



Recreational Coaches Meeting – 2025/2026

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Thank you for volunteering your time this year to coach in the MFC recreational program. The Mississippi Futbol Club - Mississippi Rush is excited to welcome you into the fun and engaging world of coaching! As an organization, we appreciate coaches of all levels and look forward to having you be a part of our Rush soccer family. We trust our coaches to carry out our developmental mission and vision with all of our players. No matter what program or age group you are a part of, we want you to be informed on what to expect as a member of the Mississippi Rush team. We hope to make this experience rewarding for both yourself and the children we serve. It is our goal to help & support you in any way possible in developing and nurturing Champions in Life.

Kenny White, MFC - Mississippi Rush Technical Director

“Where the Trails of Passion and Purpose Meet, Begins the Path to Victory”

Important Contact Information:

- | | | | |
|--------------------------------|----------------|----------------|--|
| ● MFC President | Bill Felder | (601) 260-1897 | bfelder@hrkcpa.com |
| ● MFC Registrar/Administrator | Lorrie Smith | (769) 972-2710 | mfcrec@mississippirush.com |
| ● MFC Madison DOC | Keaton Halbert | (662) 397-0082 | robertkhalbert@gmail.com |
| ● Referee Assignor | Bryan Nesbit | (601) 519-8852 | mfc referees@gmail.com |
| ● U8 & Below Commissioner - | OPEN | | |
| ● U10 Girls Commissioner - | OPEN | | |
| ● U10 Boys Commissioner - | OPEN | | |
| ● U12 & Up Girls Commissioner- | Erik Munnell | (330) 398-1105 | vaxop@hotmail.com |
| ● U12 & Up Boys Commissioner- | OPEN | | |



Cadets Program: U7-U12 Age Groups

Specific details can be found online at mfcsocket.com / MFC Cadets, but the key points are as follows.

- The Cadet program is now available for the U7 to U12 age groups. Each age group will participate in 4 tryout sessions before being placed on teams.
 - The cost of 4 tryout sessions is \$100

- Players will be chosen for either a tournament or practice team;
 - Tournament teams will practice weekly and participate in local scrimmages and tournaments. Cost \$175.
 - Practice teams will practice weekly and participate in local scrimmages only. Cost \$100.

- U7-10 teams will practice 5:30-7:00pm at Liberty Park fields 3 & 4.
- U11-12 teams will practice 7:00-8:30pm at Liberty Park fields 3 & 4.

- Questions: pgoldsbury1@gmail.com



Rec Team Practice Information & Locations

Practice fields for U10 and below are on a first-come, first-served basis except where it specifically requires a field request. Field requests are required for U12, U14, U16 & above teams training at Liberty Park. Please only practice on fields assigned to your age group. All practices **MUST** be on approved practice sites so that the league's insurance is in effect. You may practice at other locations you have personal access to but, only after obtaining league approval to do so by emailing Keaton Halbert at robertkhalbert@gmail.com.

Practice Field Open to All Recreational Teams

- Practice Fields on Madison Ave: Fields are located on the Southside of Madison Avenue across from Liberty and before the railroad tracks.

U4, U5 & U6 Approved Practice Fields

- Space between Ridgecrest Baptist Church and St. Matthew's Methodist Church
 - Available Monday, Tuesday, Friday, and Saturday
- Mannsdale Lower: Fields are located behind the school

U7 & U8 Approved Practice Fields

- Madison Avenue Lower Elementary: Field located behind the school
- Mannsdale Lower: Fields are located behind the school
- Mannsdale Upper: Fields are located behind the school

U10 Approved Practice Fields

- Madison Avenue Upper Elementary: Field located behind the school.
- Olde Towne Middle School: Field located behind the school.

U12 & U14 Approved Practice Fields

- Liberty Park – Requires a field request (see below)
 - Available: Tuesday, Thursday, Friday & Sunday when there are not games

U16 & U17 Approved Practice Fields

- Liberty Park - Requires a field request (see below)
 - Available: Tuesday, Wednesday, Friday & Sunday when there are not games

Practice Request Instructions for Liberty Park field (U12 & UP ONLY):

Email your requests to pgoldsbury1@gmail.com with the following information:

1. Coaches Name
2. Age group and gender (U12G, U14B, etc.)
3. First choice of day and time
Second choice of day and time
4. Coach's cell phone number
5. Any additional information such as if you are coaching another team

Any missing information above will delay your field request approval.



Parent Information

Dear MFC Parents:

The following are a few frequently asked questions that the league addresses every year:

Question: What is appropriate attire for a soccer player?

Answer: A soccer player must wear soccer cleats – not baseball cleats. A baseball shoe has a cleat at the very tip of the shoe. A soccer player must wear shin guards UNDER the socks. A soccer player CANNOT wear jewelry of any kind. Band-aids over earrings is NOT permitted. If you are considering having your child's ears pierced, please consider that they will not be permitted to participate in the game. These are things we teach our referees to look for. If a referee notices a violation of any of these rules, he/she is required to ask the player to make the appropriate change.

Questions: Can a coach decide to play a different format other than that set up by the league?

Answer: Yes, for U4 – U8, **NO** for all other age groups. The U4, U5 & U6 age groups should play two 3 v 3 games at the same time. The U7 age groups should play two 4 v 4 games at the same time. If a team does not have enough players to play under these formats, then each coach must agree on the format to be played for that game. If no agreement is reached, then the games will be played as scheduled. **ONLY** U8 age group will be allowed to play 5v5 with goalies on one field. We urge our coaches to remember this is for the kids and we want our children to play as much as possible.

Question: Can a parent, coach or spectator approach a referee before, during or after a game?

Answer: NO! These are children of our league and they are learning as well. These are our newest referees and they are sure to make mistakes. How else can they learn? If you have a question and/or problem with a referee, contact the league at mfcrc@mississippirush.com.



PARENT SOCCER RULES

Your child is playing soccer for fun. Everyone wants you to enjoy the game, also. This information is being provided in an effort to assist you and your child in gaining the maximum benefit possible from this soccer match. Below are some simple rules you should observe. Please consider them carefully.

1. **Do not shout insults or verbally abuse the referee.** It's hard for a child to learn respect for the referee or other officials when their parents set a poor example. The referee has the power to remove the parents and/or spectators from the field or stop the match if the crowd becomes discourteous.
2. **Do not shout instructions to your child.** This only causes confusion since the coach has already instructed your child on how to play. If you do shout instructions, your child will probably try to please both you and the coach. In trying to do two things at one time, the child becomes unable to handle his loyalties and ends up pleasing neither the parent nor the coach.
3. **Cheer for your child when he/she plays the ball well.** However, remember that your child is a member of a team. Let the other players know you support them too.
4. **Suffer in silence** (or moan softly) whenever something occurs that goes against your child's team. A display of anger may inflame a delicate situation resulting in embarrassment for you and your child. Some parents embarrass their own children by making a spectacle of themselves.
5. **Do not run up and down the sidelines.** Find a comfortable place to sit down or stand. Relax and enjoy the match.
6. **Set the tone for good sportsmanship** by adopting a positive attitude if your team losses. Compliment your child upon his/her good plays and ignore the mistakes. Your child will be happy you noticed his/her good qualities.

Remember – Your child will forget about today's game. Next week he/she will probably have forgotten the score. However, both of you will remember the good time the child had playing the most popular sport in the world.



Parental Support - The Key to Peak Performance

The role that parents play in the life of a soccer player has a tremendous impact on their experience. With this in mind, we have taken some time to write down some helpful reminders for all of us as we approach the upcoming season. If you should have any questions about these thoughts, please feel free to discuss it with us, the coaches.

1. **Let the coaches coach:** Leave the coaching to the coaches. This includes motivating, psyching your child for practice, after game critiquing, setting goals, requiring additional training, etc. You have entrusted the care of your player to these coaches and they need to be free to do their job. If a player has too many coaches, it is confusing for him and his performance usually declines.
2. **Support the program:** Get involved. Volunteer. Help out with fundraisers; anything to support the program.
3. **Be your child's best fan:** Support your child unconditionally. Do not withdraw love when your child performs poorly. Your child should *never* have to perform to win your love.
4. **Support and root for all players on the team:** Foster teamwork. Your child's teammates *are not* the enemy. When they are playing better than your child, your child now has a wonderful opportunity to learn.
5. **Do not bribe or offer incentives:** Your job is *not* to motivate. Leave this to the coaching staff. Bribes will distract your child from properly concentrating in practice and game situations.
6. **Encourage your child to talk with the coaches:** If your child is having difficulties in practice or games, or can't make a practice, etc., encourage *them* to speak directly to the coaches. This "responsibility taking" is a big part of becoming a big-time player. By handling the off-field tasks, your child is claiming ownership of all aspects of the game - preparation for as well as playing the game.
7. **Understand and display appropriate game behavior:** Remember, your child's self-esteem and game performance are at stake. Be supportive, cheer, and be appropriate. To perform to the best of his abilities, a player needs to focus on the parts of the game that they can control (his fitness, positioning, decision making, skill, and aggressiveness, what the game is presenting them). If he starts focusing on what he cannot control (the condition of the field, the referee, the weather, the opponent, even the outcome of the game at times), he will not play up to his ability. If he hears a lot of people telling him what to do, or yelling at the referee, it diverts his attention away from the task at hand.
8. **Monitor your child's stress level at home:** Keep an eye on the player to make sure that they are handling stress effectively from the various activities in his life.
9. **Monitor eating and sleeping habits:** Be sure your child is eating the proper foods and getting adequate rest.
10. **Help your child keep his priorities straight:** Help your child maintain a focus on schoolwork, relationships and the other things in life beside soccer. Also, if your child has made a commitment to soccer, help him fulfill his obligation to the team.
11. **Reality test:** If your child has come off the field when his team has lost, but he has played his best, help him to see this as a "win". Remind him that he is to focus on "process" and not "results". His fun and satisfaction should be derived from "striving to win". Conversely, he should be as satisfied from success that occurs despite inadequate preparation and performance.
12. **Keep soccer in its proper perspective:** Soccer should not be larger than life for you. If your child's performance produces strong emotions in you, suppress them. Remember your relationship will continue with your children *long after* their competitive soccer days are over. Keep *your* goals and needs separate from your child's experience.



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13. **Have fun:** That is what we will be trying to do! We will try to challenge your child to reach past their "comfort level" and improve themselves as a player, and thus, a person. We will attempt to do this in environments that are fun yet challenging. We look forward to this process. We hope you do to!

Lightning Policy

MFC will use the "30-30" rule:

- **30 Seconds:**
Count the seconds between seeing lightning and hearing thunder. If this time is less than 30 seconds, lightning is a potential threat. Cease all activity and seek shelter immediately.
- **30 minutes:**
After the last lightning flash or thunder, wait 30 minutes before leaving shelter.

This applies to all MFC activities including, but not limited to, games, practices, clinics, skills nights, coaching sessions, and workdays.

When seeking shelter, keep in mind the following: No place outside is safe near thunderstorms

The best shelter is a large, fully enclosed, substantially constructed building. A vehicle with a solid metal roof and metal sides is a reasonable second choice.

If there is no proper shelter, avoid the most dangerous locations:

- Higher elevations
- Wide open areas, including fields
- Tall, isolated objects, such as trees, poles, or light posts.
- Unprotected open buildings
- Rain and sun shelters and the dugout areas
- Metal fences and metal bleachers
- Water

If you're caught outside in the danger zone, and can't get to shelter, the best thing to do is to crouch down near some small trees or shrubs with taller trees in the area. Minimize contact with the ground and stay low by crouching on the balls of your feet. Cover your ears with your hands and tuck your head down.



MFC

Coaches Guidelines for Sideline Behavior

Our league has continued to grow each year and provide a fun and positive experience for our children. The exposure that our children receive at this early age to the game of soccer will be with them for the remainder of their lives. The guidance given by you as coaches is helping to build these young people into the leaders and coaches of the future. Your approach to the game and respect shown for the game itself will help guide them to the correct appreciation of the game and what it has to offer.

We thank you for your time and efforts in guiding the lives of these young people. Unfortunately, there are a few individuals who choose to take the wrong approach to the game and those involved in the game. The game is one of fast paced action and excitement; however, we cannot get so caught up in the pace of the game as to forget that we are examples to those same young people when on the sidelines.

As time goes on our league continues to get an increasing number of coaches who played the game as children or young adults. This is wonderful from the standpoint of the ability of our coaches to assist in the development of our players, but this lends itself to some difficulties as well. One such difficulty has to do with the rules of the game and the fact that FIFA does from time-to-time review and update certain rules. This may mean that a rule today may be different from when those coaches played the game themselves.

All MFC referees must complete a course of study with current rules and annual updates to keep them informed of these changes and thus keep them current on the latest rules of the game. Our league may also make certain adjustments to slowly incorporate all the rules into the play of the children as they mature as people and players. With the busy schedules we all face from day to day, adult referees are difficult to come by. As a result, the majority of our referees are children from age 12 up through mid-teens. They are also children learning from the behavior of the adults around them and taking their leads from the coaches and parents on the sidelines.



Coaches Guidelines for Sideline Behavior:

1. **Stay within 10 (ten) yards of the midfield stripe.** Coaches running up and down the sideline make it difficult for the assistant referee to see the sideline and make the proper call. Also, when coaching in most tournaments around the state, you will only be warned one time and then asked to leave the field. We hope that this does not become a necessary practice for our regular season games.
2. **Set the tone for the behavior of your players and parents. Remember that you are held responsible for controlling them.** You are also teaching your players how to conduct themselves on the field. Remember that parents and players follow your lead.
3. **Coaches are allowed on the field only when permitted by the referee.** This will occur in the case of a player injury. Coaches will be allowed to huddle with their teams along the sidelines at the breaks for the purpose of making substitutions.
4. **The decisions of the referee with respect to rulings of play are final and shall not be questioned or challenged from the sidelines.** Any concerns should be directed to the league official present or the Supervisor of Referees. If concerns continue to be voiced about a particular referee's interpretation of a rule then a review will be conducted with that referee to insure a proper understanding of the rule in question.
5. **At no time are coaches to approach referees between quarters, at the half or upon completion of the game,** with the exception of thanking them for calling the game when the teams are shaking hands. Coaches approaching referees for any other purpose shall be subject to a one game suspension, with repeat offenses resulting in the suspension of your coaching privileges for one year (two seasons) from the date of the occurrence.
6. **Respect shall be shown to referees at all times before, during, and after games.** Refereeing a game is difficult enough without constant input from the coaches and parents. If you, as a coach, take the referee's attention from the game, a call could be missed when the referee is distracted. Consider how you would want someone to treat your child if he or she were in the referee's place and act accordingly. The majority of our referees are young teenagers and need to be treated with kindness and respect. A thank you after the game can go a long way toward building the confidence of a young person.
7. **Continuous verbal abuse directed at any referee should result in the ejection of the coach at that point.** If the referee chooses not to eject the coach at that time, the Rules of Discipline Committee has the authority to review the incident and issue a warning to that coach which places the coach on probation for the remainder of the season. A second offense will result in a one game suspension with further offenses



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resulting in a one year (two season) suspension of coaching privileges from the time of the incident.

Coaches Guidelines for Sideline Behavior:

I, _____ have read the above guidelines and agree to always adhere to them during my tenure as a coach with the Mississippi Futbol Club.

_____ Signature Date

Date of Birth _____

“MFC, Inc. is a Non-Profit/Volunteer Organization serving the children of Madison County, MS”