



Classic Soccer Club

Team Manual

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I. Practice Guidelines

A. Expectations

- Players should arrive at the field no later than 10 minutes prior to practice time
- All practices are mandatory unless otherwise specified by Coach
- Classic SC practices take top priority
- Practice attendance is recorded and reviewed by Coach
- Absences
 1. Parents should immediately make Coach aware of any special medical conditions which may affect their participation
 2. Injured players are expected to be at practice unless excused by Coach
 3. In case of absence, notify Coach and manager as soon as possible

A PLAYER CAN BE RELEASED BASED ON MISSED PRACTICES

B. Practice uniform (mandatory)

- Black socks
- Black shorts
- Classic practice shirt
- Shin guards
- Cleats
- Flat, non-marking shoes should be kept in your bag at all times
- Water

II. Game Days

A. Coach

The coach is responsible for making all playing time and lineup decisions. THERE IS NO GUARANTEED PLAYING TIME; IT IS EARNED. At his sole discretion, in addition to soccer performance, playing time can be affected by the following:

- Missed practices
- Arriving late to games and/or practices
- Poor attitude
- Poor behavior
- Poor parent sideline behavior

B. Players

- Arrival time is **1 hour** before game time. This means you are at the assigned field at the set time, not arriving at the complex. If you are going to be late for any reason, you must notify the coach and manager immediately
- Bag must **ALWAYS** have **ALL** uniform jerseys, shorts and socks
- Bags should always be lined up next to the game field and separated from other teams' bags

C. Parents

- Ensure player is at the assigned field at the designated time
- Validate that player has all uniform pieces in bag
- Do not approach Coach before or after the game for discussions about playing time, playing positions, etc. Meetings should be scheduled with Coach at another time
- Sideline Behavior:
 1. No coaching or instructions from sideline
 2. Stay positive, don't criticize Classic SC players or opponents
 3. No comments should be directed towards refs. Let Coach handle issues
 4. No parents (other than those on the roster) are allowed on the player's side...
this includes before, during and after the game
 5. Parents and siblings are not allowed on the fields **at any time**. Do not walk across the field at any time

Poor parent behavior **always** has a negative impact on the players, it does nothing to enhance their soccer experience and it also reflects poorly on them, other parents and the coach.

D. Game Day Checklist

- **Required items:**

1. All uniform pieces (black, gold and red jerseys – socks and shorts)
2. Pregame red shirts
3. Cleats
4. Shin guards
5. Flats/sandals for post game
6. Warm ups

- **Additional recommended items:**

1. Cleat cleaner
2. Electrolyte replacement (e.g. Gatorade)
3. Shin guard covers/straps
4. Sunscreen

III. Travel Showcases/Games - Responsibilities and Expectations

Please refer to the Classic SC Travel Policy for in depth Club wide travel policies section. When the team travels for showcases or out of town games, it is important to remember that the players are a direct representation of Classic SC, their team and Coach and are expected to act accordingly at all times. When traveling, Coach's priority is to put the players in the best possible position to be successful and parental support is critical to this. With this purpose in mind, for each out of town trip, Coach will create an itinerary expecting all players to adhere and for parents to ensure compliance.

A few items to note:

- Players will stay in player rooms
- Travel to/from games, meals and activities will be done together as a team
- If traveling by plane, remember uniforms, cleats and shin guards must be carried on (not checked)

A. Parent Responsibilities Prior to Travel

- Respond to established deadlines
- Make any payments (i.e. food) by established deadline which will be approximately ten days prior to travel
- Ensure player arrives on time at departure site. Coach, at his sole discretion, may bar a player from participating in showcases or games due to missed practices, tardiness to games and practices, poor attitude, poor behavior.

B. Parent Responsibilities During Travel

- Respond to established deadlines
- Ensure player is their room by the curfew time set by coach
- Ensure player eats healthy and all the right food
- Ensure everyone is respectful in hotels, restaurants, fields, etc. Make sure Classic is always represented in a positive way

IV. Parents and Volunteer Expectations

A. Parents

Parents are an integral part the team's support system. It is important that parents observe the guidelines established by Classic SC, the leagues we participate in and the governing association.

Parents are expected to:

- Be encouraging and supportive of their player and teammates
- Respect officials
- Support the coach, manager and the team
- Respond in a timely fashion to requests and deadlines
- Volunteer their services (see below)
- Ensure player is on time to practices and games
- Pick their player up on time from practices and games

Parents are expected NOT to:

- Argue or yell at or with officials

- Engage in any unsportsmanlike conduct with any official, coach, manager, player or parent
- Interfere with the duties and responsibilities of coach or manager
- Act in any way that is detrimental to the team or club
- Interfere with or interrupt a training session

B. Volunteers

All members of the team are expected to contribute their time to ensure a smooth and positive experience for the players. **EVERY** family should participate in some way so the burden is not unfairly allocated to only a few.

Travel Needs:

- Hotel coordinator
- Meal coordinator
- Laundry coordinator
- Coach's travel coordinator

Other volunteer opportunities:

- Team website administrator
- Registrar
- Uniform coordinator
- Tournament coordinator
- Fundraiser/Special Events coordinator
- Team manager

V. Communications

- Most communication is done via email. It is important to regularly check for the latest team information
- Urgent or time sensitive messages will usually be sent as text messages. Ensure that the manager has your information and is updated in case of changes
- Soccer specific questions/concerns should always go directly to coach
- Administrative and communication type questions go to manager

VI. Payments

Registration Fee

The \$250.00 Registration Fee is paid upon acceptance of a roster spot with a Classic team. This fee is due June 1, 2016. This fee is non-refundable and reserves the player's roster position, registers the player with the state and other soccer governing organizations, helps to pay for equipment, and administration.

Club Fee

The Club Fees cover our coaches, director's salaries and selected services provided by the club. Payment of current season must be made in full prior to the start of the season. **Players with outstanding balances will not be allowed to participate until all balances are paid.**

Situations in which a family cannot make a payment in full due to a financial hardship situation will be considered by the club on a case-by-case basis.

Team Fees

Team fees vary from age group and tournament schedule. These fees cover tournament entry, league entry, coaches travel costs, and other team incidentals through the season. Team fees are paid to the individual team, not the club. Various fundraising events are held throughout the season to help reduce these costs.

Uniform Fees

Classic is an MP sponsored club and wears MP gear.

Uniform fees must be made in full prior to receiving your uniform.

VII. Additional Player Expectations

Players should:

- Train and play to the best of their ability
- Have a positive attitude
- Respect officials, Coach, teammates and opponents
- Arrive both mentally and physically prepared for games and training sessions
- Practice soccer skills and condition on their own
- Remember that they are a representation of the club, coach and team

Players should not:

- Leave the field or a session without permission of Coach
- Disregard instructions of Coach
- Miss a training session without proper notification and request of make-up session
- Use vulgar language

VII. Nutrition

A proper diet is crucial to the performance of a soccer player. Proper foods and fluids are necessary to have the energy for the player to perform at their best. Ideally, eating healthy all the time is the best strategy for players, but what they consume the 2-3 days leading up to a game or tournament can have a great impact on their performance.

- Carbohydrates provide the main fuel for competition. Some sources of this can be pasta, bread, rice, cereal, potatoes, vegetables and fruit
- Protein provides the source for muscle recovery. Good choices would be meat, poultry, fish, nuts, and eggs
- Drink plenty of water the days leading up to the game, and before and after the game
- Within 30 minutes of the end of a training session or game consume a meal or a snack

Some good snacks include:

1. fruit
2. almonds
3. whole grain bagel with peanut butter

4. baggies of whole grain cereal
5. baked potato
6. yogurt with fruit and granola