

Equipment:

1. All players must wear proper shin guards to every session. Hard surfaces of shin guards should be covered with socks.
2. No shoes with front cleats should be worn and no metal cleats are allowed.
3. No jewelry, metal devices, or hazardous equipment may be worn. (Casts can be allowed if they are padded).
4. Each player should bring a plastic water bottle to practice and a soccer ball if they have one. If you want to get a ball for your child, get a stitched ball (as opposed to a hard seamless ball) of proper size (size 5). Also, look for a stamp that says either "official size & weight" or "FIFA Approved". Even if a ball is the official weight, some balls are heavier & harder than others. Don't get a ball that is too heavy or hard (some seamless balls are especially hard). Some balls are so hard that it is painful to kick them. If you have a choice, a shiny, waterproof surface is best because it won't absorb water & will last longer. Test the ball to see if it's round & will fly straight by tossing it into the air with a lot of spin on it to see if it wobbles. We will use a size 5 ball. If you do not have a ball I will have extras at each practice so that each player can have a ball to use.

Expected Behavior:

By Parents:

In Accordance with Parent Code of Conduct

1. "Positive encouragement is good; negative comments are bad."
2. "Cheering is good, but do not yell at your child or anyone else's child during the game. It can be distracting & what you tell them may be different from what the coaches are saying. If you would like to be an assistant coach, please call me, I would love your help."
3. "Be careful not to say anything that might be taken the wrong way or hurt someone's feelings. Remember: this is for fun & these are children."
4. "Be a good role model & a good sport."
5. "Do not yell at the referees or say anything bad to or about the other team. Never boo the other team or cheer when they make a mistake."

By Players:

A. Behavior Rules

1. Everyone must follow all directions given by the coaches & assistant coaches
2. Everyone must hustle & do their best
3. "When I talk you must be still & listen"
4. I expect everyone to be a good sport whether we win or lose (this includes parents)
5. "No cursing or name calling".
6. Disruptive or disrespectful behavior will not be tolerated.

B. Safety Rules

1. Keep your hands to yourself
2. Do not kick the ball in the air unless I tell you it is okay (otherwise kids will be getting hit in the back of the head)
3. Dangerous behavior will not be tolerated

Discipline Policy:

I have an obligation to your child & to everyone involved to not allow certain types of behavior. If your child has a history of problem behavior, please call me so we can talk about how to deal with it. I will try to follow the policy described below. **If you disagree with this policy or any part of it, please call me immediately:**

- 1st I or my assistant coach will talk to the child & explain what they are doing that is unacceptable & why, and ask them to stop it.
- 2nd If they persist, I or my assistant coach will ask them to do 10 “knee jumps” (they stand still & jump, raising their knees to waist height. This is quick & less disruptive than laps).
- 3rd If they still persist, I or my assistant coach will ask them to go to the side line until they are ready to obey the rules. I will take them over to the side & speak to them privately & explain to them that they are disrupting practice (or doing something unsafe) & that I won’t tolerate it & that if it happens again I am going to make them sit out until their parents arrive & then talk to their parents.
- 4th If they still persist, I or my assistant coach will ask them to sit on the side line until their parents arrive at which time I will talk to the parents.
- 5th If they still persist at any future practice, or if the parents don’t support the need for discipline, I will give the parents the choice of attending each practice so they are present to observe & enforce discipline, or I will ask them to resign from the team and I will file a written report with the league administrator.

Volunteers are encouraged. We are looking for volunteers to assist in practice (no experience is necessary), coordinate information to and from parents (no soccer experience is necessary), help set-up and clean up before and after practice, and encourage all the children. We need all the help we can get!

The Coaches are excited about coaching your child this season. Please call me if you have any questions or anything to discuss.