



House Coaches Guidebook

Burke

Ac



The Importance of Coach

“Coaches are among the most influential adults in the lives of youth athletes. In conjunction with parents and schools, coaches are key to developing character in our children.

“Children who are coached responsibly in sports achieve better grades, are less likely to engage in dangerous behavior, live longer and healthier lives due to improved fitness they carry forward from youth sports. Sports provide the ideal “virtual classroom” for teaching life lessons, if coaches prepare themselves to become Responsible Coaches.”

Liberty Mutual’s Responsible Sports

www.responsiblesports.com



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Welcome to Burke AC

Our Club, like other club's throughout the nation, relies on volunteer coaches to coach players, build teams, and interact with parents. We are grateful every time a volunteer steps up to help but we also recognize that the Club has a responsibility to every family to work to provide a safe and positive educational environment for each player.

Volunteering can bring a great deal of satisfaction to a coach. Coaching also brings a great deal of reasonability.

The purpose of this guidebook is to introduce coaches to the Club, provide important information about the way the soccer season works, and to help give basic guidance about coaching. This document is an introduction. It is not a comprehensive answer to every administrative, strategic or tactical question you may have. There are many links to additional information throughout this guidebook. There are also many links, videos and other resources available on the Club's web site (<http://www.burkeathleticclub.org/>).

House League Structure

The Club's Technical Director provides the overall direction for the soccer program. Burke AC's House Commissioner oversees the Club's House League. Players are divided by age and gender (beginning at U7). There is an Age Group Coordinator (AGC) for each age group.

The Age Group Coordinator is the primary contact for coaches in a given age group. Before each season, the AGC builds the various teams and addresses request from players and parents. The AGC is responsible for scheduling practice times and coordinating with other age groups that may be sharing the field space. The AGC is also the primary person responsible for closing fields because of inclement weather.

Placement in an age group is primarily based on a player's date of birth. The Club permits players to "play up" if a player was born on or before October 1 of the given year and wants to play with children in their own grade.

While the Club attempts to honor all requests, it is not always possible to fulfill every request to play with specific coaches, play with certain friends, etc.

Requirements to Become a Coach

All coaches and assistant coaches must register through the Burke AC Web site (www.BurkeAC.org)

All registrants are required to accept the Coaches Code of Conduct (see appendix)

All coaches and assistant coaches must pass a KidSafe background check. For more information about KidSafe background checks, please see:

<http://www.vysa.com/imgs/administration/34948/kidsafeprogram.pdf>

All coaches are encouraged to obtain the Virginia Youth Soccer Association, (VYSA) F license at a minimum. You can learn more about the F License at:

<http://www.vysa.com/programs/34831/34839.html>

Information about other coaching licenses that can be obtained through the Virginia Youth Soccer Association can be found at:

http://www.vysa.com/programs/34831/index_E.html

All Coaches are encouraged to attend Positive Coaching Alliance Coaches training. You can learn more about the Positive Coaching Alliance here: <http://www.positivecoach.org/>

All Coaches and assistant coaches are encouraged to attend coaching courses offered by Burke AC. Information on these can be found on our web site: www.burkeac.org

Equipment Provided to Coaches

We recognize that you are a volunteer and we want to make things as easy for you as we can. To that end, the Club will provide you with certain equipment when you start coaching. The equipment will be available at Burke Sporting Goods. This includes:

- Personalize shirt for each head coach
- Personalized equipment bag
- Age appropriate coaching book
- 8 large practice discs (four each of two colors)
- 24 small practice discs (12 each of two different colors)
- 16 pinnies (eight each of two different colors)
- 1 strap for discs
- 3 cold packs
- 1 age appropriate game ball

Equipment Each Player Will Need

Each player will need to have some basic equipment to play soccer.

Soccer Uniform – Every player must have the Burke AC soccer uniform to play in games. A uniform kit is available at Burke Sporting Goods (www.burkesports.com) and consists of a blue and a red jersey and blue and red socks. Uniforms should have a number on them for U9 and older players. This helps the referees. [Note: U4 players only need to have a blue jersey.]

A Soccer Ball – Each player should have an age appropriate soccer ball and should be encouraged to bring their ball to practice.

Age Group	Ball Size
U4 – U8	3
U9 – U12	4
U13 and higher	5

Shin Guards – Each player must wear shin guards at games and practices.

Soccer Shoes – Soccer cleats are recommended but are not required. Cleats must be rubber or molded plastic (no metals cleats).

Planning for the New Season

Communication with Parents and Players

All coaches need to establish an effective line of communication with the team parents. This should be done as early in the season as possible. Coaches are encouraged to hold pre-season meetings with their players and parents. However, we recognize that this is not always possible. When a meeting is not possible, coaches are encourage to send each parent an email/ letter covering the basic issues for the season.

There are many topics that you may want to discuss at this meeting (or in the letter). Some of these are:

- Introduction of yourself and your assistant coach.
- Discussion of your coaching philosophy.
- Team guidelines
 - Practice schedule
 - How long before a game you want the players to arrive
 - Game schedule
 - Required Equipment
 - Policy for weather related practice and game cancellations

- Team management
- Coach's responsibilities
 - Coaches Code of Conduct
- Player's responsibilities
 - Player Code of Conduct
- Parent's responsibilities
 - Parent Code of Conduct

Paperwork

It is important that each coach have a copy of a fully completed medical release form for each player. These forms should be with the coach at every practice and game. (Your AGC can pre-print these forms with the information that the parents used at the time they registered.) Coaches should also bring this guidebook in case there are any questions at a game.

We also strongly recommend that each coach have the parents and players review and sign the appropriate Code of Conduct and keep them on file. In addition, coaches may want to sign the Coaches Code of Conduct and give a copy to each family.

Resources

The Positive Coaching Alliance provides a number of coaching tools on their web site (www.positivecoach.org). Some of these include:

- A letter for parents that you can send out right before the start of your season. (www.positivecoach.org/uploadedFiles/Free_Tips_and_Tools/Coaches_Tools/ParentLetter.pdf)
- A pledge for parents to sign before the season starts. (www.positivecoach.org/ConPics/Con79/parent_pledge.pdf)
- Coaching scripts that help introduce PCA concepts like Honoring the Game, Redefining "Winner," and Filling the Emotional Tank to your players. (www.positivecoach.org/subcontent.aspx?SecID=181)
- A wealth of practical advice from coaches and experts. (http://www.footy4kids.co.uk/site_map.htm.)

While the BAC Codes of Conduct are part of this document, they can also be found on the Burke AC web site at: http://www.burkeathleticclub.org/forms/index_E.html

Game Schedules

Before the season begins, the Club will create a master schedule for that season's games. This schedule cannot be finalized until all of our coaches are identified and in place.

The Club works to de-conflict coaches who have multiple Burke AC soccer teams so they will be able to coach at each game. The Club cannot de-conflict based on other outside activities.

Once the schedule is finalized, coaches that have conflicts or who will be unable to field teams for specific games should inform the other coach and their AGC as soon as possible. Working together, the coaches and the AGC should be able to resolve the situation. [Note: The AGC is responsible for alerting the referee coordinator to schedule changes. If the Club does not inform the coordinator and a referee show up for the game, the Club must pay the ref even if the game is not played.]

Game Cancellations

When possible, the Club will try to have a free weekend between the final regularly scheduled game and the All Star tournament. This weekend can be used as a Club wide make up day when needed.

It may be necessary for teams to work with the AGCs and schedule make up games during the week. When this happens, the Club will work with the referee coordinator to have a referee there when appropriate. However, it may be necessary for a parent to referee the game.

Pre Season Field Setup

Before each season it is necessary to set up all the game fields. This includes measuring and painting the lines, setting up goals, and moving equipment from our warehouse to the fields. Volunteers are an important part of setting up the fields. If you or any of the players parents have time and are willing to help, please contact our Field and Equipment Administrator Bill Bruch at bbruch1@cox.net.

Burke AC Rules

Specific age group rules vary slightly and are designed to help facilitate the learning process for each player.

Law	Description	U4	U5	U6	U7
I	The field	min- 6x8 max- 8x10 goals- 6' Pugg Discs	min- 8x10 max- 10x12 goals- 6' Pugg Lined	min- 13x20 max- 25x30 goals- 6' Pugg Lined	min- 15x30 max- 30x35 Recessed goals- current u7 Lined
Ia	# of Fields	Multiple	3-4	3 - 4	2-3
II	The ball -size	3	3	3	3
III	Teams	1v1	2v2	3v3	4v4
IIIa	Goalkeepers	No	No	No	No
IV	Equipment	USYS	USYS	USYS	USYS
V	Referee	Parent overseer	Parent overseer	Parent overseer	Parent overseer or older player
VI	Assistant referee	No	No	No	No
VII	Duration	45 min total session	4 – 8 min quarters	4 – 8 min quarters	4 – 12 min quarters
VIII	Start and restart of game (kickoff)	Be fair, take turns, start from own goal	Be fair, take turns, start from own goal	Players choice at midfield	Players choice at midfield
IX	Ball in and out of play	Within reason, players choice	Within reason, players choice	Players choice	Players choice
X	Scoring	N/A	N/A	N/A	N/A
XI	Offside	No	No	No	No
XII	Fouls and misconduct	Time out	Time out	Players choice restart	Players choice restart
XIII	Free kicks	No	No	Players choice	Players choice
XIV	Penalty kick	No	No	No	No
XV	Throw-in	No	No	Players choice	Players choice
XVI	Goal kick	No	No	Players choice	Players choice
XVII	Corner kick	No	No	Players choice	Players choice
	Rosters (Approximate)	24 per session 12 per team	12	12	12
	Practices	None	1: 45 min.	1: 45 min.	1: 60 min.

Law	Description	U8	U9 & U10	U11 & U12
I	The field	min- 20x25 max- 26x35 Recessed goals- Lined	USYS min- 35-45 max- 45x60/ 35x70 goals- 6x18 Full lines - USYS	USYS min- 45x70 max- 55x80 goals – 6x18 Full lines -USYS
Ia	# of Fields	Dual	Single	Single
II	The ball - size	3	4	4
III	Teams	5v5	7v7	8v8
IIIa	Goalkeepers	Yes	Yes	Yes
IV	Equipment	USYS	USYS	USYS
V	Referee	Parent overseer or older player	Club assigned	Club assigned
VI	Assistant referee	No	Ref Choice	Ref Choice
VII	Duration	4 – 12 min quarters	2 – 25 minute halves	2 – 30 minute halves
VIII	Start and restart of game (kickoff)	USYS Center	USYS Center	USYS Center
IX	Ball in and out of play	Liberal USYS	USYS	USYS
X	Scoring	USYS	USYS	USYS
XI	Offside	No	Liberal	USYS
XII	Fouls and misconduct	USYS	USYS	USYS
XIII	Free kicks	All direct	USYS	USYS
XIV	Penalty kick	No	USYS	USYS
XV	Throw-in	USYS	USYS	USYS
XVI	Goal kick	USYS	USYS	USYS
XVII	Corner kick	USYS	USYS	USYS
	Rosters (Guideline)	14	11	12
	Practices	1: 60-90 min.	1: 60-90 min.	1: 60 - 90 min.

US Youth Soccer Official Documents

Official Modified Under 6 Playing Rules -

<http://www.usyouthsoccer.org/docs/us%20youth%20soccer%20official%20under%206%20playing%20recommendations.pdf>

U6 Rules Addendum - http://www.usyouthsoccer.org/doc_lib/ADDENDUM%20-%20U6.pdf

U6 Appendix

(100x50) - [http://usyouthsoccer.org/doc_lib/field_layout_3v3_min%20\(100x50\).pdf](http://usyouthsoccer.org/doc_lib/field_layout_3v3_min%20(100x50).pdf)

(110x60) - [http://usyouthsoccer.org/doc_lib/field_layout_3v3%20max_\(110x60\).pdf](http://usyouthsoccer.org/doc_lib/field_layout_3v3%20max_(110x60).pdf)

(120x70) - [http://usyouthsoccer.org/doc_lib/field_layout_3v3_max%20\(120x70\).pdf](http://usyouthsoccer.org/doc_lib/field_layout_3v3_max%20(120x70).pdf)

(U6 Field of Play) -

<http://www.usyouthsoccer.org/docs/coaches/rules/under%206%20field%20of%20play.pdf>

Official Modified Under 8 Playing Rules

U8 Rules Addendum - http://www.usyouthsoccer.org/doc_lib/under8_official_rules.pdf

U8 Appendix - http://www.usyouthsoccer.org/doc_lib/ADDENDUM%20-%20U8.pdf

(100x50) - [http://usyouthsoccer.org/doc_lib/field_layout_4v4_min%20\(100x50\).pdf](http://usyouthsoccer.org/doc_lib/field_layout_4v4_min%20(100x50).pdf)

(110x60) - [http://usyouthsoccer.org/doc_lib/field_layout_4v4_min%20\(110x60\).pdf](http://usyouthsoccer.org/doc_lib/field_layout_4v4_min%20(110x60).pdf)

(120x70) - [http://usyouthsoccer.org/doc_lib/field_layout_4v4_max%20\(120x70\).pdf](http://usyouthsoccer.org/doc_lib/field_layout_4v4_max%20(120x70).pdf)

(U8 Field of Play) -

<http://www.usyouthsoccer.org/docs/coaches/rules/under%208%20field%20of%20play.pdf>

Official Modified Under 10 Playing Rules -

http://www.usyouthsoccer.org/doc_lib/US%20Youth%20Soccer%20Official%20Under%2010%20Playing%20Recommendations.pdf

U10 Rules Addendum - http://www.usyouthsoccer.org/doc_lib/ADDENDUM%20-%20U10.pdf

U10 Appendix (Field of Play) -

http://usyouthsoccer.org/doc_lib/U10_appendix_Field%20of%20Play.pdf

Official Modified Under 12 Playing Rules -

http://usyouthsoccer.org/doc_lib/US%20Youth%20Soccer%20Official%20Under%2012%20Playing%20Recommendations.pdf

(Although 11 a side play is permitted, US Youth Soccer strongly recommends the 8v8 Modified format.)

U12 Rules Addendum - http://usyouthsoccer.org/doc_lib/ADDENDUM%20-%20U12.pdf

U12 Appendix (Field of Play) -

http://usyouthsoccer.org/doc_lib/Under_12_Appendix_Field_of_Play.pdf

(8v8 max) - [http://usyouthsoccer.org/doc_lib/field_layout_8v8_max_\(120x70\).pdf](http://usyouthsoccer.org/doc_lib/field_layout_8v8_max_(120x70).pdf)

(8v8 min) - [http://usyouthsoccer.org/doc_lib/field_layout_8v8_min_\(120x70\).pdf](http://usyouthsoccer.org/doc_lib/field_layout_8v8_min_(120x70).pdf)

Why Small-Sided Games? [doc] -

http://usyouthsoccer.org/doc_lib/why%20small%20sided%20games.pdf

National Program Overview [pdf] -

http://usyouthsoccer.org/doc_lib/national%20ssg%20update.pdf

International Program Overview [594K pdf] -

http://www.usyouthsoccer.org/doc_lib/small_sided_international.pdf

Additional Rules

Scores & Standings

Burke AC does not keep any official standings and coaches do not need to report scores at the conclusion of each game.

Playing Time

Every player playing House soccer is expected to play at least 50% of every game unless there are extraordinary circumstances.

U8 Pass Back Rule

FIFA's pass back rule to the goalkeeper is not in effect for U8 players.

U8 – No Direct Kicks

There are no direct kicks (including penalty kicks) from U8 and lower. This includes corner kicks which shall be treated as indirect kicks.

No Slide Tackles Until U9

Slide tackling shall not be permitted until players are in the U9 or older age groups when referees are present.

Coaches Responsibilities on Sideline

Coaches are responsible for the behavior of their sideline – spectators and players. You may receive a card for inappropriate behavior of any persons on your team or watching your team.

Slaughter Rule

It is important that we try and make sure that all the games are fun for all the players. Part of this is trying to avoid situations where teams run up the scores on game day.

Coaches working with multiple micro fields should attempt to balance each field. Often, coaches will chat before the game and determine if they are going to have one field set up for the more experienced players and another for the less involved players. But soccer is a fluid game and as it progresses, it may be necessary to move players around to help avoid obvious inequities.

If one team has a +3 goal difference (3-0, 5-2, etc.), the opposing team should have the option to start taking goal kicks from the penalty box rather than the goal box.

If one team has a +5 goal difference (5-0, 7-2, etc.), the opposing team has the option to add one player to the field or add a second goalkeeper.

If the imbalance continues or gets more pronounced, the coaches should consider additional steps (some of these options only apply to single field games for U9 and older age groups):

- Moving players to positions they are less comfortable with or don't play as frequently;
- Asking players to take shots from outside the penalty box; (Or only shoot with the first touch.)
- Asking players to use their non-dominant foot for passes and shots on goal;
- Asking players with limited experience as goalie to play in goal;
- Having the leading team complete a certain number of consecutive passes before they can shoot;
- Remove an additional player.

Ask other coaches for other suggestions they may have to balance play and make the game a skill learning situation for both teams.

If this does not change the balance between the teams the leading team should inconspicuously withdraw one or more player(s) in an attempt to balance the level of play.

If the other team is able to score and come up to less than a +4 differential then the leading team may place their player(s) back on the field.

Sidelines

(This rule is for U5 – U8 games)

Spectators shall not enter the space between fields unless called by one of the coaches. At multi-field games, spectators are welcome to sit anywhere along the perimeter of the fields. Spectators should remain at least two yards away from the field.

(This rule is for U9 through U12 players)

Coaches shall remain on their team's sideline during the game. They are limited to that space between the two penalty boxes. If assistant referees are being used, then all coaches shall remain at least one yard back from the sideline. Spectators should remain at least two yards back from the sideline.

No coach may step onto the field for any reason without the referee's permissions. Doing so may result in a red card.

Note: When field conditions require teams to share the same sideline, then coaches should remain on their side of the midfield line and again should not go beyond the penalty box.

Practice Day

Practice space is assigned by your AGC. This is often worked out at the preseason coaches' meeting.

Remember that you are going to be sharing the field with several other teams. It is important that coaches work together to make sure that everyone has space for their team to practice.

It is unlikely that you will be able to make up a practice that is canceled. Because of tight field space it is often impossible to move a practice without impacting another team's practice.

Be sure to check that your field is open. (You can learn more about this in the section Inclement Weather and Field Closures.)

It's Game Day – What Do I Do?

Game days are a lot of fun. But they also require some organization and help from each coach.

Home teams wear the BLUE uniform.

Away teams wear the RED uniform.

The teams scheduled to play the first game of the day should arrive early and set up the field. (Early is defined as 15-30 minutes before the warm-up depending on how much work needs to be done.) This includes repainting the field lines and, depending on the age group, setting up the goals and corner flags. You may want to ask a parent to volunteer and help with this process.

The teams that are scheduled to play the final game of the day are responsible for policing the field and putting equipment away. This includes putting away and securing any goals and corner flags, gathering and throwing away any water bottles left behind, etc.

U7 and U8 teams should work together to identify volunteer refs. These refs should not interfere with the game or coach from on the field but should simply help facilitate the smooth running of the game itself.

Ask your team to arrive early. It is important that games start on time in order to keep from falling behind.

Snacks

Almost every team creates a schedule for parents to bring team snacks and drinks for the players to have when the game is over. Some older teams also have parents bring halftime snacks such

as oranges and grapes. You may want to consider the type of snacks you bring. For example, lemonade, cupcakes, certain types of fruit, etc. can attract bees.

Team Cheer

Sportsmanship is an important part of youth sports. At the conclusion of every game, all teams are encouraged to do a cheer for the other team, line up and shake hands saying “Good Game” or its equivalent, and to thank the referee.

Cheers are things such as the old standard: “Two, four, six, eight who do we appreciate? Go Sharks!”

For younger teams (typically U5 – U8), parents often gather after a game and form a tunnel for the children to run through. This is a nice way for parents to support all of the players.

Some older players also form a tunnel for the other team often chanting the other teams name or uniform color.

Sidelines

U5 – U8 Games

For multi-field games, coaches share the space between the fields. All Spectators should be asked to stay out of this space and remain on the perimeter of the fields. At dual field games, spectators often observe the game from behind the end lines so they can see their players no matter which field they are playing on.

U9 – U12 Games

When you get to the field, each coach should choose a separate sideline for their teams. Spectators should remain at least two yards back from the sideline. If a side judge is being used in the game, then coaches should remain at least one yard back from the sideline.

Field and weather conditions sometimes make it impossible for teams to take separate sidelines. There are instances where one side is extremely muddy or where, on an extremely hot day, one side is in the direct sunlight and the other is completely shaded. In these cases, coaches are encouraged to work together and share the same sideline. In doing this, coaches should remain on their side of the midfield line.

A Note on Spectators

Coaches are held responsible for the actions of the spectators. Coaches are encouraged to remind all spectators to be respectful of the players on both teams and the referee.

Coaches are strongly encouraged to remind parents not to coach from end lines or behind the goals.

Coaches should be aware of parents becoming overly 'instructive' or vocal towards the kids. Even if this is 'positive' it can become a distraction and contribute to the noise that surrounds the game.

All spectators are encouraged to provide encouragement and cheer for both teams throughout the game.

What is this Festival Thing?

Many of the world's greatest soccer players grew up playing street soccer. Rinus Michels, FIFA's coach of the century and the architect of "Total Football" said "My position is: street soccer is the most natural educational system that can be found - In Africa and South American countries, where the conditions for street soccer are favorable, you can immediately notice that youth players have a head start."

How do we create the environment for street soccer in today's culture? Luckily, we have an answer. Burke AC is committed to an ongoing street soccer system. It is our Festival Program.

If you have not participated in the past, the festivals are organized street soccer games. Children play with other kids that are similar in age (they may play with kids that are a year or two older or younger) in a series of 3 v 3 or 4 v 4 games. Each game lasts about eight to ten minutes and we switch teams between every game. Also – there is no coaching. The festivals are designed to maximize number of touches on the ball for each child and to maximize their ability to be creative without adult interference.

These are drop in situations. You do not need to attend every one of them and you are welcome to come late or leave early. Each player should dress appropriately for the weather (you do not need to wear a uniform) and must wear shin guards. Each player should also bring plenty of water and a ball.

Festivals begin the week after the first regularly scheduled game is scheduled and run through the week before the last regularly scheduled game. The U13 – U19 festival is held on Tuesday afternoons and the U7 – U12 festival is held on Wednesday afternoons. Both are held at Burke School. Each one lasts 90 minutes. The start times change from season to season based on light. You can find more information about the festival on our Web site.

Picture Day

The Club contracts with an outside vendor to have pictures taken for each team. This includes both individual player pictures as well as team pictures. These are typically held on two separate weekends to best accommodate team schedules.

Once teams are finalized, a picture schedule will be created and posted on the web site. Coaches that need to change the schedule should follow the directions posted on the site.

A few things to keep in mind about pictures:

- Ask your team to wear the same color uniform. Most teams ask their players to wear the color they will be wearing at their game that day.
- Be there early. This will give you time to take care of any problems or other issues that may arise.
- Bring a team roster with phone numbers so you can call parents if a player has not arrived.

All Stars

U8 and older players are eligible to play in an end of the season All Star Tournament. Typically, each fall the Club participates in the Herndon All Star Cup (www.herndonyouthsoccer.org/AllStarCup/home/default.asp) and each spring participates in the Fairfax Police Youth Club Father's Day All Star Tournament (www.fpycsoccer.org).

All Star teams are coached by parent volunteers who must meet the same standards as other House coaches. Typically, coaches within an age group work with their AGC to determine how many teams will attend. The Club encourages as many teams to participate as possible. This provides the greatest number of kids the opportunity to participate as an All-Star.

You can learn more about the All Star program on our web site at:
http://www.burkeathleticclub.org/houseprogram/AllStars/index_E.html

End of the Season

What happens after the last game?

Many teams hold a team party and give participation trophies to the players. Typically, a team parent coordinates this event and collects money from each family to cover the costs.

These parties take many different forms. Some teams give out snacks and trophies at the field after the game. Other teams have more elaborate events at a parent's house or restaurant.

Referees

At U5, coaches are often on the field facilitating each game and helping players move on and off the field, go the right direction, etc. At U6, coaches are asked to remain on the sidelines and give the players more freedom.

At U7 and U8, parents and older siblings are asked to volunteer and serve as a “ref” on each field. These referees are encouraged to help facilitate the game by getting the ball set up for kick offs, helping set up corner kicks, and intervening when play becomes unsafe. However, these referees should not coach from the field or tell players what to do.

Beginning at U9, trained referees are provided for each game. At the younger age groups, the referees are often soccer players that want to make some extra money, learn more about the game, and continue their conditioning. They are typically middle school or high school students.

While they are trained, have a referee’s uniform on, and come with a whistle etc, they should not become targets of abuse. Coaches, players and parents should never yell at the referees, stand on the sideline and question their calls, or take any other action that creates an uninviting or intimidating environment.

Refs are human. They will miss calls. They will make mistakes. Many are young and are learning to be a ref just like the players are learning to play soccer. They have to start somewhere – and our fields are where they start.

Ask yourself if you would like your son or daughter to be treated the way you, the players or the parents are treating the ref. If it is a question you have to think about, you have probably gone too far.

If you have compliments or concerns about a refs behavior on the field, you should email your comments to your AGC, the House Commissioner, and the referee coordinator. The referee coordinator is not part of the club but is an outside person that coordinates referees for several hundred games every weekend on behalf of all the local clubs. Your feedback (both positive and negative) is very important to the ongoing development of the program.

Cards

Any red card issued by a referee (whether it is to a player or a coach) must be reported to the AGC, House Commissioner, and chairperson of the Conduct Committee within 72 hours of the end of the game. **The Club reserves to the right to give additional sanctions beyond what may be done by VYSA or other sanctioning body.**

Coaches Training

Burke AC strongly supports the ongoing education of all of our coaches. This includes programs through Virginia Youth Soccer Association (www.vysa.com), National Soccer Coaches Association of America (www.nscaa.com), Positive Coaching Alliance (www.positivecoach.org), and programs sponsored by the club.

The Club is able to reimburse coaches for the fee to get their D, E or F license from VYSA. Coaches will be reimbursed when they submit a request and give a copy of their license to the club. Other training may be reimbursed in full, in part or not at all. Coaches must obtain pre-approval to be reimbursed for any of the other licenses or training.

Skills Training for House Players

The Club works with Golden Boot Soccer (www.goldenbootsoccer.com) to provide age appropriate skills training for U8 to U12 House players. This training is conducted by professional trainers on Sunday afternoons.

There is an additional fee for this training and registration is required. Typically, the groups are broken by age groups with the U8s, U9/U10s and U11/U12 age groups training together. There are five sessions. Sessions start the Sunday of the second weekend of regularly scheduled House games.

Announcements about registration will be on the web site when details are for a given season are finalized.

U8 “Crossover” Program

The Club continues to develop a “Crossover” program for our U8 players. At times this has taken the form of participation in a special league facilitated by Lee Mount Vernon Soccer Club. Some seasons we have created opportunities for groups of U8 players to play a second game and play up against U9 teams.

The “Crossover” program is aimed at players who are interested in additional playing time and may or may not be interested in Travel soccer.

U9/U10 “Crossover” Program

The Club continues to develop additional playing opportunities for our U9 and U10 players. One program that we have worked on is a “crossover” program for older players. This program has created opportunities for groups of players to play a second game on Saturdays by playing up

against teams in an older age group. The ability of the club to do this varies from season to season based on the number of teams in a given age group.

The Club continues to explore other opportunities that can allow players to get additional experience.

Inclement Weather Policy and Field Closure Procedures

BAC obtains field usage by partnering with both the county and school systems. It is the responsibility of the club (administrators, coaches, players and parents) to observe policies that will limit damage to the fields. Fields are most frequently damaged when they are subjected to use during wet conditions. We can minimize damage by observing the following policies:

Coaches who play or practice on closed fields could cause BAC to pay for the cost of repairing the fields or lose the use of those fields and will be held personally responsible for damage to the field and for monetary fines imposed by third parties.

- I. During the week, **Monday – Friday**, you can call the **county hotline: 703 324 5264** or visit their **web site at: <http://parktakes.fairfaxcounty.gov/parks/fieldstatus.asp>**
Both are updated by 3 p.m. each weekday.

All BAC fields are closed if:

- a. the county hotline message reads “all county fields closed” or if **South Run #4** field **OR** **Rolling Valley #3** field is closed.
- b. the following conditions exist (regardless of hotline message):
 - i. dangerous conditions (e.g. severe storm warnings)
Note about lightning: If a coach or referee hears thunder or sees lightning, the field should be closed. The field should remain closed for 30 minutes from the last lightning strike or thunder clap.
 - ii. standing water on fields (may stay away from standing water in goal area if that is the only area where standing water exists)
 - iii. saturated fields
 - iv. large areas of soft mud
 - v. other conditions that make the field unsafe for play
- c. *Remember, fields may be closed on a sunny day if a substantial rainfall precedes the day in question.*

All BAC fields are open if:

- a. the county hotline message reads “all fields are open” or South Run fields and Rolling Valley fields are not mentioned as being closed.

- II. During the weekend, **Saturday and Sunday**, call the **BAC hotline: 866.855.4222**. The hotline should be updated by 0700 on Saturday, 0800 on Sunday*.
**Please note, a specific field may be updated a second time by 1100.*

BAC fields will be updated individually by the appropriate AGC. Please choose field by number selection and follow hotline message:

Each field is closed if:

- a. the hotline message reads: “named field is closed” **OR**
- b. if the following conditions exist regardless of hotline message:
 - i. dangerous conditions (e.g. severe storm warnings)
Note about lightning: If a coach or referee hears thunder or sees lightning, the field should be closed. The field should remain closed for 30 minutes from the last lightning strike or thunder clap.
 - ii. standing water on fields (may stay away from standing water in goal area if that is the only area where standing water exists)
 - iii. saturated fields
 - iv. large areas of soft mud
 - v. other conditions that make the field unsafe for play
- c. *Remember, the fields may be closed on a sunny day if a substantial rainfall has preceded the day in question*

Each field is open if:

- a. the message for each field reads “named field is open”
- b. the message has not been updated on the day in question to read “closed” and the conditions of the field do not warrant closure as per above in Section b conditions.

- III. Both coaches should take a moment to insure the safety of the field and goals. It’s not enough to assume that the field is safe and playable simply because there is a game before yours. A quick inspection of the field for dangerous items and unsecured goals reduces liability.

Field Permits

Each season the Club submits field requests to the County. Based on these requests, the County issues permits to the Club which give Burke AC teams access to fields for practices and games. (Note: We don’t get everything we request.) The Club gives each AGC copies of the relevant permits and the AGCs will give copies to each coach.

It is very important that each coach have copies of these permits with them whenever they are on a field (for practice or a game). The County has staff who visit fields requesting to see copies of the various permits. If a team is practicing without a permit it is possible that the County staff person will insist that they leave. This has happened before and will likely happen again.

The permits are also the affirmative protection for you from walk on teams and “gypsy” games. If there are people on the field when you need to practice, you should politely ask them to leave. If they refuse, you can call the county at 703-324-5515 and inform them of the difficulty you are having. They should send someone to the field to assist you. If this occurs, you should ask the County to have a staff person there the next time you are scheduled to practice in case you run into the same problem. You should also be sure to inform your AGC of the problems you are having so the Club can help you solve them.

Coach Liability and Player Safety

From the VYSA Coaches Handbook (www.vysa.com/docs/home/vysacoacheshandbook.pdf)

As a volunteer coach you will have the care, custody, and control of someone else's children for 30-50 hours this season. In this capacity you have the potential both to create and to prevent accidents and injuries.

You should be aware of your responsibilities as a coach. Attention to these aspects will help minimize your personal risk, and prevent sports-related injuries. Your responsibilities include: Providing adequate supervision (general and specific to the game) - The health and safety of your team members are entrusted to your care. You must provide adequate supervision to avoid foreseeable accidents and injuries. NEVER leave players unattended! NEVER leave after a game or practice until parents or guardians have arrived!

Sound planning - Carefully plan your practices and exercises so players progress and learn new skills. Construct written practice plans and keep them on record for the duration of the season.

Warning players of inherent risks - Players and parents must know, understand, and appreciate the risks they are likely to encounter in soccer. Inform them at the parent orientation meeting.

Providing a safe playing environment - Be certain that practice and playing fields are free of hazards (e.g. holes, rocks, broken glass or other debris) and that equipment (e.g. goal posts) is in proper condition. Warn your players NEVER to hang from the goal cross bar!

Evaluating players and determining any limitation required participation - Be sure players are physically capable of performing the required skills, this includes mental and physical. Evaluate old injuries as carefully as you can before letting players return to action.

Providing proper first aid - Have a first aid kit available along with a plan, which outlines emergency procedures. Know where to find emergency help and a telephone (put a couple of quarters in your first aid kit or have a cellular phone on hand). Don't attempt to provide aid beyond your qualifications. ALWAYS have your players' medical release forms with you - they should provide emergency phone numbers as well as permission for you to obtain emergency medical aid in the event a parent/guardian cannot be reached. Be aware of liability issues concerning transporting players.

Respect the civil rights of your players on and off the field. Consider the factors of the game as it relates to officials and spectators. Keep good records of an event especially in the case of an injury.

It is to your advantage to have a 2nd adult in attendance at practices. This reduces the risk that you could unjustly be accused of inappropriate behavior. Coaches who successfully perform the above duties not only reduce their personal risk, but also demonstrate to parents and other coaches, his/her desire and willingness to act responsibly.

Care and Prevention of Injuries

“An ounce of prevention is better than a pound of cure.”

Prevention of Injuries

The first line of defense in the treatment of athletic injuries is to prevent them. A well-planned program accomplishes this: competition among equal ability groups, proper warm-up, and adherence to the Laws of the Game. Other factors that can lead to the prevention of injuries are as follows:

- Proper use of equipment (shin guards, no jewelry, uniforms designed for climate).
- Upkeep and monitoring of playing surfaces.
- Proper fitting shoes/boots.
- Ample water supply and sufficient number and length of rest periods.
- Avoid scheduling practice during the hottest periods of the day and when there is intense humidity.
- Full rehabilitation of an injury prior to return to play, determined by a physician.
- Recommendation of a physical exam by qualified personnel prior to participation.

The coach or assistant coach should be responsible for assisting with injuries, which includes attending a certified first aid course and knowledge of state and local ordinances.

It is recommended that the coach follow-up a player's injury with a conversation with the player's parent.

Each coach should have and know how to use a First Aid Kit that includes, but is not limited to: Team Safety and Information Card, plastic bags, and ties for ice, ice, tape, band aids, antiseptic, sterile pads, towelettes, gauze pads, elastic wrap, antibiotic cream and rubber gloves (care should be given to avoid contact with blood and body fluids and to use proper disposal of items soaked with such fluids).

Care

The care of the injured athlete should begin the moment an injury occurs. Immediate care will reduce the severity of the injury and possibility of long-term disability. The coach, upon seeing an injured player on the field should:

- Stay composed.
- Make sure that the airway is clear.
- Determine if the player is conscious.
- Determine how the injury occurred.
- Question the player to determine the location and severity of the injury.
- If the player is unable to continue, assist him/her to the sideline unless it is a head injury, then do not move and call for emergency help.

After determining that the injury IS NOT life threatening, the nature of the injury can be further determined.

- Note the position of the injured part.
- Look for swelling and deformity.
- Compare it with the opposite side.
- Do not move the injured body part.

Treatment for minor injuries such as sprains, strains, and contusions is referred to as R.I.C.E. (Rest, Ice, Compression, Elevation). R.I.C.E. treatments should occur immediately after the injury and a general rule is to ice for 20 minutes on and 20 minutes off – three consecutive times. The treatment helps in three different ways:

- Applying **Ice** to the injured area causes the blood vessels to constrict, limiting circulation to the injured area.
- Applying **Compression** with an elastic bandage inhibits the accumulation of blood and fluids in the area; thereby, minimizing pain and swelling.
- **Resting & Elevating** the injured area decreases fluid accumulation, and helps to reduce muscle spasms.

Some Familiar terms coaches should know:

- Sprain – ligaments are bands of tissue that attach bone to bone and stabilize joints. A sprain is an injury to one or more ligaments.
- Strain – a tearing injury to a muscle or a tendon (tendons attach muscle to bone).
- Contusion – a blow to a muscle or tendon caused by an outside force, which causes hemorrhaging to surrounding tissue.
- Abrasion – a loss of surface area of skin. The area should be cleaned with an antiseptic to prevent infection. An antibiotic ointment should be applied to keep the wound moist and destroy any bacteria present.

Heat Injuries Coaches Should Be Aware of:

- Heat Cramps – an involuntary contraction of muscle or a muscle group that is repetitive and rapid in nature. Care – rest, drink water, and stretching.
- Heat Exhaustion – surface temperature approximately normal, skin pale and clammy, profuse perspiration, tired, and weak, headache – perhaps cramps, nausea, dizziness, possible vomiting and possible fainting (the player will most likely regain consciousness as the head is lowered). Immediate Care – move to a cool area, air-conditioning best, have the player lie down with feet elevated, remove restrictive apparel as appropriate, cool with wet cloths or by fanning, if alert – water may be given (1/2 glass per 15 minutes), if player vomits – take to hospital immediately and always refer to physician for further diagnosis, treatment and prior to return to activity.
- Heat Stroke – body temperature is high, skin is hot, red and dry, sweating mechanism is blocked, pulse is rapid and strong, player may lose consciousness. Immediate Care – seek immediate medical care (Call 911), while waiting; treat as above for heat exhaustion keeping in mind that if you reduce the body temperature too rapidly it can cause internal

Resources

Burke AC (www.burkeathleticclub.org/coachescorner/index_E.html)

The Coaches Corner on the Burke AC web site is full of articles, videos, forms and links.

Better Soccer More Fun (www.bettersoccermorefun.com)

Better Soccer More Fun is a web site created by Larry Paul, the Club's technical director. It has lots of articles, diagrams, videos, etc.

Virginia Youth Soccer Association (www.vysa.com)

US Youth Soccer (www.usyouthsoccer.org)

Footy4kids site map (http://www.footy4kids.co.uk/site_map.htm) an almost limitless amount of information.

Frequently Asked Questions:

Can a minor be the head coach of a Burke AC soccer team?

No. The Club does not allow minors to be the head coach of any team. However, a minor can be an assistant coach and help train the players. Note: The head coach or other recognized club recognized adult must be at any session where the minor is working with the team.

Can I allow kids from the neighborhood who are not registered BAC players play in the game or participate in practice?

No. The Club's insurance only covers those players that are officially registered as Burke AC players.

Does the Club keep standings and provide trophies?

No, the Club does not keep standings or provide teams with trophies. We believe that keeping standings for grade school children would increase pressure on the players and would open the door to overly competitive situations.

What does it mean to be the "Home" team or the "Away" team?

The primary impact is on the color of jersey for that game. Home teams wear blue and Away teams wear red.

I don't understand the U5, U10, U15 thing. What does it mean?

U6 means Under 6 years of age. The idea is that the U6 age group is made up primarily of children who will turn 6 on or before August 1st following that year's spring season.

Here is a rough break down based on grade level that may help you better understand the break down. You can see the birthdates that match this chart on our web site at: www.burkeathleticclub.org/houseprogram/AgeChart/index_E.html

Age Group	Grade
U4	Pre-K
U5	Pre-K
U6	K
U7	1st
U8	2nd
U9	3rd
U10	4th
U11	5th
U12	6th

U14	7th & 8th
U16	9th & 10th
U19	11th & up

Burke Ac



Appendix I: Coach Code of Conduct



Burke

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Coach Code of Conduct

As a leader and coach in the Burke Athletic Club (BAC), I understand the importance of the role I play in the lives of my players, and will ensure that my conduct sets the proper example for other coaches, team members and spectators. I accept the great responsibility this places on me and I accept the following code of conduct:

- I will promote growth and development in a positive and supportive manner. I will nurture good sportsmanship and fair play by teaching and personally demonstrating my commitment to these virtues.
- I will not verbally, physically, or psychologically abuse any player, referee, coach, parent, spectator, or BAC official, even in jest.
- I will not use alcohol, drugs, or tobacco products during any game or practice or at any facility where such use is prohibited by statute, or by regulations of the facility owner.
- I will not use profanity at any youth, parent, coach, referee, or BAC official.
- I will teach and demonstrate respect for the *Laws of the Game* (located at: www.fifa.com). I will insist on the highest respect for soccer officials by players, parents, and fans. I will refrain from questioning official decisions, especially in a disrespectful or abusive manner. I understand that dissent and negative commentary is contrary to the *Laws of the Game* and that criticism of officials could destroy the game.
- I will follow field/facility rules and regulations, respecting at all times the property of others. I will abide by BAC's rules and procedures.
- I understand I am responsible for the behavior of my teams' other coaches, players, parents and fans at the league games and practices. I will ensure that team spectators conduct themselves with sportsmanship and maturity while in attendance at game and practice site and assist the game officials in maintaining control of spectators.
- I will respect the players on my team and on other teams. I understand that soccer is merely a game and those players and coaches on other teams are my opponents, not my enemies. I will teach my team to appreciate how the variety and diversity of players in our League makes our experience richer and more rewarding. I will demonstrate appropriate gestures of sportsmanship at the conclusion of a game. Be humble and generous in victory and proud and courteous in defeat.
- I understand that if I violate this Code of Conduct, club or league policies or procedures, or Federal, State or local laws, ordinances or rules, I may be subject to probation, suspension, dismissal or denial of all club related and coaching privileges with BAC or other disciplinary action deemed appropriate by the Board of Directors, their designees, or other appropriate governing body within the organization. I also accept responsibility for any fines or sanctions that may be imposed by any government authority for violation of its laws, ordinances or rules, which are a result of my failure to honor this Code of Conduct.

Signature (Coach)

Date

Printed Name of Person Signing Above

Revised 80901

Burke

AAC



Appendix II: Player Code of Conduct



Burke

AAC



Player Code of Conduct

It is a privilege to be a player in the Burke Athletic Club (BAC). I understand I must follow the rules written below to remain a player in good standing in the League.

- I will respect the game of soccer and the *Laws of the Game* (located at www.fifa.com). I will learn these laws and try to follow them. I will play the game fairly.
- I will show respect for the authority of the referee, even though I will sometimes disagree with his calls.
- I will not verbally, physically, or psychologically abuse any player, referee, coach, parent, spectator, or BAC official, even in jest.
- I will not use alcohol, drugs, or tobacco products during any game or practice or at any facility where such use is prohibited by statute, or by regulations of the facility owner.
- I will not use profanity at any youth, parent, coach, referee, or BAC official.
- I will show good sportsmanship before, during and after games. I understand that soccer is a game and that the players on the other team are my opponents, not my enemies.
- I will help parents and fans understand the Laws of the Games so that they can watch and enjoy the game better. I will be sure they understand that dissent or negative commentary is not permitted in the BAC.

Signature (Player)

Date

Printed Name of Person Signing Above

Revised 080901

Burke **A**



Appendix III: Parent Code of Conduct



Burke

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Parent Code of Conduct

It is a privilege to have my/our child as a player in the Burke Athletic Club (BAC). I/we will set a good example to my/our child in his soccer development by adhering at all times to the following:

- I/We will ensure that my/our conduct shall reflect courtesy, sportsmanship, good citizenship, and a positive example for the players.
- I/We will respect the game of soccer and its Laws.
- I/We will show respect for the authority of the referee, and the coaches even though I/we will sometimes disagree with their calls. I/We will refrain from questioning decisions of the referee.
- I will not verbally, physically, or psychologically abuse any player, referee, coach, parent, spectator, or BAC official, even in jest.
- I will not use alcohol, drugs, or tobacco products during any game or practice or at any facility where such use is prohibited by statute, or by regulations of the facility owner.
- I/We will not use profanity at any youth, parent, coach, referee, or BAC official.
- I/We will promote growth and development in a positive and supportive manner. I/We will demonstrate my/our commitment to these virtues by not using hostile, negative, foul or abusive language towards the referee, the opposing team, my/our own players or coaches.
- I/We will show good sportsmanship before, during and after games. I/We understand that soccer is a game, and that the players/parents on the other team are my/our opponents, not my/our enemies.
- I/We will not encourage our team or individual members of the team to intentionally injure or physically abuse a member of another team.
- I/We will remain in the Marked Spectator Area, i.e., between the 18-yard line and at least 3 yards behind the touchline.
- I/We will not use horns, wooden clappers, sirens, power megaphones and other noisemakers.
- I/We will follow field/facility rules and regulations, respecting at all times the property of others.
- I will abide by BAC rules and regulations.
- I/We will help my/our guests understand the *Laws of the Games* (www.fifa.com) so that they can watch and enjoy the game better. I/We will be sure they understand that dissent is not permitted in the BAC.
- I/We shall leave the coaching to the coach during the match. I/We shall do our best not to give our child instructions during the match.
- I/We understand that improper behavior at a match may result in the coach receiving a yellow card caution or even a red card ejection. Consequently, a parent may be asked to leave the field by the referee, a club official, or the coach.
- I/We understand that if I/we violate this Code of Conduct, club or league policies or procedures, or Federal, State or local laws, upon review, the BAC can, and will if necessary, suspend our individual privilege to watch our child play should I/we behave in a manner that is rude or otherwise offensive.

Signature (Parent or Guardian)

Date

Printed Name of Person Signing Above

Revised 080901

Burke

AAC



Appendix IV: Emergency Medical Authorization



Burke

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AUTHORIZATION FOR EMERGENCY TREATMENT

A player cannot practice or play without submitting completed form to his/her Coach, unless the parent/guardian is present at all practices and games. Coaches are responsible for maintaining this consent form.

Please carry with you to practices and to games

I, _____, hereby authorize any physician and/or any member
(parent or guardian)
of the Medical Staff of any emergency medical facility requested by the physician, to medical treatment,
which in his/her judgment may be deemed necessary in the care of

(name of player)

Child's Allergies (if any) _____

Child's Dr. _____ Telephone No.(_____) _____

Family Dr. _____ Telephone No.(_____) _____

Child's Dentist _____ Telephone No.(_____) _____

Medicines Child is Taking _____

Last Tetanus Shot _____

Outstanding Medical History (ex. Diabetes, Heart Disease, etc.) _____

INSURANCE INFORMATION

Insurance Company _____

Identification/Policy No. _____

Subscriber's Name _____

Subscriber's Place of Employment _____

Subscriber's Telephone No.(_____) _____

Signature (Parent or Guardian)

Date

Printed Name of Person Signing Above

Revised 080901

Burke

AAC



Appendix V: Sample Roster/Game Day Schedule



Burke

Arc



Burke Freedom

BAC U10 Girls

Spring 2008

Mike Thompson, Coach
DJ Cantwell, Assistant Coach

703-123-4567
703-321-7654

Practice will be 6:00 to 7:30 Friday Nights at Burke School. We leave our house to set up practices around 5:30 – if you need us **Coach Mike's cell is 703-432-9876 and Maureen's Cell is 703-531-5436**

Be aware Coach Mike puts his phone in his bag at the field.

Soccer Festivals are 5:30 to 7:00 on Wednesday at Burke School. Kids are strongly encouraged to come to the festivals - remember arrival and departure times are not strict at the festivals and games change every 10 minutes.

All games are played at Cherry Run Elementary School

9732 Ironmaster Drive Burke, VA 22015

In case of inclement weather call:

Week days - Fairfax County Park Field Closures Hotline

703-324-5264

Weekends - BAC Field Closure Hotline

703-440-8078

Date	Time	Jersey Color	Teams Home V Away	Snack No Junk Food	Oranges or Grapes for Half Time	Drinks Water or Sports Drink
April 5	8:30	Red	3 v 4	Beckenbauer	Beckham	Beckenbauer
April 12	8:30	Red	2 v 4	Charlton	Charlton	Chastain
April 19	8:30	Red	1 v 4	Cruyff	Foudy	Cruyff
April 26	12:00	Blue	4 v 8	Keegan	Hamm	Hamm
May 3	10:50	Blue	4 v 5	Lilly	Maradona	Lilly
May 10	8:30	Blue	4 v 6	Solo	Solo	Beckham
May 17	10:50	Blue	4 v 7	Charlton	Charlton	Foudy
May 24			Memorial Day Weekend			
May 31	2:20	Blue	4 v 6	Keegan	Keegan	Maradona

Team #1 Coach Jim Melone, Team #2 Coach Rich Hulse, Team #3 Coach Joey Fuller, Team #4 Coach Mike Thompson, Team #5 Coach Amanda Williams, Team #6 Coach Jamie Gomez, Team # 7 Coach TJ Finnerty, Team #8 Coach Nicole Alves

Team Party

We will have a post-season party at the Hamm's house on the Saturday a week after the last game. We are still working on details but we know that we will start at 4:00 pm.

Burkeville

Spring 2008 Freedom Roster

Player	Phone #	Mom	Dad	E-mail
F Beckenbauer	703-123-4567	Jackie	Steve	Jackie@parent.net
D Beckham	703-123-4567	Carolyn	John	Carolyn@parent.net
B Charlton	703-123-4567	Jenni	Greg	jenni@parent.net
B Chastain	703-123-4567	Megan	Keith	megan@parent.net
J Cruyff	703-123-4567	Mary	David	mary@parent.net
J Foudy	703-123-4567	Katie	Jay	Katie@parent.net
M Hamm	703-123-4567	Lonnie	Bob	Lonnie@parent.net
K Keegan	703-123-4567	Diana	Peter	Diana@parent.net
K Lilly	703-123-4567	Kelly	Tim	Kelly@parent.net
D Maradona	703-123-4567	Colleen	Joe	colleen@parent.net
H Solo	703-123-4567	Caitlin	Steve	Caitlin@parent.net

Miscellaneous

Parents have a huge impact on young players. Note this excerpt from the Deseret morning News (September 24, 2007)

Shaun White loved soccer, but there was a moment when he learned it wasn't for him.

"I showed up at the field late one time, and it was intense," he said. "I'm playing on this lower, recreation level, just so I could have fun. Someone else's mom came over and yelled at me, 'You better get out there and you better score!' There is something about someone else's mom yelling at you."

White said he did as he was told and shortly thereafter he quit.

Shaun White earned the nickname "Flying Tomato" for his mop of red hair. He won the gold medal for snowboarding in the 2006 Winter Olympics.