

1. Mission

LSC strives to foster a positive environment at all levels of play- from U5 to U23. The goals of our program include providing a structure where all participants have the opportunity to develop not only technical and tactical skills but also include development of citizenship, friendship, teamwork, lifetime mental & physical fitness habits.

To create an environment where fun, sportsmanship, respect, integrity, honesty and fair play are the foundation of the program, and where player development is placed ahead of winning.

Where coaches are given the opportunity to continue their coaching education both internally within the program and through USSF, NSCAA and other programs so that they can provide the leadership needed to ensure the goals of LSC are being realized.

We strive to continuously look at ways where the program can be improved for the betterment of the players.

LaGrange Soccer adopts the mission of USSF soccer for youth players. The youth soccer player is defined as any child from pre-school through adolescence. US soccer takes the approach that the game within each child is at the center of all belief, decisions and actions taken by the child, coach and organization. It is the ultimate goal of youth soccer development within the United States to unlock the game within children to reach their full soccer potential.

2. Coaching Responsibilities and Requirements

CPR/AED Certification

At least one coach per team must have a valid certification. LaGrange Soccer offers opportunities for coaches to fulfill this requirement at least once a year. The certification is valid for two years.

Risk Management

Before stepping on the field every coach (or team personnel who interacts with the players) must complete risk management. This can be done at the time of registration. Coaches/Manager cards will not be issued without successfully completing risk management.

Coaching Education

Within 18 months of becoming a coach all coaches must earn a minimum of their USSF F License or NSCAA State Diploma. Travel coaches must complete their USSF E License or equivalent within one year. Proof of completion should be sent to LaGrange Soccer. LaGrange Soccer regularly offers courses to coaches to receive various licenses including Goalkeeping, NSCAA courses and USSF D, E and F Licenses.

Beyond these specific requirements coaches are expected to educate themselves on basic first aid, including but not limited to concussion awareness, injury prevention and heat exhaustion.

3. Intramural Program Guidelines

Coaches, your willingness to volunteer is fantastic. The continued success of the LaGrange Youth Soccer Intramural Program, serving over 600 boys and girls could not be maintained without your time and commitment. LaGrange Soccer is run predominantly by volunteers, under the leadership of our Coaching Director, Kieran McIlvenny and with the support of the LaGrange Soccer Club Board of Directors.

Responsibilities of Coaches and Assistant Coaches

1. Provide pre-game instruction following the curriculum set by LaGrange Soccer Club. Please be prompt since the instructional time is an important part of our program. Plan your practice ahead of time so you and the children get the most out of practice. Advise the parents to arrive on time with their children. A guardian of each child should remain at the field at all times. Ensure the environment is safe and appropriate for the practice.
2. Ensure practices are developmentally appropriate and that the information given is clear, concise and correct. Activities should be fun and well organized with all players involved. All players should have their own ball and should be given the opportunity to be creative and make decisions on their own with regards to the game (e.g. - how to make a move to beat a player).
3. Please ensure that either a coach or assistant coach will be present at each session.
4. NO LINES, NO LAPS, NO LECTURES!
5. Communicate with families, starting with holding a preseason parent meeting to share LSC mission statement.

Micro Soccer

A few years ago LaGrange Soccer adopted the micro soccer format. There were a number of reasons for doing so, primarily being to give children an enjoyable and fun introduction to soccer. If children are to enjoy playing soccer they need to:

- Feel success
- Take an active part in the game
- Be able to participate- whatever their ability
- Develop soccer skills
- Understand the rules
- Learn to play as a team
- Learn about sportsmanship and respect

LaGrange Soccer is adopting a new curriculum, based on the Coerver method, for the fall of 2013 which will be distributed to coaches prior to the start of that season.

Spring 2013 Guidelines

U5/U6 – 25 x 35 yds.

4 field players with no keeper. Introduce a keeper after 4 weeks.

One Coach per team is permitted on the field for the entire season of the U5 age group, while One Coach is permitted on the field for the first 4 weeks for the U6's. Additional coaches may assist from the sidelines.

Each session lasts for 75 minutes, allowing for a 30 minute instructional period followed by four ten minute quarters of match time.

U7/8 - 30 x 50 yds. Modified penalty area, no goal area, 6' x 12 ft. goal opening

4 field players plus a keeper

No Coaches on the field

Four 12 minute quarters of match time.

U9/10 – 50 x 80yds. Modified penalty area, no goal area 7 x 21 ft. goal opening.

6 field players plus a keeper

No Coaches on the field

Two 25 minute halves of match time.

Please note that all intramural players must receive at least half a match of playing time. Please substitute players accordingly.

LaGrange Soccer does not sacrifice the development of players over winning!

Characteristics of Players by Age Group

Coaches should recognize the age difference and capabilities of the children with who they are involved. The following information is provided for your information:

U5/U6 Characteristics-

- The differences between boys and girls are minimal.
- Progress and motor development starts at the head and moves to the feet
- Easy fatigue and rapid recovery
- Emphasis of fundamental movement skills
- Large muscle groups are more developed than small muscle groups
- Hand and eye coordination are still developing
- Exhibit great enthusiasm and vitality
- Restless and must be kept active
- Are individualistic and need careful guidance and understanding and are eager to learn new motor skills
- Process small bits of information at a time; long sequential instructions are not processed
- Need generous praise and the opportunity to play without pressure

U7/U8 Characteristics

- Many of the U5/U6 characteristics apply to this age group
- Perceivable improvement in pace and coordination
- Limited ability to attend to more than one task at a time; the simple task of controlling the ball demands most of their attention capacity
- Concept of time and space relationship is beginning to develop
- Beginning to categorize information
- Great need for approval from coaches
- Like to show individual skills
- Negative comments carry great weight
- Like to play soccer because it is fun
- Are more open to partner and team activities

U9/U11 Characteristics

- Gross and small motor skills become more refined while reaction time also improves. Varied growth spurts can be expected although muscular strength is still not fully developed
- Boys and girls begin to develop separately. Girls may be taller and more mature than boys at this age
- Ability to stay on task is lengthened
- Greater diversity in playing ability and physical maturity
- More prone than adults to heat injury
- Players at this age enjoy competition and are more inclined towards wanting to play than being told to play
- Starting to recognize fundamental tactical concepts such as changing direction with the ball
- Continued positive reinforcement needed and coaches still need to be brief, concise and indicate purpose
- Peer pressure starts to be a factor
- Expect teasing and horseplay
- Team concepts are more prevalent

4. Transition from Intramural to Limited Distance Travel and Travel Programs

Limited Distance Travel

All players from the intramural program after their U10 year will transition into either the LaGrange Travel program or the LaGrange Limited Distance Travel program.

This is necessary because as more players are competing on larger fields, clubs cannot field enough in-house teams to only play against each other. LaGrange Limited Distance Travel is an intramural soccer program organized to provide a safe and fun league for players to continue in soccer. It is an extension of the current system except that the LaGrange teams will be competing against other clubs located in Dutchess County. Most of the other teams will be from the neighboring clubs in our area and will require only a short distance of travel. All games will continue on Saturdays and teams will have home and away games.

Unlike the LaGrange Travel program, there are no tryouts for the LaGrange Limited Distance travel program.

U8 Travel Development Program

This supplemental program aims to provide training for U8 intramural players interested in starting the travel program in their U9 year. Players are encouraged to participate in the year round program simulating the training of a travel team. This program is offered outdoors at no extra cost to LaGrange players. There are two winter sessions offered which include a nominal fee to offset the cost of indoor training facilities. While the goal of this program is to prepare players for a travel level team, participation in this program does not guarantee placement on a travel team.

How does an intramural player join a travel team?

Try outs are held each spring for the following fall season.

- Coaches and trainers run tryouts
- Players are required to register online for tryouts (no fee)
- Players are selected based on skill
- Players are encouraged to attend tryouts regardless of space on current teams. If there is enough player interest in an age group based on tryout attendance, new teams may be created.
- Players need not be from the Town of LaGrange
- Players may only register with 1 team per season
- Registration occurs in June. Players may register after the approval of the travel coach of that team and do not cover the cost of uniforms or other team expenses.

5. Travel Program Guidelines

The Travel Soccer Program is intended to provide a more competitive environment for committed players who wish to advance their soccer skills. The travel program is available to eligible boys and girls at the age of 8 starting with the U9 age group. Age groups are determined based on player's birthday. Players are required to play "on age". "Playing Up" requests are approved by exception only as per LSC Constitution.

U9-U12 (younger age groups are developmental programs)

- No win/loss records maintained by the league

- All players should receive at least ¼ of the match of playing time in order to foster development
- U9 teams only train in the fall and defer league travel play to the spring. U9 players may supplement play in the intramural division of their U9 year.

. U12-and Up compete at different skill levels

- Division 1, Division 2, Division 3, etc....
- Premier leagues available for the advanced level
(Teams must apply and be accepted based on previous records)

~~Seeding Meetings~~- Prior to each season a list of divisions and teams are sent out to clubs. This list determines which division (and level) of competition your team will be scheduled to play for the upcoming season. It is important that coaches review this list and communicate with the Travel Coordinators which level of play they desire. Lack of communication may result in your team being moved either to a weaker or harder division that may or may not be appropriate for your team.

The La Grange Travel Program offers new competitive opportunities for all levels of travel soccer.

Our club is dedicated to providing every opportunity for player development. Historically our club affiliated under East Hudson Youth Soccer League (EHYSL) had limited options to its members compared to the multitude of soccer opportunities offered in New York and the tri-state area. In 2012 EHYSL restructured and opened up its registration options now offering member clubs the opportunity to register their travel teams as guest teams with other leagues affording our growing, talented teams more choices for competition and development.

Through these new choices we currently have teams that compete in these area leagues: Westchester Youth Soccer League (WYSL), the Metro- League (EHYSL& WYSL), Regional Premiere League (RPL) in the New York Club Soccer League (US Club), and the Eastern Development Premiere League (US Club), and Eastern New York Premier.

Our teams regularly compete and have access to the New York State Cup, The ENY Upper 90 cup, the Arch Capital Group Cup (Eastern New York Soccer), The New York Cup (NYCSL/US Club Soccer) similar to New York State Cup, as well as local and regional tournaments.

In La Grange we have several teams that compete at a premier level without the increased costs associated with the premier clubs. The Premier level is for

children and or teams who show exceptional soccer development and passion for the sport. Premier soccer is the highest level of amateur soccer in the state. It involves playing soccer year round, often paid professional coaching, 2-3 practices per week, attending more out of town tournaments per year, and multi-state travel in the older age groups. To obtain advice about competing at the premier level please contact coaching director, Kieran McIlvenny to learn about the many options available for LaGrange Soccer Club.

In addition to team choices, all LaGrange players can try out for the State ODP (Olympic Development Program) while East Hudson also offers an Academy program that can supplement club soccer. LaGrange and its' players are fortunate for both its proximity and relationship with Golds Gym and The Net that our players can benefit from training year round at The Net indoor turf fields.

Policies and Procedures for **Operating** a Travel Soccer Team

- The LaGrange Soccer Club Philosophy is that the development of players is the number one priority. All coaching decisions should be based upon this principal.
- To begin a new team please contact the appropriate travel director first with your intentions. A formal request must be presented at the monthly LaGrange Soccer Club board meeting (2nd Thursday of each month at LaGrange Town Hall, 7:30pm). Coaching Resume Required. Please note: All travel coaches are required to obtain a valid CPR certification and a minimum E level coaching license within an 18 month period of coaching. Assistant coaches are required to obtain a minimum F level license within the same time frame. Opportunities to achieve this will be presented and LSC will cover half the cost of the licensing fee. Coaches must also be registered, carded and approved by risk management BEFORE stepping on to the soccer field. Any violations will result in revocation of your coaching status.
- Once approved by the board tryout dates must be requested and approved by the appropriate Travel Director and the Field Coordinator.
- Advertise the try-out dates club wide by submitting tryout requests to the appropriate Travel Director.
- Two to three tryout dates are recommended. It is helpful to have an outside evaluator assist in your tryouts. This could be a hired trainer or another travel coach. Please see the following pages for policies about tryouts and accepting players.
- Once you select the players for your team please notify them with the

- registration info. Notify any players that were not accepted to your team immediately so they still have the opportunity to register for another team, or intramural program. Please keep in mind that the tryout process is stressful for anyone, especially children. We do not want to discourage anyone from playing soccer. Turning a player away, and especially cutting an existing player will be viewed as a rejection and should be handled in a sensitive manner.
- Once your new team is registered with LaGrange the club's Treasurer will set up a bank account with \$500 for start-up costs- equipment, etc... Please contact the Treasurer for more detailed information on how to access your account.
 - If the new team plans on having a paid coach or trainer the club Treasurer must be contacted to make payment arrangements. Paid coaches and trainers are considered employees of the club.
 - ALL team funds, tournament payments; extra team apparel, etc. must be passed through the club. The Treasurer will supply the forms required to make deposits and check requests.
 - Upon registration all documents must be submitted in a timely fashion. There are strict deadlines and any delay could cost your players/team game time in the Fall season.
 - Coaches must appoint an assistant coach (required) and a team manager. The management aspect of your team is important. There are many details that come up that need to be dealt with and communication is key. Travel teams often play in tournaments, practice year-round and are required to play in club sponsored tournaments/fundraisers. A good team manager is vital to the success of your team and should work closely with the coach.

Travel Team Time Commitments

- All travel teams practice 2 times per week with games on Sundays in the Fall and Spring seasons.
- Most travel teams practice at least once per week over the winter and may play in the Net Winter league on either a Saturday or Sunday.
- Most travel teams begin pre-season practices once or twice per week beginning in early to mid-August.
- Many travel teams attend summer or weekend tournaments.

- Please advise prospective team members/parents with your team's time commitment requirements prior to registration. Many children play multiple sports at this age and may not be willing or able to commit to the required time commitment.

Playing Guidelines for the Travel Program (according to LaGrange Soccer Constitution)

All players are required to play “on age” according to the EHYSL defined age groups. A player may be placed on an off age team and “play up” with the majority approval of the Executive Board under one of the following six exceptions for players up to and including U14. This approval if granted, would be valid for all subsequent seasons unless noted otherwise

During the Tryout Period

Coaches must validate that all players are “age appropriate” prior to tryouts. In all cases, if a player is not age appropriate, the coach must contact the travel director (Boy or Girl, as appropriate). The travel director will review the circumstances and approve or disapprove the player for tryouts. If the player is approved for tryouts AND is selected to be on the team by the coach, the player must still be approved by the LSC board as described above.

Exceptions:

- If there is no age appropriate team forming in our club, the player may try out for the next older team and if accepted by the coach of that team, he/she may play on that team.
- If a player try outs in good faith for his age appropriate team or teams and is not accepted on the roster, he/she may try out for the next older team. If accepted by the coach of that older team, he/she may play on that team.
- For a newly forming U9 developmental team, an under age (U8) player could only be considered if after a good faith effort there are not enough on age players to make a viable team. That player must play U8 again the following year.
- A coach of an on age player may bring forward a request to have an existing player play up based on the player’s skill, maturity, and physical size. The player must have been coached by the on age coach for at least

1 season (fall or spring). The player would be required to try out for the older age team. If accepted by the coach of that older team, he/she may play on that team.

- For U12 players and older, a player may request to play up with his/her classmates (middle school and older). If accepted by the coach of that older team, he/she may play on that team.

Note: If any of these exceptions apply the player must still be approved by majority vote of the executive board.

After the Tryout Period - During the Season

If during the season, a team needs to add players because of attrition and/or injury to remain viable, a player (such as from intramurals) could be considered to try out for the team providing the player's current coach is in agreement. After a try out, if the coach approves the player, he/she may play on that team.

To add a player after the season has begun the following steps must be taken:

1. The coach must FIRST contact the appropriate Travel Director for approval. The decisions will be made on a case by case basis depending upon the circumstances.
2. Only if the approval is granted, the coach must then contact the player's current coach with his/her intentions. If the coach chooses to release the player, the player can then proceed to try-out for the team.

Please note: late and mid-season registrations will not be accepted by the Travel Registrar without prior approval from the Travel Director.

Conducting Try-Outs

Try-outs must be conducted yearly in a fair and consistent manner. Use caution if it is necessary to cut a player from your team. Were all options for correcting issues that may have led to that player being cut exhausted? Is cutting this player the best thing for his/her development? Will that player never play soccer again because of this? If choosing between keeping a comparable LaGrange player and taking on a new out-of-town player the benefit of the doubt should always be given to the LaGrange player.

If two teams exist in the same gender/age group coaches should work together with an independent evaluator during try-outs to decide which team players will play on based upon the developmental needs of each player.

A Travel Coaches Responsibility to His/Her Team and Individual Players:

- Obtain the necessary coaching requirements and constantly strive to educate yourself for the betterment of your team.
- Self-evaluation is necessary on a consistent basis.
- Conduct yourself in a fair and just manner towards your players and give equal opportunity to all players regardless of age or ability, etc.
- Give ALL players at least 50% playing time in regular season games as well as tournaments. This is an East Hudson and LaGrange Soccer Club Rule that applies to all teams with the exception of Division 1, regardless of age division. (Division 1 does not start until U12)
- Educate yourself about club, league and FIFA rules and policies.
- Always keep in mind that as a LaGrange coach the development of the player should always be the first priority over winning.

Guest Playing:

- Any coach looking to have a player guest play with their team should always make the request directly to the coach of the current player's team. Direct contact with the player or parent should always be avoided until the coach has approved. All league and tournament rules regarding guest players should be followed. A player pass is ALWAYS required to have a player guest play for your team. Allowing a player to participate without coach approval, proper paperwork, and player pass is a liability issue and may result in disciplinary action.

6. TOPS Soccer (formally known as Special Needs)

US Youth Soccer TOPSoccer (The Outreach Program for Soccer) is a community-based training and team placement program for young athletes with disabilities, organized by youth soccer association volunteers. The program is designed to bring the opportunity of learning and playing soccer to any boy or girl, who has a mental or physical disability. Our goal is to enable the thousands of young athletes with disabilities to become valued and successful members of the US Youth Soccer family.□

Training certification

TOPSoccer Coaching Courses will be offered by LaGrange Soccer. It is a four-hour introductory course for coaches in TOPSoccer. This course guides both the novice and experienced soccer coach in providing a fun growth experience for soccer players with disabilities. The course presents information on player characteristics, the qualities of a good coach, how to utilize the TOPSoccer Buddy and modern coaching methods. Please contact the Coaching Director for information on when course will be offered.

Program info

Training certification

7. Disciplinary Guidelines

LaGrange Soccer Club Policies For Disciplinary Actions Against Coaches And Players

Adopted on 1/15/2013

III

In accordance with the LaGrange Soccer Club By-Laws, the 1st VP and 2nd VPs shall have the authority to suspend, fine, or disqualify players or team officials for violating Club rules, or for any action or conduct not in the best interest of soccer or the Club. Club members and its players must abide by all decisions of game officials during games. Any disciplinary action by the 1st and 2nd VPs may be appealed in accordance with the Club's By-Laws.

□

□ A sendoff (red card) will result in a minimum of a one (1) game suspension. The Executive Board will determine if further disciplinary action is required.

□ If two or more red cards are received by any one individual during a calendar year, eligibility of club membership including coaching and playing may be revoked and further disciplinary action will result, if determined after review by the Disciplinary Committee.

□ If a player or coach receives three (3) yellow cards in one playing year, it will result in suspension of one game plus any other suspensions incurred. Every yellow carded game thereafter will result in a suspension of one game plus any other suspensions incurred.

□

All suspensions shall commence on the same day following the offense. III

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Serving Suspensions During The Regular Season

□The penalties set forth shall apply to all cards awarded to a player in any match.□
For the purposes of determining accumulations and game suspensions, any games that count as part of a team's official league schedule or otherwise shall be utilized.

Final Regular Season Game Send-off

□Any player sent off in a final regular season match must serve the suspension in the first playoff or Finals match, unless the season is over for that player, in which case the suspension will be served in the player's first league game of the following season.□□□

Guidelines for sendoff (current match)

□Coaches sent off from the field are not permitted to remain at the field to watch the game.□They must immediately leave the premises for the remainder of the match.□Additionally, coaches are not permitted to communicate with their team, staff, or players during the remainder of the game.□The type of communication prohibited would include: cellular, 2-way radios, electronic/digital, written, or verbal.□Players or coaches returning to the field of play during or directly following the match are subject to additional disciplinary actions.□□

Coaching Staff Suspension Parameters & Restrictions

□Suspensions follow the individual, not the team, therefore a player or coach that was suspended in a match must serve the suspension of the match with the age group they were suspended with.□No player or coach may participate with another team within the club until suspension has been served with said team.□(In example- if the said coach is suspended while coaching a 9am game with one age group and has a game at 12pm in another age group the coach may NOT coach the second game or any other game until the initial suspension is satisfied) This rule counts towards tournaments as well. □If a player or coach participates, then the number of games suspended for will be increased.

Any manager, coach, assistant coach, trainer, or other official bench personnel is prohibited from assuming any official duty at or near the team bench while serving a suspension.□Any infringement of this rule may result in further disciplinary action for each infraction.□

□Coaches serving suspensions are not allowed to communicate with players 30 minutes prior to or after the game, or during half time. The type of communication prohibited would include: cellular, 2-way radios, electronic/digital, written, or

verbal. □ Suspended coaches must not be on the field during warm-ups and may not stand or in any way be in close proximity to the field of play. □□

□ Suspended players may not dress, but may be on the bench, during their game suspension.

Players or coaches' name must be crossed off the game roster for the game that they are NOT participating. THIS IS THE ONLY WAY THAT THE CLUB CAN VERIFY THAT THEY HAVE SAT OUT THE SUSPENSION. IF THE NAME IS NOT CROSSED OFF THEN THE CLUB WILL ASSUME THEY PLAYED AND MORE GAMES WILL BE ADDED TO THE SUSPENSION.

Extending a Suspension

□ In any case, the Club reserves the right to impose suspensions beyond any of these parameters for offenses deemed to be particularly violent and against the spirit of the game.

Club Disciplinary Committee

If review by a disciplinary committee is deemed appropriate a panel of individuals from the Executive Board shall conduct said review. □ Such a panel will consist of at least two (2) people on the Executive Board and must include the Director of Coaching.

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□ IMPORTANT Coaches are responsible for sideline behavior. If your parents get out of hand, the coach will be sent off. □ PARENTS CANNOT BE RED CARDED – COACHES WILL BE SENT OFF WHICH IS COUNTED AS A RED CARD! If a coach receives a caution or ejection for sideline behavior the league reserves the right to suspend membership of any parent or spectator as deemed appropriate by the Executive Board or Disciplinary Committee.

Multiple game suspensions must be served consecutively starting with the next match. Please note: Suspensions follow the individual, not the team.

Managers and Coaches are reminded that serving suspensions operates on the honor system. The penalties for non-compliance may result in removal from the Club.

I certify that I, _____ have read and understand the
procedures and rules set forth in the LaGrange Soccer Disciplinary Document.

Name (printed) _____

Signature _____

Date _____