



The Pacesetter
Soccer Club

Presents:

*A Parent's Guide to
Club Membership*

Published by the Board of Trustees, The Pacesetter Soccer Club

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Be sure to check out the Club's web site: www.pacesettersoccer.net

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The Pacesetter Soccer Club: Mission

The mission of the Pacesetter Soccer Club is to provide Northwest Ohio youth the opportunity to develop individual and team soccer skills to their fullest potential through expert training and excellent team competition. The Club will address the physical, psychological, technical, and tactical components of the game while training to ensure the best soccer experience for each player. We endeavor to help our members develop into outstanding players who will excel in high school, Olympic Development, and college programs.

The Pacesetter Soccer Club: Contact Info

Club Office Address: 5647 Mayberry Sq., Sylvania, OH 43560

Office Phone: 419.885.3140

- X 111—Director of Coaching, Boys
- X 112—Director of Coaching, Youth
- X 113—Director of Coaching, Girls
- X 114—Club Administrator
- X 411—414, Program Weather Line

Fax Number: 419.885.5463

Web Site: www.pacesettersoccer.net

Game Fields: Most home games are played at Pacesetter Park, a facility owned and operated by Sylvania Recreation Corporation located at 8801 Sylvania-Metamora Road, Sylvania, OH 43560.

Brian Cairns Training Fields: The Club owns 5.8 acres of land adjacent to Pacesetter Park, located in the northeast area of the Park.

The most up-to-date contact information for Club personnel can be found on our website. All Board members, coaches, and managers can be reached by e-mail and telephone.

The Pacesetter Soccer Club: Organizational Chart

See Appendix B.

The Pacesetter Soccer Club: The Board of Directors

The Board serves as the governing body for Pacesetter Soccer Club, setting policy, overseeing long range and strategic planning, and directing the Club Administrator, the Director(s) of Coaching, the Coaches, and the Team Managers in carrying out the mission of the Pacesetter Soccer Club. The Board typically meets the second Monday of each month at 7:00pm at our office in Mayberry Square. Any parent is welcome to attend board meetings.

The Board consists of a maximum of twelve (12) volunteers who work as a whole and through various standing committees including: Coaching, Finance, Marketing, Fundraising, Tournaments, PSC Park, and Administration. Additional committees are designated as required. Most committees are open to non-Board members and should you have interest in serving on a committee, please contact the Club Administrator.

You are welcome to bring ideas to the Board for consideration/possible implementation. The primary communication links to the Club and its Board are through the Club Administrator and the Executive Director of Coaching. They can be reached by phone at 419-885-3140.

Board members are periodically added as vacancies arise. Letters of interest are solicited from within the club membership and others. Although it is not a requirement that Board members have children playing for the Club, Board members are often chosen from those parents who have been actively involved in other club volunteer efforts.

The Board holds an Annual General Meeting (AGM) each year, normally in the month of February. At that meeting, new Board members are installed, executive officers for the Board are appointed and a "state of the club" message is shared by the Board president. The AGM is publicized via an e-mail notice and our web site.

Executive Director of Coaching

The Executive Director of Coaching (EDOC) reports to the Board and is responsible for oversight of all club soccer programs. The EDOC plays a large role in the selection and hiring of program directors of coaching (DOC's).

The EDOC works closely with the program DOC's to ensure consistency and cohesion exists between and among the boys, girls and youth programs' philosophies and operations.

Director(s) of Coaching

The Directors of Coaching (Boys, Girls and Youth) are responsible for their divisions. They oversee training, appoint coaches to specific teams and ensure that the Club's Mission is scrupulously followed. In part, they are asked to:

1. Design and insure implementation of training curricula for each age group consistent with the Club philosophy.
2. Work with staff coaches to define and implement appropriate developmental goals, objectives and plans for teams.
3. Develop staff coaches by providing opportunities for classroom and clinical training leading to higher competency and licensure
4. Evaluate coaches' and player's performance and recommend additional training and/or reassignment as appropriate.
5. Conduct/participate in team training sessions to further the development of program coaches and players.
6. Prepare budgets for the various Director of Coaching functions.
7. Recruit and retain quality coaches for Pacesetter Soccer Club.
8. Establish methods for team tryouts and oversee those tryouts.
9. Work with Sylvania Youth Soccer Association and Sylvania Recreation Commission to promote Pacesetter Soccer Club as the premier soccer organization.
10. Look for opportunities, and take them, to recruit players into the club.
11. Make recommendations to the EDOC and Board of Directors regarding coaches' salaries, league affiliations, Club uniforms, licensing requirements, etc.

Team Coaches

Each Pacesetter team is trained by a dedicated and qualified coach who is selected and appointed by the program DOC. Coaches may be removed and/or changed at the club's discretion. Coaching changes are made to provide the best soccer experience for each player.

Our coaches are supported by an organizational training and development program and are on staff to execute the organization mission. As such, coaches are deserving of respect by parents and players alike.

Coaches have a level of objectivity with respect to their players that is often difficult for parents to maintain. They have the responsibility and the authority to make decisions regarding player positioning, game play-

ing time, substitutions and other such issues for the ultimate good of the team and its members.

Respect different coaching styles. A lack of shouting instructions during game situations does not indicate a lack of coaching nor is it an invitation to offer your own instructions! Recognize that coaches review game play and execution in a variety of ways. Allow the coach to execute his/her role without interference.

Club Administrator

The Club Administrator provides administrative support to the DOC's, team coaches, team managers, parents and the Board. The administrator is involved in many of the day-to-day operations of the club: tryouts, tournaments, communications, facilities management, scheduling, team/player registration, tryouts, programs planning and support, and club accounting.

Team Managers

Team managers are volunteers who are responsible for passing information to and from the club and parents. Managers are the primary link between players, parents, coaches, and the club. Team managers assist in collecting fees and pay certain bills of the team. At the games, the team managers ensure that all paperwork and player cards are presented to the officials and maintain records to keep the team in compliance with league rules and regulations.

Parents

Parents of Pacesetter players are among the most dedicated and involved parents of the league. Our parents have an enormous role in providing positive support and encouragement to the team and each individual on the team. Additionally, parents must be committed to the following:

- timely arrival and pickup for practices and games
- applaud for game efforts with emphasis placed upon good execution rather than victories
- respect of coach's leadership
- encourage good sportsmanship by practicing good sportsmanship during game situations

At times it can be extremely difficult for parents to keep within the boundaries of their role, however, in the interest of providing a positive experience for the youths of the club, it is crucial for each participant to fulfill their role. Your example is the basis of how your child's beliefs, attitudes and thoughts form. If you express negative comments regarding the club, the coach, the referee, and other players, your child becomes your megaphone. Parents that exhibit respect toward the coach, the referee and other players, will have children who do likewise.

When the coaches coach, the players play and the parents encourage, the organization succeeds.

Recognize that the team manager is a volunteer who is giving of his or her time to shoulder the administrative burden of running a soccer team. That allows the coach to coach and focus on developing your child into the best player that he/she can be.

How can parents help the team manager?

First and foremost: Do the paperwork: fill out the forms and turn them in when they are due. The bane of every manager's existence is chasing forms and getting payment of fees.

Second: tune into club communications. Most managers, for the sake of efficiency, choose to communicate with their team parents via e-mail. Check your e-mail for pertinent information that your manager will send.

Finally, step forward to help when the manager calls for volunteers to assist with various club events and activities: fundraisers, tournaments (primarily PSI and State Cup) and many others.

Pacesetter Soccer Club Tryout Policy

It is the intent of the Club to assemble teams of skilled and potentially skilled soccer players in order to provide two things: an effective learning environment for further development and opportunities to compete against teams of similar, or even more advanced, skill levels.

Academy players (younger than U9) are accepted into the Academy program at any time during the fall, winter and spring seasons.

U9 players attend a "tryout" in June, but very few are cut. We will typically form as many teams as team roster sizes will permit.

Younger teams (U10–U14) are formed each year via tryouts conducted in June. Teams are formed for a seasonal year which officially begins August 1 and ends July 31.

High School aged teams (U15–U18) are formed each year via tryouts conducted in late October or early November.

Tryouts are a time when players come and participate in various drills, activities and simulated game play. Generally, tryouts take place over one or two days. Members of the coaching staff individually evaluate the players based upon a set of standards defined by each program. Players are evaluated based upon their technical skills, speed, strength, field vision, competitiveness, and character (see youth philosophy).

The coaching staff then collectively reviews the participants and teams are formed. Within 72 hours of the tryout, players receive a communication offering the opportunity to play or explaining that a position is not currently available to them. Players selected must accept or decline the offer upon receipt. Positions are not held for undecided players (or parents).

Other general guidelines and policies for tryouts and team selections include:

1. Players joining a U14 or younger Club team for the fall season shall be assured of playing both fall and spring seasons with the Club, though not necessarily with the same team.
2. Any questions or comments from tryout participants may be directed to the Directors of Coaching or Club Administrator.
3. Notes/scores of those who try out are retained and are viewed only by Club personnel.
4. The Club retains the authority to place players on teams commensurate with their abilities and/or potential. The Club does not normally entertain requests from parents for placement of their children on a particular team within an age group.
5. Under normal circumstances all players must play within their own age group. The Director of Coaching with approval from the Board of Directors must approve any exceptions to this policy.

Soccer Ages: U8–U18 & Club Policy Regarding Playing Up

Teams are formed by putting children together by age groups. Soccer ages loosely follow an academic calendar year (August 1–July 31). The way to determine a child's "soccer age" is to ask "How old was the child

on last July 31?" For example, if a child was nine as of 7/31/07, they will stay in the "Under-10" (U-10) group until 7/31/08, when they move up to U-11. In most cases, a U9 player is in third grade, a U14 player is in 8th grade and at U18 a player is a senior in high school. The Club's general policy is that children will be placed on teams in which they are "soccer" age appropriate. For those children whose soccer age and academic age differ, coaches will determine the best placement of the player. In most cases, by age U14, it is in the best interest for the player to play on a grade appropriate team rather than age appropriate. The Club's Directors of Coaching will have final say in team placement of players.

Team Names: Premier vs Select, Red, Black or White

Pacesetter teams are named based upon the perceived competitiveness of the team (after tryouts).

Within the youth program (ages U9 & U10), teams are named by color—Red, Black or White. As much as possible and to the extent we can properly identify players at tryouts, players are grouped together in developmentally appropriate teams. Red teams are the teams with the most developmentally advanced players, next are Black teams and where a third team is formed, it is called a White team. However, it is not uncommon for players to be shifted from one team to another within the youth program as players' developmental needs change or are better understood. Changes to rosters most often take place between fall and spring seasons. Our goal is to provide the best developmental training and playing environment for each of our youth players.

In our youth program, we will form as many teams as numbers allow — in an effort to allow every child to explore their potential to enjoy and develop in the sport.

It is so important that parents in this age group not place too much emphasis on the team color. A White team player at U9 — may very likely be a Premier player at U14. A Red team player at U10 may not even play by U15. There are so many factors that affect player development—but one thing is for sure — an overanxious parent who places too much emphasis and pressure on their child to make the "Red" team—will often end up with a child who no longer desires to play the sport at all!

U11 teams and above are given a name that includes either Premier or Select.

Premier teams are called such because they are deemed as teams that have the potential to be highly competitive in an area larger than Northwest Ohio. Premier teams will typically compete in leagues that require more travel and in the highest division of play at the tournaments they attend.

Select teams are so named because they are deemed to be less competitive than “premier” but are comprised of committed players with potential for further development. These teams will typically participate in the Northwest Ohio Soccer League and not play in the highest divisions in the tournaments they attend.

At U11 age and above, the club will only form teams that have players with potential for development (as viewed by the DOC). By U15 and above, it is somewhat uncommon for the club to field a “Select” team, but we will try to form as many Premier teams as numbers and coaching resources allow.

Team/Parent Organizational Meetings

After notification of team selection, a team meeting will be scheduled within the following week to introduce the coach, appoint a team manager and discuss club and coach expectations and perspectives for the upcoming year. Club policies and philosophies are introduced and/or reviewed by the program DOC.

Parents are asked to read and sign the Parent Code of Conduct Agreement; a document that defines the expectations that the club has of team parents and asks for a commitment to those by parents. (See Appendix A)

A myriad of forms are assembled for completion and collection so that the task of registering teams and players for the fall leagues and tournaments may be completed within the required timelines. Uniforms are sized and ordered at these meetings as well to ensure that they are delivered in time for any early August competitions.

Because many of the team expenses are incurred and paid well before the season begins, parents are required to make a non-refundable deposit to hold the roster spot for their player at these meetings.

In general, parents should come to these meetings prepared with birth certificates, small one inch photos of their player, player sizing information, pertinent medical information (ie. doctor’s names, phone numbers and health insurance information). We try to make many of the forms

that need to be completed available for download prior to the meetings to facilitate the process.

Failure to attend the team organizational meetings without notice (prior or shortly thereafter) may result in the player's loss of position on the team.

Season Plans

The season plans (leagues and tournaments) for a team are determined by the Directors of Coaching. At tryouts, a team information sheet is distributed to each participant that serves as a planning document and outlines the tentative plans for the team (prior to tryouts). Once the teams are formed, plans are reviewed and adjusted to meet the developmental needs of the team. This information will be reviewed and communicated at the team/parent organizational meetings held directly after tryouts.

Seasons of Play—Calendar

For those new to competitive soccer, the term "season" is sometimes confusing. There are four seasons:

Fall season begins early August. Teams begin training the first week of August. The fall league season (for most leagues) begins late August or early September. This competitive season includes outdoor training, league play and one to four out of town tournaments—depending on age. Most older teams (U11 and up) will be required to travel over Labor Day. High school age players do not participate in Club play during this season as they are playing for their high school teams. Fall season concludes, for most leagues, by the first weekend of November.

Winter season begins mid-November and continues through mid-March. It is made up of two components: mandatory footskills and optional winter training programs. The mandatory footskills are weekly indoor training sessions that begin the first week of January and run for eight to ten weeks. Players come together once a week for one hour to be trained in technical skills with a soccer ball. There is no additional cost for the mandatory footskills. Additional, optional training programs are offered during this season to allow committed players to continue their soccer development during the winter months. These programs include various camps, indoor league play, 4v4 small sided league play and athletic performance training. We have found that our most successful teams

are those who embrace and participate in the winter training opportunities . Thus, winter training is strongly recommended for players desirous of playing at the highest levels.

Spring season, for most of our teams typically begins April 1 and continues through early June. This competitive season includes some early spring conditioning, outdoor training, league play and one to three tournaments. For some older aged teams, who compete in higher level leagues, the Spring season may begin as early as March 1. These high school aged teams may attend college showcase tournaments in February and March. It is not uncommon for the Spring season to be delayed (and/or extended) due to inclement weather issues. Cancelled and rescheduled games can create much chaos during this season.

For teams U14 and older, success in the State Cup tournament means a longer season. The regional tournament, to which those teams advance, is held the third week of June. Spring season concludes with tryouts for the next seasonal year for teams turning U14 and younger.

Summer season runs from mid-June through July 30. During this optional season, players are offered an opportunity to continue training through drop ins, 3v3 and 4v4 play, and summer camps.

Uniform Policy & Training Gear

All teams participating in events under the Pacesetter Soccer Club name must wear the official uniforms furnished by the Club or its designated retailer. Due to the recognition of the RED and BLACK in the soccer community, every member; i.e., players and coaches alike, must abide by the rules and regulations of the organization in order to ensure conformity. Those individuals who do not will be subject to reprimand by the Executive Director of Coaching and Board of Directors.

The uniform kit that all players must purchase includes a home and away jersey , 1 or 2 pair of shorts, 2 pair socks, 1 training jacket and 1 training pant. Other optional components may be made available as well. Red and Black are the primary colors and should be worn whenever possible. White and Black are the secondary, or alternate, colors and should be worn only in the case of a uniform color conflict.

All Pacesetter players are required to train in black shorts, black socks and grey PSC t-shirts.

Uniforms and training t-shirts are sold at the team meeting held at the start of each season. Uniform replacement pieces and training t-shirts are available for purchase during and in-between seasons by contacting the Uniform Coordinator. His/her contact information is available on our website on the Directory page.

Player Fees

Player fees are set by the Board and are communicated via team information sheets distributed at tryouts.

Pacesetter Soccer is a (minimum) two season commitment and fees are collected twice a year, fall and spring. Additional training opportunities are available during the winter months and require payment of additional fees.

Player fees partially pay for the cost of training and coaching our players. The balance required to support our program is raised by our annual fundraiser, the Pacesetter Invitational Tournament, donations and sponsorships.

A non-refundable deposit is required at the first team meeting and the balance of the fees is due by a specific date announced at the team meeting. Final payments are expected to be made before the start of each playing season.

The Club reserves the right to enforce a “no pay, no play” policy.

Financial Assistance

The Club recognizes that playing soccer at this level can entail a substantial financial commitment. Should the need arise the Board of Directors will entertain requests for financial assistance. Contact the Club Administrator at 885-3140 for the procedures to follow or visit our website for the application and details. Deadlines for submitting financial assistance applications are July 30 for the fall season and March 15 for the spring season. All applications are kept strictly confidential.

Refund Policy

The general policy is that there is no refund available to a player once the deposit is paid; however, requests for refunds may be made, in writ-

ing, to the Finance Committee stating your case. The Finance Committee has the final decision on all refunds.

In the case of injury/illness conditions, asking for (and receiving) a refund of fees in the Fall season relinquishes the player's roster spot on his/her team. That spot will not be held and may, at the coach's discretion, be filled by another player.

A major portion of the expense in some seasons is the uniform. If the player wishes to relinquish his uniform and it is in good shape such that it could be discounted and sold to a scholarship player, then a partial uniform refund may be authorized.

Travel Opportunities and Obligations

Travel is a big part of our program. Traveling allows our players to compete against a wide variety of teams and participate in higher quality games than can be had if we continuously play against our neighbors. Another benefit of travel is the team and Club bonding that occurs as players and their families spend off-field time together.

As such, when a team travels to a location that requires an overnight stay, teams are strongly encouraged to stay together. Some tournaments require teams to stay at certain housing and actually assign hotels to the club/team. Families traveling to out of town destinations where they have friends and/or family are not required to utilize the club housing—however when we are participating in a tournament that requires use of their tournament housing, please do not break ranks and thereby violate the tournament rules. Our club can be denied admittance to or ejected from the tournament in such cases.

Our club makes group reservations for all players and families traveling to distant locations. Our Housing Coordinator makes every effort to reserve suitable lodging at affordable rates. Many hotels have severe cancellation policies so it is very important that you inform your team manager if you will not be staying at the "team hotel".

When out of our area for games and tournaments, the coach will impose a bedtime or curfew for players. Also, the coach will announce a specific time that all players are to be dressed and in the hotel lobby for a morning run and stretch. Parents are expected to enforce these times.

Players are expected to observe exemplary manners when staying in the “team hotel”. Running in the halls, excessive noise, kicking soccer balls indoors and similar behavior is unacceptable.

Tournaments generally require our players to play at least three games over a two day period. The time between games should be used for physical and mental rest. Shopping, sight-seeing and the like are contrary to the purposes of tournaments; please plan all of these activities for after play has concluded.

Team Training

Outdoor training is held at Pacesetter Park. Teams will receive instruction on where the training will take place. Teams train on either our Brian Cairns Training Field or in the practice area of Pacesetter Park. The team manager will alert you to the location of training for your team.

Your child’s team will train two to three days per week. You will be given a schedule and every effort will be made to adhere to that schedule throughout the season. Players are expected to be on-time for all training sessions. On time means present on the training field:

- * Completely dressed (black shorts, black socks, grey training t-shirt, shin guards and cleats.
- * With a properly inflated soccer ball
- * With a water bottle
- * **And** warmed up

It is expected that players will attend all training sessions.

If your player can not attend a training session, alert the coach or manager as soon as possible. The coach will let you know his/her preference regarding this matter. Some coaches prefer notice to go to the team manager—others want to field those calls themselves.

Contagious sicknesses are a good excuse to miss a training session but aches and pains are not. Something can be learned by observation even if your player cannot participate. Unless he or she would be made sicker by attending or pass along an illness, he or she should attend practice.

Please keep in mind that we are competitive Club. Absences can have a direct effect on playing time.

Game Day

On game days, players are expected to be at the correct field, completely dressed, 30–45 minutes before the game. Your coach will announce his or her preference. This time before the game is used to warm-up and prepare for the game. Late arrivals are seriously frowned upon.

Our primary club colors are red, black and white. Our first preference of uniform is always our red and black kit. Generally the home team must change uniforms if there is a conflict however, to avoid any problems, players should always bring both uniforms to every game.

Players must also bring a properly inflated ball and water bottle to all games.

The parents' role on game day is to have their player to the field on time, properly rested, fed and hydrated. Once that is accomplished, the parents' only other role is to cheer and applaud from the sidelines.

* Set an example with positive encouragement for the team, the coach, your child, and the opponents. Refuse to yell at the ref., the coach, the players, other parents, etc. Appreciate good play, no matter who makes it.

* Respect the Referee and remember that no one is perfect. In any given game, a referee may be called upon to make hundreds of decisions. It stands to reason that they will make a few questionable calls. Referee turnover is very high, nearly 25% turnover per year. Much of that is directly attributable to abusive treatment from the parents on the sidelines. Give up your right to make the calls! If you are convinced you could do a better job, suit up. The league is always looking for additional referees. Call the league office at (419) 893-2311 for details.

* Remember that players rarely benefit from parents shouting instructions from the sidelines. Your instructions may be counter to the coach's instructions, or even worse, your instructions may be wrong. Allow the players to think and play on their own, without the benefit of your instruction. Soccer is a game of improvisation - allow it to happen.

* Resist the urge to yell at the kids for game day mistakes. Soccer is a game made up of many mistakes. Keep it positive. Allow your child and his/her teammates the right to make mistakes and learn from them. Few kids are encouraged to play up to their potential when they are consistently and heavily chastised for mistakes on the field. Praise your

child and his/her teammates for their efforts and allow the coach to correct those areas that he deems significant.

* Encourage team play and good sportsmanship in your child. Refuse to succumb to the temptation to tell your child to "take the ball the length of the field", "kick it hard", or even "just run him over" and otherwise exhibit poor sportsmanship during game situations. The best support a parent can provide on the sidelines is their presence; calm, cool, and encouraging.

* Give the players some room. Many fields do not provide seating areas for parents. When standing on the sidelines, stay well back from the field and don't crowd the side line.

* In the case of an injury to your child during the game, wait for a signal from your child's coach to alert you that your presence on the field or at the bench is necessary.

Playing to Develop vs Playing to Win

Everyone likes to win. Players like to win. Our coaches love to win. Newspapers are filled with stories about parents who attack referees, coaches, opposing team players and parents, all for the "win".

There are many shortcuts that can be taken along the path of soccer development that make a team successful in the short run but that bypass teaching the game and reduces the team's potential for future success.

In youth soccer, the priority for coaches and players should be on individual player development and learning. Our Club sets age and ability specific technical, tactical, psychological, and physical goals to aid in optimizing player development. These goals also provide an alternative for coaches and parents to measure achievement and development of their players.

For under 14 and younger, the primary objective of game participation and training is to provide the players with learning opportunities. Our teams "strive to win," but this is not the focus of any training sessions, half-time talks or player motivations.

At the age of 14 and above, coaches balance instances where in addition to developing as individuals and a team, finding ways to 'win' also becomes part of the overall objective. **Our goal is to teach players to**

compete, to compete hard, to compete to win, but don't have winning be the only measure of success.' Coaches choose which tournaments and games are to be played to 'learn,' and which are to be played to, 'win.' It is not in the best interest of the players' development to have a schedule where the sole purpose for participation is 'winning.' Individual and team improvement and peak performance should be the measure of achievement, rather than winning or losing.

Inclement Weather

Our players train and play in inclement weather!

If a training session or game is cancelled due to inclement weather, the Club will make every effort to give as much advance notice as possible. The most efficient method of communicating cancellations is by e-mail, so if the weather causes you to wonder, check your e-mail often.

Pacesetter Park has an audible lightning detection system. When the siren sounds at a solid continuous level, games or practices need to be immediately suspended and all persons are to immediately clear fields and find safe cover. If the danger clears the area within 15 minutes, an all-clear siren will sound (HiLo tone). At that time, a supervisor will evaluate field conditions and games and practices can either begin or will be suspended. Generally, if more than 30 minutes go by and the all-clear siren has not sounded, games and training will remain suspended. However, some referees may set different time frames. If this situation occurs, someone from your team should clarify the timeline with the referee to avoid a possible forfeiture caused by departing too early.

Please note that Pacesetter Park and our Brian Cairns Training Fields are under different jurisdictions. Our fields often remain open when Pacesetter Park has closed. When Pacesetter Park closes, games and training scheduled in the park will be delayed or cancelled. However, training and games scheduled on our training fields may go forward.

Pacesetter Park has a "rain line" that can be consulted to learn if the park is closed. That number is 419.882.1046 extension 506. Additionally, when the park is closed, a red flag flies at each entrance.

The Club also has a "rain line" system that can be consulted to learn if training is cancelled due to weather (by program). That number is 419.885.3140. Extensions are by program at 411 through 414 (boys, girls, youth, Academy). This number is to be consulted for training matters only — games are never cancelled by PSC — but by the hosting facilities at which the games are played.

Multiple Sports

All players are free to participate in multiple sports at any age. However, by U12, the player must make soccer their priority in cases of conflict. This includes practices and games. Players who exhibit lack of commitment to the team will be subject to discipline by the team's coach.

Policy on Guest Playing

Pacesetter players may be permitted, on occasion to guest play for other soccer teams within and outside the Club. Players who are invited to guest play should consult their coach. Player cards are the property of Pacesetter Soccer and will only be relinquished to another team, with permission of the Program DOC. Any player found to violate this policy will be subject to discipline by the Program's DOC.

Subject to the coach's discretion, Pacesetter teams may secure guest players for tournament play.

Play Time Policy

Play time is one of the most emotionally charged issues that parents and coaches encounter. In brief, at every age, tournaments are played to win. The coach will make every effort to give play time to every player, but there may be times when players have a disproportionate amount of play time.

League play and scrimmages are approached with a different philosophy. For ages U12 and younger, play time is meant to be equal—though at times it may be affected (increased or reduced) by player behavior, performance, attendance and/or attitude in practices and games. For our Premier teams, U13 and above, play time is not equal but the coaches try to ensure that each player plays half a game. Play time may be distributed based upon players' work ethic, ability to perform/ compete and the coach's overall objective for a given game.

At U15 and above, rules of the State Cup tournament and some leagues in which we participate limit substitution (once a player subs out of a half, he/she may not re-enter the game that half). Given those rules, there may be times when a player may not play in a half due to the competitiveness of a game or the need for a certain result.

And yes, while every player pays the same fees to be part of a team, equal fees do not guarantee equal play. They do, however, guarantee equal opportunity for development.

If you have questions or concerns over your child's play time, **do not approach the coach to discuss the matter immediately after the game.** Allow for a cooling off period and call the coach to set an appointment to meet and discuss the matter at a mutually agreeable time.

Additional Training Opportunities

The more touches a player has on the ball - outside of game conditions - the better player he or she will become. To that end the Club encourages players to practice dribbling, juggling, shooting, and passing outside of regular practice times. The Club provides outdoor summer camps and indoor winter foot-skill sessions for its youth members. The team managers will have the information about these sessions in a timely manner. Additionally, the Club coaches are available for private individual or small group (2 to 4 students) lessons. Check with the Director of Coaching or the Club Manager for more information.

US Youth Soccer uses a method of player identification called the Olympic Development Program (ODP). The local arm of ODP is administered by OYSAN. It offers additional training opportunities to players grouping them by calendar year. The goal of ODP is to identify the top players in the state and put together a team to compete at a regional camp held in the month of July. More information about this program is available on OYSAN's website: www.oysan.org.

Standards of Behavior - Player, Coach, Parent

The Pacesetter organization does not expect perfect behavior from its members; it does expect exemplary behavior from its players, its coaches, and its parents. The Club and its coaches are held accountable for the behavior of its players and their fans by the leagues and tournaments in which we participate. As such, the Club reserves the right to impose sanctions on any member whose field or sideline behavior reflects poorly upon the Club.

SANCTIONS: If a **player** acts in a manner unbecoming of a Pacesetter member, as determined by his/her coach, or an official, the coach will handle the disciplinary actions.

If a **coach** speaks to an official in such a way as to incur a report to the league by that official, the coach will be directed to appear before the Director of Coaching and/or the coaching committee.

If a **coach** accosts an official verbally or physically, s/he will be called before the Board to explain his/her actions. The Board will decide appropriate action which could include fines, suspension, or dismissal.

Parents and spectators who badger the officials, coach from the sidelines, hector opposing players, and exhibit other such boorish behaviors that are not in keeping with the Pacesetter traditions of excellence will not be tolerated. Parents and fans are part of the Pacesetter tradition. Please remember that the competition is for the players. What they need is encouragement and cheering not coaching and cajoling.

Pacesetter parents are required to sign and acknowledge a Parent Code of Conduct. This code of conduct will be enforced and parents who violate it will be subject to the sanctions and disciplinary measures indicated below. A copy of the Parent Code of Conduct form is included in Appendix A.

Should the parents/fans act in a manner deleterious to good order and discipline, the Board will take action. Should a parent's actions become disruptive and/or antagonistic toward the Club, the coach, the team or a player, the Board will take action. What might those actions be? 1. Initially the coach will request/suggest that the parent curtail the inappropriate behavior. 2. The Club, through one of its agents, may write a letter to the "offender" with a copy to the Board reminding the "offender" of the image that Pacesetter wishes to fulfill and asking for her/his cooperation and assistance in doing so. 3. The Club may ask for and expect to get an audience to discuss the issues at hand. Such a meeting is not designed to be confrontational, but to find a satisfactory resolution to a problem that could seriously impair the image that the Pacesetter organization wishes to portray. 4. Repeated offenses and violations of the Code of Conduct may prompt sanctions against the parent that ask the parent to abstain from attending any training or games of his/her child and in extreme cases the Board may dismiss the player from the Club.

Tips for Parents

Every team has an experienced paid coach. Please let the coach do the coaching. Please do not coach from the sidelines.

Referees make mistakes. It happens. Yelling and screaming at the referee doesn't change the call but does interfere with the game and your

player's ability to hear his or her coach. Please refrain from yelling at and being disrespectful to the referees.

The best time and way to talk to your child's coach, about a coaching concern, is after a "cooling off" period and in private.

Be responsive to your team manager and the Club when requested to provide information. Managers are volunteers and having to "chase down" a parent for a signature, piece of information or response to a question makes the job far more difficult than it need be.

Most of our players do not drive and therefore rely on parents for transportation. Please ensure that your children are on time for all training sessions and games.

Do NOT drop children off in the driveway at Pacesetter Park. This is very dangerous. Please move your car to a parking spot before allowing your youngster to exit.

Parents are welcome to observe training sessions. Bring a chair and watch. However, observation is just that – do not talk to your child during training sessions, do not cause your child's attention to be distracted from the training session.

Game dates, tournament dates and other important dates are distributed as soon as we have them. Please mark these dates on your family calendar immediately upon receipt as all teams depend upon 100% participation by all players at all competitive events.

More Tips for Parents: Questions—"Who do I ask?"

Our **web site** provides information that answers a variety of questions. Also, we send a quarterly e-mail **newsletter** that provides information. In addition, via **team meetings** at the start of each season, information specific to your child's team is discussed. Please make every effort to attend all team meetings.

If the website, newsletter or team meetings do not address your questions or concerns, we encourage you to call or e-mail someone who has authority to provide you with a detailed answer.

Your **team manager** can answer questions dealing with some non-coaching matters (game times, directions, uniforms, fees, etc.). If your manager does not know the answer, she or he will find out or direct you

to the proper person to ask. Team managers cannot set or change Club policy. Managers will not be asked to resolve any player, parent or coaching issues, nor are they authorized to do so.

The **Club Administrator** deals with a large variety of off-field matters for the Club as a whole. If your off-field question goes beyond the authority of the team manager, the Club Administrator is the “go-to” person for all matters except coaching questions.

Coaching questions and on-field concerns are first directed to the coach assigned to the team. Next in line is the Director of the program and after that, the Executive Director of Coaching should be contacted. If the Executive Director of Coaching is unable to answer a question or satisfy a concern, the Coaching Committee should be contacted and after that, the Board, as a whole, can, in unusual situations, be contacted.

When questioning your child’s coach, please be observant of the coach’s schedule and be sensitive to the timing of your questions. Often, your coach has only a few minutes between training sessions and games and you would be better served to wait until you can have the coach’s full attention. **It is never appropriate to approach a coach with concerns or complaints immediately after or during a game.** Emotions of parents and/or coaches may be elevated due to the events of the match and the resulting interchange between parent and coach may be charged with an intensity that is best left out of the conversation. For this reason, place a call to the coach well after the game and set an appointment to meet where you may discuss any concerns about playing time and/or training techniques.

Volunteer Opportunities & Responsibilities

Volunteering of time, talent and treasure is a longstanding tradition and requirement of PSC member families. Without our volunteers, we would have a tough time serving our players. Every member’s family is required to volunteer a minimum number of hours for the Club or take a “buy-out” option. “Buy-out” details will be provided at the Team Organizational Meeting. Many volunteering opportunities exist:

1. Team Manager - Each team needs a manager who takes care of the team. Managers facilitate collection and completion of paperwork to get teams registered, rostered and carded to participate in their various leagues and tournaments. Managers also pay

certain team expenses and conduct communications for the team.

2. Pacesetter Invitational Tournament (Memorial Day weekend). At this tournament, volunteers sell t-shirts, cook and serve referee food, record scores, serve as field marshals, deliver water to referees, direct parking, work one on one with visiting teams, help with team check-in, etc.
3. Field Maintenance - The Club owns five acres of property in Pacesetter Park. It is the Club's responsibility to maintain that acreage by mowing, lining, picking up debris, emptying trash and insuring that the nets are properly secured to the goal posts.
4. Annual Fundraiser - Generally a dinner/dance/auction, the annual fundraiser has grown into a "must do" event. Our volunteers solicit donations for the auction, plan the meal and event, set up the event, sell tickets and a mountain of other behind the scenes tasks.
5. Office help. It is not uncommon that our Club Administrator needs help entering data into the computer system, sorting through documents, creating packets for players and their parents, etc. If you are handy in an office, let us know!
6. Pacesetter Newsletter— We try to publish a newsletter quarterly to report on current news and happenings in the club. If you like to write or have desktop publishing skills—this may be just the area for you! If you have news to report — send it and any photos to the Club Administrator.
7. Officiating - The corps of referees is always looking for new blood. You won't get rich; you will get yelled at (occasionally and unfortunately), you will get some exercise, and you will be helping the players enjoy safe and fair competition.
8. Team Meetings—Team meetings take place at the start of every season. We can always use volunteers to help players select uniform sizes and to help parents fill out forms and documents.
9. Committee membership—Some of the Board level committees are open to non-Board members. The fundraising and marketing committees are examples. If you have an interest in serving on a committee, contact the Club Administrator who can point you in the direction of the Committee Chair.
10. Housing Coordinator—When more than one team travels to an out of town event, the Housing Coordinator works to find suitable accommodations for the teams and coaches.
11. Spirit Wear Coordinator—What a show of pride in the Club when parents and siblings are wearing the Red and Black club colors at team events! The Spirit Wear Coordinator puts together a collection of items for purchase by the Club membership.

Club Fund Raiser

Pacesetter Soccer Club prides itself in its level of competitive play, its superb cadre of coaches, and its excellent parent support. To give the young soccer players the exposure and the playing opportunities that they deserve requires a major financial commitment on the part of the parents. Recognizing this, the Board of Directors is continually on the lookout for fund raising opportunities. Each team is required to participate. The operative word here is "team", not individual. How each team supports the fundraiser is up to each team.

Club Sponsorships

The Club continually seeks input from the teams and parents about potential sponsors. The objective is two-fold: to provide a company or organization the chance to promote its goods and services every time a Pacesetter Soccer team takes the field and, the obvious one, to help defray the ever increasing costs of premier soccer. The more sponsors the Club has, the more the Club can hold down expenses that would otherwise be passed on to its members. Your input, ideas, suggestions will be very helpful, and much appreciated by all members of the Club.

Club Merchandise & Spirit Wear

Although we are not in the business of retail clothing sales—we do appreciate parents and players who want to wear the Pacesetter name and colors with pride. Once or twice annually we will have a "Spirit Sale" where we will make such items available for purchase to the membership. Spirit wear is a collection of miscellaneous gear, generally in red and black and screen printed with the Pacesetter logo, and includes sweatshirts, hats, water bottles, blankets, umbrellas, t-shirts, window decals, etc. Those opportunities will be communicated by your team manager or the Club Administrator. .

Also, there is a link on our website for Eurosport — "The Fabled Soccer Traders". The Club receives a small credit toward the Club's purchases of gear and equipment for our coaches for every dollar sold through that link. If your player needs new cleats — an order through Eurosport does help the Club.

Summary of Associated Organizations and Leagues

Sylvania Recreation Corporation - SRC - is an organization that is charged with providing Sylvania with top quality recreational facilities and programs. It is located at 7060 Sylvania Avenue. Tel: 419-882-1500. Website: www.sylvaniarecreation.org. SRC is the body that oversees Pacesetter Park. The staff of SRC maintains the grounds assuring us of quality playing/practice fields. The green flag at the entrance to the park indicates whether the park is open for training and/or games. The club has no say in the decision to remain open or closed. When the park is closed – we may not use the facilities owned and operated by SRC. However, keep in mind our Brian Cairns Training fields are not under the SRC jurisdiction with respect to weather related closures. When weather may be an issue, be sure to check with your team manager and the club weather line to find out the status of your child's training.

Sylvania Youth Soccer Association - SYSA - is the recreational soccer organization which, among other things, serves as a feeder organization to the Pacesetter Soccer Club. Many of the Club's excellent soccer players started their soccer experience with SYSA.

Ohio Youth Soccer Association North - OYSAN - is the governing arm for US Youth Soccer in Northern Ohio. The state is split into two associations because of the very large soccer playing population in the state. OYSAN provides sanctioning (approval) for associated leagues and tournaments and ensures compliance by these groups to uphold the rules and policies of US Youth Soccer. OYSAN hosts the premier tournament in which our teams compete called the State Cup. The tournament is played in May and winners (U14 and above) advance to a regional tournament that is played in June. OYSAN's web site is full of great soccer information and is located at: www.oysan.org.

US Club Soccer—is a separate and distinctly different governing arm of USSF soccer in the US. US Club provides league and tournament sanctioning for those members who choose to depart from US Youth government. Their website address is: www.usclubsoccer.org.

Northwest Ohio Youth Soccer League - NWOYSL - is the league in the greater Toledo area. Pacesetter teams from U9 through U14 may play in this league. League information and standings can be found on the website: www.nwosl.org.

Michigan Champions League - MCL - is a league, sanctioned under the umbrella of US Club Soccer and offers strong competition for our U10—

U12 aged teams. League information and standings can be found on their website: www.michiganchampionsleague.com.

OYSAN State League - OYSAN State League is a league that offers strong competition for some of our older teams. Most of the teams in this league are from the Cleveland area.

Michigan State Premier Soccer Program - MSPSP - is a league that offers strong competition against Michigan based clubs such as Vardar, Wolves, Michigan Rush and Rochester Soccer. MSPSL provides competition for teams beginning at U13 through U18. In most cases, our stronger teams will participate in this league. League information and standings can be found on their website: www.mspsl.org.

Midwest Regional League - MRL - is a league open to those teams who qualify by advancing to the semi-finals of the OYSAN State Cup tournament. MRL play offers the some of the best competition for teams U14 and older. Games are played in tournament style weekends and require travel to hosting sites within the Midwest region of the country. League information and standing can be found at: www.region2.com.

Rules of Soccer

Those most often misunderstood and/or misinterpreted by parents.

1. Advantage - Play On. When the referee sees an infraction of a rule; e.g., a charge from the back, holding, tripping, a "hand ball", which, if s/he were to halt play, would take away an advantage from the team that has possession of the ball, the referee may call out "Advantage-Play on" which freely translated means, "I saw the infraction, but if I blow the whistle, the team that had the ball and maintained possession of the ball even though the infraction occurred, might lose out on a scoring opportunity."

2. Offside - The rule book says that a player is offside if he or she is nearer than the ball to the opponent's goal line at the moment the ball is played to that player by a teammate unless:

- a. the player is in his/her own half of the field,
- b. two defenders (one of whom could be the goalkeeper or "keeper") are nearer the goal line than the attacking player or,
- c. the offensive player receives the ball from a goal kick, corner kick, throw-in or drop ball.

A key element, often misunderstood about this rule, is that the player must be involved in the play to be called, or "whistled" for being offside. In other words the player can be in an offside position, even standing next to the keeper, and not be called offside if s/he never receives a pass from a teammate. This is a relatively new interpretation. It used to be that such a player; i.e., the one standing next to the keeper, was seeking to gain advantage, or interfering with play (by distracting the keeper). Such is no longer the case.

3. Pass back to the keeper - A teammate may pass the ball back to his/her keeper for clearing. If that pass is intentional and comes off the player's foot, then the keeper may not use his/her hands to clear the ball. If the ball is headed or "chested" back, the keeper may retrieve the ball with his/her hands. If it is unintentionally passed back - the referee must determine intent - the keeper may use his/her hands to clear the ball.

4. Boundaries - The sidelines of the soccer field are called the touch lines; the end lines are called the goal lines. For the ball to be "in touch"; i.e. out of bounds, and for the whistle to blow to stop play, the ENTIRE ball must be in touch. Sometimes spectators miss that. For there to be a score, the ENTIRE ball must be over the goal line, the ENTIRE ball must pass through the vertical plane of the goal mouth. It is very difficult for a spectator at the mid-line of the field to see, much less know, that a ball has passed completely through the plane of the goal mouth unless s/he sees the ball bounce against the net.

5. Hand Ball - Perhaps the most difficult call for an official to make, if done according to the rules. Did the ball strike the hand? Did the hand strike the ball? It has to do with intent. Did the player seek to gain an advantage, or actually gain an advantage, by striking at the ball with his hand or arm? If not, play should not be stopped! Remember, it is intent and it is whether the hand struck the ball or the ball struck the hand.

Fifteen Tips from OYSAN

Fifteen things to keep in mind while watching from the sidelines, written by Michael Langlois, author of "How Well Do You Communicate? A Guide to Better Communication with Players and Parents for Youth Soccer Coaches".

1. Let the coaches' coach. If you are telling your son or daughter - or any other player for that matter - to do something different from what their coach is telling them, you create distraction and confusion.

2. It is very unnerving for many young players to try and perform difficult tasks on the field on the spur of the moment when parents are yelling at them from the sidelines. Let the kids play. If they have been well coached, they should know what to do on the field. If they make a mistake, chances are they will learn from it.

3. Do not discuss the play of specific young players in front of other parents. How many times do you hear comments such as, "I don't know how that boy made this team..." or "she's just not fast enough.". Too many parents act as though their child is a 'star', and the problem is someone else's kid. Negative comments and attitudes are hurtful and totally unnecessary and kill parent harmony, which is often essential to youth team success.

4. Discourage such toxic behavior by listening patiently to any negative comments that might be made, then address issues in a positive way. Speak to the positive qualities of a player, family or coach.

5. Do your level best not to complain about your son or daughter's coaches to other parents. Once that starts, it is like a disease that spreads. Before you know it, parents are talking constantly in a negative way behind a coach's back. (As an aside, if you have what you truly feel is a legitimate beef with your child's coach - either regarding game strategy or playing time, arrange an appointment to meet privately, away from a soccer field.)

6. Make positive comments from the sideline. Be encouraging. Young athletes do not need to be reminded constantly about their perceived errors or mistakes. Their coaches will instruct them, either during the game or at half-time, and during practices. You can often see a young player make that extra effort when they hear encouraging words from the sideline about their hustle.

7. Avoid making any negative comments about players on the other team, this should be simple: we are talking about youngsters, not adults who are being paid to play professionally. I recall being at a rep baseball game some years ago, when parent on one team loudly made comments about errors made by a particular young player on the other team. People on the other side of the diamond were stunned- and angry. Besides being tasteless and classless, these kinds of comments can be hurtful to the young person involved and to their family as well.

8. Try to keep interaction with parents on the other team as healthy and positive as possible. Who's kidding whom? You want your child's team to win. So do they. But that should not make us take leave of our senses, especially our common sense. Be courteous 'till it hurts; avoid the 'tit for

tat' syndrome.

9. Parents on the 'other' team are not the enemy. Neither are the boys or girls on the other team. We should work to check any negative feelings at the door before we hit the pitch.

10. What is the easiest thing to do in the youth sports world? Criticize the referees. Don't criticize the referees. Oh, there are times when calls are missed, absolutely. And that can, unfortunately, directly affect the outcome of a contest. That said, by and large those who officiate at youth soccer games are hardly over-compensated, and give it an honest - and often quite competent - effort. At worst, they at least try to be fair and objective.

11. On that note, outbursts from parents on the sideline made toward the referees only signal to our own children on the field that they can blame the refs for anything that goes wrong. Blaming others is not a formula for success in sports.

12. Yelling out comments such as "Good call, ref" or "Thanks ref" may only serve to alienate an official. The ref always assumes they made the proper call, that's why they made it. Trying to show superficial support because the call went 'your' way is simply annoying to the officials, and to anyone within earshot.

13. Walking up and down all game long along the sidelines, following the play, is unnerving to players and totally unnecessary- particularly so if you are trying to yell out instructions to various players, including your own son or daughter. It is likely embarrassing to the player/players involved and simply counterproductive. If you want to coach, obtain your coaching certification and then apply for a job.

14. We all feel things and are apt to be tempted to say things in the 'heat of the moment'. But we don't excuse athletes for doing inappropriate things in the 'heat of the moment' (there are penalties, suspensions, etc.) so we should apply similar standards to our own sideline behavior. Quickly check yourself and ask: Will I be proud of what I am about to say or do when I reflect on it tomorrow?

15. The parking lot is not the time to 'fan the flames'. Whether it is a coach's decision, a referee's call, a comment that was made, let it go. Don't harass the coach, or an official, or a parent on the other team after the game is over. Go home, relax, and unwind. Talk positively with your child. The ride home is sometimes as important as the game itself. Make that time a good memory for your son or daughter by discussing as many positives as you can about him/her, her coach, her teammates, etc.

Pacesetter Park Policies

A. Lightning Detection System

This system is set up for park patron's safety. When the siren sounds at a solid continuous level, games or practices need to be suspended and patrons need to seek shelter. This means under an open-air structure, gazebo, or your vehicle. If the danger clears the area within **15** minutes, an all clear siren will sound (Hi-Lo tone). At that time a supervisor will evaluate field conditions and games can either begin or will be suspended. If more than **30** minutes go by and an all-clear siren has not sounded, then the games will remain suspended and you must exit the facility.

B. Red & Green Flag

At the entrance to the park there is a red or green flag that is just below the American flag on the flagpole. When the **GREEN** flag is up, the park is **open**. When the **RED** flag is up, the park is **closed**. Neither practices nor games may take place on the facility when the **RED** flag is up.

C. Weather Line

Sylvania Recreation has set up a weather line which patrons can call in order to find out if the fields are open or closed. There are two numbers:

419-882-1046 ext 506 419-882-1500 ext 506

These numbers are available for anyone to call at any time.

Messages will be updated on a regular basis when severe weather conditions exist. During weekdays messages will be posted by 3:00 pm and on weekends by 8:00 am. On weekends it is important to check back periodically if conditions change. The system is set up for Sylvania Recreation run programs.

D. Field Practice

For soccer, practice is permitted on the west property of the park. **NO GAME FIELDS** may be used for practices. Patrons must have a permit to be allowed on any game field area. Soccer goals may NOT be moved, adjusted, repositioned at any time, by anyone other than SRC personnel.

E. Tornado Siren

If the tornado siren sounds, all games and practices **MUST** be suspended and you must seek shelter or leave the park. **NO ONE** is allowed to remain outside in the park. Shelter area at the park is limited.

ANY PLAYER, TEAM, and/or COACH FOUND BREAKING THESE POLICIES WILL BE IN JEOPARDY OF LOSING THE USE OF PARK PRIVILEGES AS WELL AS POSSIBLE FINES IMPOSED BY THEIR USER GROUPS.

Pacesetter Coaching Philosophies

Academy Age: 6–8

- Primary Developmental Goal of this age: Individual Mastery of Ball and Creativity.
- Focus is on skill development to move and control the ball through play.
- Children of this age are not always able to remember what was shown or tried at previous practices – we want to promote learning through experience. The game is the teacher.
- This age is not capable of “organized” soccer. Forcing team concepts, such as combination and positional play, is not appropriate. Academy soccer does not “look like” U14 soccer!
- We will have a “fear free” culture. No “mistakes”, no pressure.

Underlying and Guiding Principals:

- The game is the best teacher for young players.
- Coaching is most helpful to a young player’s development by organizing less, saying less and allowing players to do more.
- We understand that teaching and learning the game of soccer is a process: the developmental efforts of one season are not noticeable in children until sometime in the next season.
- It is important to recognize what a child is able to do at this age
- Soccer development is a process that must be approached with age specific skills and concepts. This is the age for players to learn technical skills. Their ability to pick up motor skills is high. Their ability to understand tactical skills is very low.
- For youth, creating an environment where the main goal is to have fun with the ball is critical.
- The primary value of matches is to provide young players with the opportunity to showcase their newly acquired skills and creativity.
- Understanding that “the game is the best teacher” – coaches and parents should think of themselves as facilitators, monitors, guides and even participants to provide a rich environment for the kids to learn from and enjoy.

Practice Philosophy: Children of academy age learn best through “play”

- Length: 45 – 60 minutes of constant activity around the ball.

- Format: Learn through play.
- Focus is on the players' relationship to the ball. We want to create an environment where players have opportunity to develop a "love affair" with the ball!
 - Lots of touches
 - Coordination with the ball
 - Changing directions and speed while dribbling the ball
 - Dealing with balls on the ground as well as bouncing balls

Game Philosophy: No formal "matches". Intra-club scrimmages and games will be played.

- Length: 45 - 60 minutes.
- Purpose: Celebrate the joy of the game! More opportunities to have the ball at their feet.
- Format: 3v3 or 4v4, mini games to compete with and against each other. Fluid teams that allow for combining and grouping of players to play the game.
- Competitiveness: No Score keeping, no winners or losers, everyone plays
- Coaching Focus: On player's relationship to the soccer ball
 - To want it!, How to find it!, How to deal with it and move it!, How to keep it close and not lose it!

Youth Teams: U9 & U10

Introduction:

- 70% of youth quit organized sports by U13.
- The problem revolves around too much pressure to achieve winning" results too soon instead of focusing on individual development.
- In US youth soccer, because we are a culturally diverse society, our sport reflects this diversity. This diversity presents us with a set of challenges unique to the US.
- There is not one way to teach soccer. However there is a set of fundamental principles.
- We are basing our program on best practices and supported fundamental principles as promoted by national staff and technical experts in US Soccer.

Pacesetter Youth Philosophy:

- Primary Developmental Goal of this age: Individual Development and Introduction of “Team Play” Concepts.
- Focus is on individual technical skill development to move and control the ball through play and preparing youth players to successfully recognize and solve the challenges of the game on his or her own.
- Possession Philosophy: long ball de-emphasized; we will choose long-term vs. short-term developmental progress; we may initially give up goals but will be comfortable & technically more competent – and in the long run – we will be better for it.

Underlying and Guiding Principals:

- At U9: Players will tryout and teams will be formed based upon ability groupings. We will strive to provide every U9 player with an opportunity to train and play at Pacesetter unless the player clearly exhibits extremely poor skills or behaviors that do not meet some minimum standards.
- At U10: Players will tryout and be evaluated against a set of standards as well as against other players of their age. Teams will be formed and grouped around the players’ abilities. We will strive to allow players of similar abilities to train together to provide the best developmental environment for all players.
- It is important to recognize that players develop at different rate. “Average” U9’s can be “superstars” at U14. Our goal is to keep all potentially talented youth players training and playing the game to give them time to explore their capabilities and to realize their potential.
- Coaching is most helpful to a young player’s development by organizing less, saying less and allowing players to do more.
- Discipline is an important component of Pacesetter Soccer. Coaches will demand respect, cooperation, positive attitudes and strong work ethics at every age.
- Soccer development is a process that must be approached with age specific skills and concepts. This is the age for players to learn technical skills. Their ability to pick up motor skills is high. Their ability to understand tactical skills and positional play is very low.
- Building confidence with the ball is a key ingredient in developing U9’s & U10’s. The more confident players become, the more they will look to get involved and the more fun they will have.

Practice Philosophy: The Game is the Best Teacher

- Length: 60 - 75 minutes of constant activity around the ball.
- Format: Learn through play.

Developmental Focus is the same as the measurements we use to evaluate players at tryouts:

- Speed: technical, speed of execution and/or speed of thought
 - Technical speed is ability to trap or settle ball and get pass or shot away quickly
 - Pure speed is the natural running speed of an athlete
 - Speed of thought is the ability to read the game and be able to be in the right place at the right time
- Technical Skills & Technique: Building the first touch and passing skills under the pressure of a match.
- Basic Rules of Game:
 - Dribbling
 - Passing
 - Receiving
 - Shooting
 - Throw ins
 - Beating players 1v1
 - Ball movement, ability to control, direct and move with the ball
 - A poor first touch will require them to always be fighting the ball to make subsequent decisions
- Character:
 - The player's respect for the game, their coach, teammates and others
 - The player's fighting spirit and their ability to compete
 - The player's work off the ball and when fatigued
 - The player's enjoyment of the game and love for the sport

Game Philosophy: League games and tournament match play

- Length: 50 - 60 minutes.
- Purpose: More opportunities to have the ball at their feet, to make decisions under pressure and to solve the problems of the game.
- Format: 6v6 or 8v8
- Competitiveness: Play to showcase progress and creativity. Winning is not the primary objective in all situations at this age.

- League Games Play Time: Equal play time is the goal at this age for the development of the player – unless there are disciplinary issues being addressed by the coach.
- Tournament Game Play Time: Tournaments, in most cases, are played to win. While every player will be given an opportunity to play, equal play time may not occur in tight games where the results affect the team's tournament success.
- Player Development: The game is the best teacher for young players. For league play, the club can and may move a player for the benefit of that player (not for team competitive advantage) for one or more games during the season.
- Coaching Focus
- Getting involved
- Attacking the goal
- Taking chances
- Options to solve the problems of the game: possession, pressure, defending, scoring
- To experiment and be creative

Boys and Girls Teams: U11–U14

- Primary Developmental Goal of this age is to continue to improve players' technical skills and to introduce tactical concepts such as positional and systems of play.
- Focus is on providing a tactical understanding of the game and taking each player through 3 – 4 systems of play to help prepare them for higher levels of play (ODP, US Club-ID Program, High School, etc.).

Underlying and Guiding Principals:

- At U11 – U14: Players are selected through a tryout process. Each June, teams are reselected for a full calendar year (fall and spring seasons). Every year, players must approach the tryouts with an understanding that playing on a team one year does not guarantee a spot the next.
- Team Names: Premier vs Select
- Players selected for Premier teams will be those players who are ready to play at highly competitive levels. Travel is typically greater for Premier teams because they have outgrown our local league opportunities by U11 and must travel to find stronger competition.
- Players chosen for Select teams will be those players who show com-

petent skill levels with potential for development. There is typically less travel required for Select teams. These teams generally can find competition locally or with minimal travel. But, as the team develops, travel requirements will increase.

- Coaching at this age centers around helping players become better decision makers within the demands of the game. Soccer is a game of improvisation. It is important that our players, beginning at the earliest of ages, are encouraged and empowered to develop as thoughtful and creative decision makers and are never treated as robotic machines that simply carry out specific coaching instructions.
- Emphasis is placed on developing strong bodies and minds to be able to physically and mentally overpower our opponents. We will strive to develop a winning mental attitude and belief system in our players so they will know how to win.
- Soccer development is a process that must be approached with age specific skills and concepts. This is the age for players to practice their technical skills in an environment that requires them to develop a vision of the game, an ability to read the game, and the skills to create scoring opportunities on the field.
- Building confidence with themselves is a key to success at these ages. The more confident players become, the more creative they will play and the more fun they will have. Confidence can be a trained and it is a learned attitude.

Practice Philosophy:

- Length: 75 - 90 minutes of high intensity training with and without the ball.
- Developmental Focus is the same as the measurements we use to evaluate players at tryouts:
 - Speed-technical: speed of execution and/or speed of thought
 - Technical speed is ability to trap or settle ball and get a pass or shot away quickly; “one touch” play becomes a measurement of performance
 - Pure speed is natural running speed of an athlete
 - Speed of thought is the ability to read the game and be able to be in the right place at the right time
 - Technical Skills & Technique: Building their first touch and passing skills under the pressure of a match
 - Dribbling, Passing, receiving
 - Crossing, shooting, heading

- Beating players 1v1, 2v1
- Maintaining possession of the ball
- Ball movement, ability to control, direct and move with the ball
- A poor first touch will require them to always be fighting the ball to make subsequent decisions
- Tactical Understanding of the game
 - Player movement, on and off the ball
 - Reading the game
 - Understanding field positions and roles
 - Understanding 3 – 4 systems of play and positional roles and responsibilities of each
 - Providing support, balance, and creating space
 - Making the runs, dropping for support and providing overlaps
 - 2-way play and transitioning between attacking and defending
 - Anticipating ball movement 2 – 3 touches ahead of actual play
- Physical Development
 - Strength
 - Speed
 - Grit/Toughness
- Mental/Emotional Development as a player:
 - Respect for the game, their coach, teammates and others
 - Fighting spirit and their ability to compete
 - Commitment to personal excellence
 - The players' ability to be coached
 - The players' commitment to the team, enjoyment of the game and love for the sport

Game Philosophy: League and Tournament match play

- Length: 50 - 70 minutes.
- Purpose: More opportunities to have the ball at their feet, to make decisions under pressure and to solve the problems of the game.
- Format: 8v8 or 11v11
- Competitiveness: We will seek out the best competition to provide an opportunity to work on decision making and speed of play. We will strike to develop highly competitive players who can perform under pressure.

-
- Play Time: Play time is fairly equal though it may be affected by work ethic, attitude and effectiveness during league play; Tournaments are played to win.
 - Coaching Focus
 - Getting involved
 - Attacking the goal
 - Taking chances
 - Options to solve the problems of the game: possession, pressure, defending, scoring
 - To experiment and be creative



Appendix A □ Parental Code of Conduct Form

Pacesetter Parental Code of Conduct

I will be supportive of my player, his/her teammates, and the coach. I will only make positive comments during training or games. I will not speak disparagingly about other players in front of my child.

I will allow the coach to do his/her job without interference. I will not coach my child (or other players) from the sidelines. If I have a concern over decisions made by the coach, I will not complain to other parents nor will I approach the coach to discuss the matter immediately after a game or training session when emotions may run high. I will call the coach after a cooling off period and make an appointment to privately discuss my concerns.

If after speaking with the coach I am not satisfied with the outcome, I will speak to the Director of Coaching for the appropriate age group. If questions or concerns persist, I understand that I may contact the Executive Director of Coaching and ultimately, members of the Coaching Committee.

I will respect the referees and their decisions. I will not criticize, yell at, or approach them.

I will respect our opponents and their parents. I will only make positive comments to or about opposing players. I will interact with the parents in a positive way that reflects well on the team and the club. I will not argue or respond to inflammatory conduct from other parents.

I will keep youth sports in perspective. I understand the Mission Statement of the club is to develop individual and team soccer skills to each youth's fullest potential. I will be supportive regardless of the results of a game. Sometimes more can be learned from losing than winning.

I understand that I am a representative of the Pacesetter Soccer Club and will show good sportsmanship.

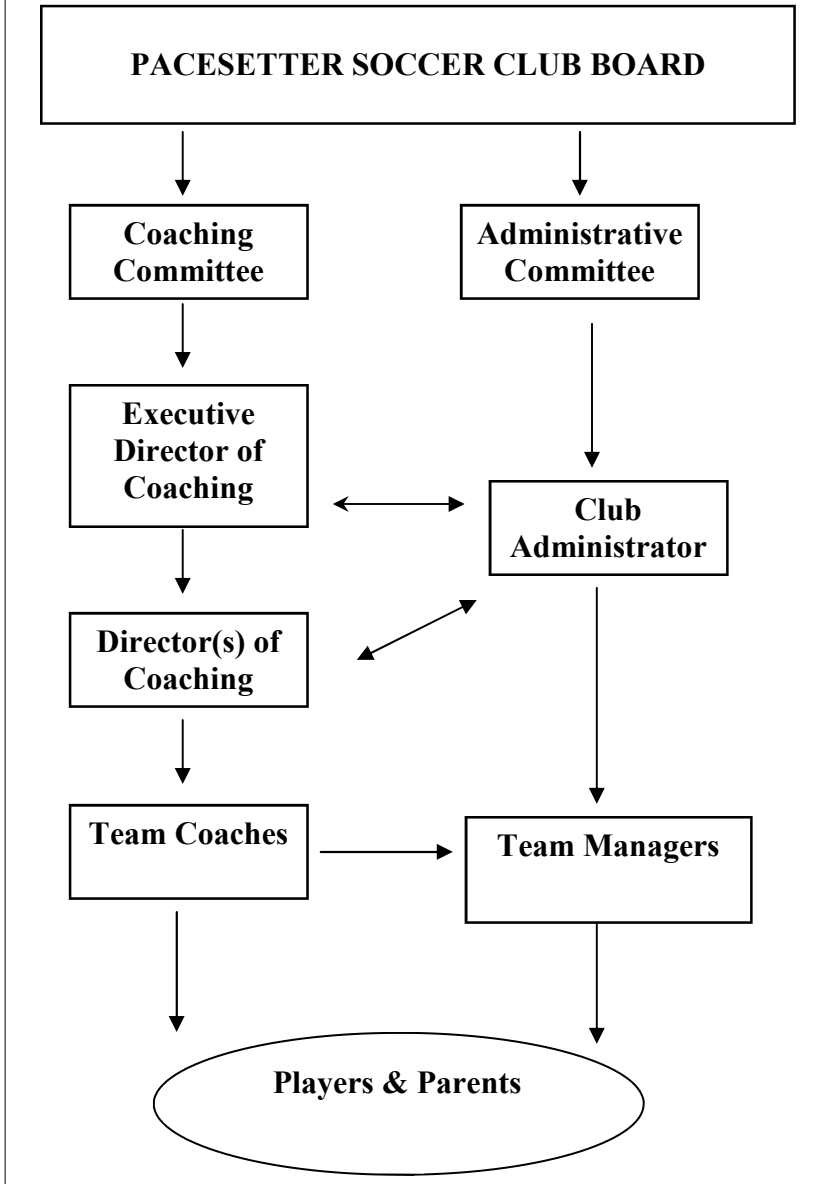
I will encourage other members of my family to follow this Code of Conduct.

I understand that membership in the Pacesetter Soccer Club requires my compliance with this code of conduct and failure to do so will hold me subject to the disciplinary measures contained in the Parent Handbook.

Parent or Guardian

Date

Appendix B—Pacesetter Organizational Chart



Be sure to check out the club's web site: www.pacesettersoccer.net