty area excepting under conditions of a Corner Kick and on awarded Penalty Kicks.

The entire responsibility for providing mitigating conditions should be on the Coach who believes their team to be otherwise in an overly dominant position. Coaches should not add players or remove players as this disrupts the play without truly changing the dynamics of the game. Coaches may choose to add further conditions if the recommended ones above are insufficient in their judgment.



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## Uniforms/Jerseys

- [HSC Uniform Page](#)
- Minis (U6 & U7) and U8-U12

HSC provides World Cup themed jerseys that players get to keep

*\* Sizes were provided by parents at registration, please do your best to distribute jerseys by size and not number.*
- U13 and up

Teams provide their own kits. We recommend Prottime Sports in Tukwila who provide HSC teams discounted prices and personalized printing.

[Prottime Sports - Soccer](#)

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## THANK YOU !!! FOR VOLUNTEERING TO COACH

- You are the heart & soul of our Club, representing HSC to our players, families and peer clubs
- Your HSC Board is here to help:

[info.highlinesc@gmail.com](mailto:info.highlinesc@gmail.com)



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# Question & Answer



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# Health & Safety – Sudden Cardiac Awareness

**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!

- 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.

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## Health & Safety – 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.

**SUDDEN CARDIAC  
ARREST  
AWARENESS** 



# Health & Safety – Concussion Education

**+** **SIGNS AND SYMPTOMS**

Athletes who experience one or more of the signs or symptoms listed below after a bump, blow, or jolt to the head or body may have a concussion.

**> SIGNS OBSERVED BY COACHING STAFF**

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

**> SYMPTOMS REPORTED BY ATHLETE**

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not "feeling right" or is "feeling down"

**📋 ACTION PLAN**

As a coach, if you think an athlete may have a concussion, you should:

1. **Remove the athlete** from play.
2. **Keep an athlete with a possible concussion out of play on the same day of the injury and until cleared by a health care provider.** Do not try to judge the severity of the injury yourself. Only a health care provider should assess an athlete for a possible concussion.
3. **Record and share information about the injury**, such as how it happened and the athlete's symptoms, to help a health care provider assess the athlete.
4. **Inform the athlete's parent(s) or guardian(s)** about the possible concussion and refer them to CDC's website for concussion information.
5. **Ask for written instructions from the athlete's health care provider** about the steps you should take to help the athlete safely return to play. Before returning to play an athlete should:
  - > Be back to doing their regular school activities.
  - > Not have any symptoms from the injury when doing normal activities.
  - > Have the green-light from their health care provider to begin the return to play process.

**IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON.**

For more information and to order additional materials **free-of-charge**, visit: [www.cdc.gov/HEADSUP](http://www.cdc.gov/HEADSUP).

You can also download the CDC HEADSUP app to get concussion information at your fingertips. Just scan the QR code pictured at left with your smartphone.

Centers for Disease Control and Prevention  
National Center for Injury Prevention and Control

The information provided on this document or through linkages to other sites is not a substitute for medical or professional care. Questions about diagnosis and treatment for concussion should be directed to a physician or other health care provider.

- **WHEN IN DOUBT, SIT THEM OUT!**
- Notify Parents and HSC 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.

member login



COMMUNITY

INTEGRITY

# Acronyms

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