Coaches Information – from coaches meeting

* Coach

**Background Checks through LC Park & Rec?**

This is a new requirement passed on to us by the Village of Little Chute. Anyone going through the East Central certification process may have it done there. We are checking into that. They will be required every four years. We have a from that needs to be completed by each coach.

**Certification**

Y1 certification is received after a 3 hour class given by East Central. Y1 cert allows you to be a Head Coach for Rec leagues U8 and up. There is a class in April 23 at JR Gerrits School in Kimberly. Lisa has a code that allows you to sign up and have HOVSA billed.

**Coaches Code of Conduct** – We are working on a form that we will need each coach to review and sign. Take this very seriously. Work to have good open communication with the refs as well as the other team’s coach

**What to do in case of a major emergency at a practice or game.**

Make sure you have all player and parent information with you at games and practices. Copies of all the emergency forms will be in your coaches’ binder. Please take your binder to all practices and games.

**Roster**

Get to know the kids on your roster as soon as possible. It builds trust and helps them feel valued when you know who they are. Also, try to know who each player’s parents are.

**Can a coach transport other parent’s children to games?**

This is perfectly fine, as long as you have open communication with parents, there should not be an issue. You may want to arrange this via email so you have a record of the conversation, and keep these emails until the end of the season just in case the subject of permission ever comes up.

**Coaches are advised to have a parent meeting before or after the first practice**

This enables you to open up communication with parents on a more one on one basis vs the club’s parent meeting.

This also allows you a specific time for parents to turn in any missing paperwork or ask any more personal questions they may have.

You can remind them of being on-time for practices and games.

*Remind them of the code of conduct*:

Absolutely no talking to refs

Do not coach kids from the side-lines.

Encourage them to volunteer with the team and/or concessions.

**Bring binder at all games/ practices**

What’s in the binder – The binder includes Game schedule, player roster, player medical information, club policies, Rules of the Game suggestions for training and practice drills with illustrations and basic game rules and information.

**Tournaments**

There are several tournaments in our area. The club will pay for or a portion of the registration cost for one tournament per season. Be aware that the area tournaments tend to be a mix of Rec and Classic teams

New Holstein is hosting a tournament Saturday, June 15

Seymour 3v3 tournament is Sunday, July 14

**Rules of the game**

Basic rules of the game can be found in your coach’s binder. The East Central website contains the official game rules for all age groups. There is a link to East Central on our website.

**Playing up**

Players are allowed to play up one level. This allows a player to play for their age level as well as the next level up. A player can be given special permission to play up more than one level if there are special circumstances.

**Coaches - be present at every practice/ game**

There MUST be a coach present at every practice and game. It is a good idea to have at least one or two Assistant Coaches. In the event you have to miss a practice or game, an Assistant Coach can fill in.

**How many practices/ how long?**

Coaches should hold at least one practice each week. Work with the Coach coordinator to set a schedule for field time.

In the event you need to reschedule a practice, make sure to communicate this to your team and also the parents. Do not depend on your players to tell their parents.

A practice is generally one hour long and should include warm ups, skills training, scrimmaging and conditioning (for older kids).

Older teams can practice more than once per week and longer than one hour but it is not recommend to be longer than two hours.

**Practice Fields - reserving a field/ what days of the week/ times**

HOVSA has use of the fields at Van Lieshout Park. The center field is reserved for the LCHS soccer teams.

Frisbee Football does rent the HS field and the U14 field on Wednesday evenings.

It is important to work with the coach coordinator to set up your practice schedule. He will know the game days of all the teams and schedules the other teams have already set.

* Players

**Medical Forms** - must be turned in at the first practice. A player cannot participate in a game before turning in the necessary forms.

**How to determine positions**

Somewhat player preference

Coach determines based on player’s speed, passing and ball control

Players can and should play multiple positions

**How to determine and manage playing time for the athletes - equal play time**

It is crucial that everyone gets similar playing time. As a Rec league, fundamentals and team play are more important than winning. It is possible some players will get more field time but try to keep it as close as possible.

**How to develop positive character traits and values**

Focus less on winning and more on the importance of building a team.

Teach solid fundamentals

Positive reinforcement

**What we want our athletes to learn in our program**

Soccer fundamentals

Self confidence

Discipline

Team first attitude

The ability to win and lose well

**How to encourage participation from all your athletes**

If you have passion for the game, your players will develop the same passion.

Encourage the players to play for each other.

**Nutritional Recommendations**

Drink plenty of water the day before and the day of games.

Save the Gatorade for after the games to replenish electrolytes.

Get plenty of rest but avoid lying around all day to prevent sluggishness.

**Conditioning/ practicing at home**

We tend to have smaller teams than most clubs. That means your players will be on the field more than your opponents. Conditioning is key in order to be competitive.

Players should be encouraged to practice ball skills at home.

**Game Shirts/Jerseys**

Shirts will be handed out to the players by each coach before the first game.

* Parents

**Parent Code of Conduct**

Players must hand the conduct agreement in before they can play or practice.

Openly communicate with parents and players the referee epidemic and why the code of conduct is so important.

Think about how embarrassed your child will be if you are removed from the sideline. Remember, this is a kid’s game.

**What to do if someone needs to be removed from the area**

Referees have the power to stop a game to have a parent or coach removed. The coach will have the responsibility to remove the parent or fan who is disrupting the game.

If a coach is told to leave the field for whatever reason, just do it. Do not argue and carry on. You screwed up and now you have to leave. If a coach or player refuses to leave the area, the referee has the ability to end the game at that time and award the win to the opposing team. You, the coach, are the example for your players on how to conduct themselves on the sideline and on the field.

**How to submit an incident report (good or bad)**

There is a link on the East Central website to submit an incident. Look under the Policies and Forms tab. Our website also has a link which will bring you to East Central.

* Concussions

**Heading**

Heading is not permitted by any player age 10 and younger.

Heading is allowed for U12 and above. However, if you have a 10 year old player playing up, they cannot head the ball.

We do not recommend heading.

**How to recognize a concussion**

If you suspect a player may have sustained a concussion, you should immediately remove them from the game. Educate yourself on how to recognize and test for a player concussion. Be sure to involve the parent(s) as the player will need to be seen by a doctor.

**What is HOVSA’s policy for return to play**

If a player is diagnosed with a concussion, they may not return to practice or play without a doctor’s written approval.

* Equipment

**What we supply vs what the child should have**

The club will provide practice and game balls, nets, training equipment, and game shirts/jerseys

Older teams are provided with goal keeper gloves and keeper jerseys.

Parents need to provide cleats, shin guards and socks, black shorts and water bottle. A ball for practice is optional.

**What if equipment is damaged?**

If any field equipment is damaged or needs to be replaced, contact a board member

* Games

**Weather policy** - East Central has the authorization to cancel a game for severe weather.

Coaches may also agree to cancel and reschedule games due to weather or poor field conditions. Referees may “call” a game due to severe weather once at the field. They are trained to post pone first and make every effort to finish the game.

**How to reschedule games**

The home field coach is responsible for initiating a game reschedule. Contact the opposing coach and the scheduler at East Central. Once a new date is agreed upon, East Central will reschedule the game and assign referees.

**Game Schedule**

The official game schedules will be available on the East Central website. Schedules will also be available on the HOVSA site and in the Coach’s binder. Coaches have the option of printing copies for each player.

**Home game responsibilities**

Place flags

Place sportsmanship signs – There will hopefully be a white line 4ft from the sideline for parents to sit behind. Signs will be placed every few feet along the line.

Prior to the game introduce yourself to the refs and give them the envelope with the ref payment.

Upon completion of games, the team will line up behind the keeper to shake hands with the opposing team. Coaches should be last in the hand shake line.

**Directions to game are on website**

Field maps and directions for away games will be available on the HOVSA website.

* Referees

**Responsibility of the Officials**

Referees start the games and keep them on time.

They equipment check players prior to the start of the game looking at cleats, shin guards and no jewelry.

A good referee will be confident and explain any calls made if there are questions.

**What does the coach need for officials before and after each game?**

Officials will need a completed game/player roster before each game. They will use this to check in players. Upon completion of the game, referees will record the score and get a signature from both coaches.

Coaches will also need to deliver payment to the referees before each game.

* Miscellaneous

**Mentoring**

Upon request, the Coaching Coordinator will be available to assist coaches with any questions and/or help them set up a practice plan.

**Pictures**

Team pictures are not scheduled yet. They will take place before one of your home games.

**Snack Schedule**

Optional; task out to a parent to create if they insist on having one

**End of Season Pool Party**

We will again host an end of the season pool party at Doyle Park. More information will be given once we can book the pool.

 **Recruitment** if you know any college kids that played soccer and are looking for a part-time Referee position - send them our way - we'll get them in touch with the East Central District for training/ certification.