



Colchester Soccer Club (CSC)

2016 Recreational (REC) Program Guidelines

The Colchester Soccer Club would like to thank you for your interest in our Recreational Program.

The following informational packet will provide you an overview of the CSC Recreational Soccer Program. Additional information can be found on ColchesterSoccer.org.

CSC Recreational Program Mission Statement -To provide each player the opportunity to play soccer in a supportive and rewarding environment that emphasizes fun, enjoyment and skill learning, through equal participation; regardless of ability.

Recreational Program Oversight: The coordination, organization and operation of the recreational program is conducted by the Vice President and Division Coordinators.

Divisions - Typically consist of seven (7) divisions based upon aggregate registrations per grade level:

- Pre-K
- Kindergarten
- 1st Grade
- 2nd Grade
- 3rd / 4th Grade
- 5th / 6th Grade
- 7up

Divisions may differ based upon the number of registrations received for any specific grade level.

Divisional Coordinators – The divisional coordinators are responsible for the daily oversight and communication within their assigned division. They will partner with the VP of Rec, Director of Coaching and Website Coordinator in sourcing for coaches, distributing equipment and uniforms, scheduling and club communications.

Coaches – Every team shall be supervised by one (1) Head Coach and no more than three (3) Assistant Coaches, all of which are approved by E-Board or designated committee or coordinator.

- Recreational coaches shall possess reasonable soccer knowledge commensurate with the position. However, CSC will provide in-house or industry training and tools when necessary.
- The Head coach will be responsible for all actions of their players, team parents and coaches within their control.
- Coaches are encouraged to attend CSC endorsed coaches training sessions.
- Coaches shall maintain an environment that is safe, fun and structured to develop the desire to improve skills, good sportsmanship and the love of the game.
- All Coaches are required to complete a full background check before consideration.

League Division:

CSC encourages all players to play at School GRADE LEVEL and may combine age groups as needed. Players must turn four (4) by 12/31/2016 to be eligible for the 2016-2017 Pre-K program.

Teams and Roster Sizes:

- All Recreational teams are co-ed.
- The number of teams and roster sizes are determined by the number of players that are registered in each age group.

Can a player play Rec and Travel? Yes. However, the travel commitment may interfere with many of the recreational activities.

Playing Time – All players will receive equal playing times (to the best of the Coach's ability).

Team Selection - The Division Coordinator and the Head Coaches work together to ensure teams are as balanced as possible. There are no try-outs for recreational teams.

Announcement of Rosters

Players will receive individual notifications via email and/or telephone from their Head Coach, typically in late June or early July.

Program Descriptions

Note: CSC follows the guidelines set forth by US Soccer as accepted through Connecticut Junior Soccer Association (CJSA). This also pertains to any potential field size changes accompanying small sided squads based on age divisions, whether they be 4 v 4, 6 v 6, 8 v 8, 9 v 9 or eventually 11 v 11.

- 1. Pre-K** – Fun non-competitive introduction to the game of soccer. Parent involvement with the players is key and expected. Weekly Saturday morning hourly sessions. Pre-K is offered in our Fall outdoor season only.
- 2. Kindergarten** – Fun non-competitive follow-up to Pre-K with weekly Saturday morning soccer 'games' used to foster introductory skill. Parent involvement is paramount, just as it is in Pre-K program.
- 3. 1st Grade** - Fun non-competitive learning with weekly Saturday morning sessions as follows: 30 minutes of instructor based skill teaching followed by 30 minute games (with no goalies) on designated teams with first exposure to a Head Coach and assigned teams/teammates.
- 4. 2nd Grade** - Fun continuation of skills learned in previous grades. Head Coach & Assistant Coaches run practices and manage games. 8 v 8 games on Saturday mornings with first exposure to goalies. One weeknight practice, typically between 60-90 minutes. This is the first age where players are eligible to try-out for Travel Team (U-9).
- 5. 3rd / 4th Grade** – Fun continuation of skills learned in previous grades. Head Coach & Assistant Coaches run practices and manage games. 8 v 8 games on Saturday mornings with goalies. Players begin to manage this smaller-size field more effectively at this age. One weeknight practice, typically between 60-90 minutes.
- 6. 5th / 6th Grade** – Skills becoming more advanced and team tactics & field spacing become more prominent with move to larger full-sized field. Head Coaches manage one weeknight practice per team (typically 60-90 minutes) with weekly Saturday games. First introduction to 11 v 11 on full-size field with goalies. Based on potential US Soccer rulings, this age may play 9 v 9 on appropriate sized field, still utilizing goalkeepers.

7up – Middle School & High School ages combined for fun non-competitive weekend games with one weeknight practice per team. Head Coaches continue to work on more advanced skills and team tactics. Head Coaches manage one weeknight practice per team (typically 60-90 minutes) with weekly Saturday games. 11 v 11 on full-size field with goalies.

NEW Heading & Concussion Protocol:

CJSA has adopted the US Soccer and US Youth Soccer recommendations regarding heading and the protocol for suspected concussions. Compliance is mandatory for all CJSA members for all activities where CJSA insurance applies effective April 1, 2016.

What does this mean for CSC?

Players who are 10 and younger:

- CSC Pre-K, K, 1st Grade, 2nd Grade, 3rd/4th Grade and 5th/6th Grade Rec Divisions may not deliberately head the ball, regardless of the age group of the team they are playing on. This includes all activities where CJSA insurance applies, such as practices, scrimmages, and competitions at all levels.

This restriction will be enforced by award of an indirect free kick for the opposing team.

Players who are 11-13:

- CSC 7UP Rec Division is restricted to up to 30 minutes of practice heading the ball per week. There is no restriction on the number of times these players can head the ball in a competition.

Concussion Protocol:

- Any player who sustains a significant blow to the head or body, who complains about or is exhibiting symptoms consistent with having suffered a concussion or is otherwise suspected of having sustained a concussion, must be removed from play and evaluated by an Health Care Professional (HCP) before the player will be allowed to return to practice or play.
- No coach shall permit a player who has been removed from a game for a concussion assessment to return to play until cleared to do so by an HCP.
- If a coach seeks to allow a player to re-enter a game who has been removed from a game for a concussion assessment and who has not been cleared to return to play by the on-site HCP, the referee shall issue a warning to the coach. If a coach persists in seeking to allow such player to re-enter the game after having been issued a warning, the referee may take other disciplinary measures against the coach as are permitted under the rules applicable to the competition.
- Unless an HCP determined that the player has not suffered a concussion and clears the player to return to play, the player will not be permitted to return to practice or play until the player has successfully completed the return to play protocol and has been cleared to return to play by a Physician.

Definition of Health Care Professional - Health Care Professional (HCP) are licensed professionals such as an Athletic Trainer Certified (ATC) or Physician (MD/DO), with skills in emergency care, sports medicine injuries and experience related to concussion evaluation and management.

CJSA also requires that Parents acknowledge that they read and understand the **CJSA Player/Parent Concussion Awareness Form. No player will be allowed to participate in any CSC activity (including tryouts) until the Form is acknowledged on the CSC site during Registration.**

Uniforms / Equipment - Recreational players will receive a new uniform each year.

- The CSC Uniform kit will vary by age group:
 - o Pre-K and Kindergarten will receive a **Jersey Only**
 - o 1st Grade through 7-Up will receive a Team Jersey, 1 pair of shorts and 1 pair of socks.
- All players are required to wear shin guards.
 - o CSC provides shin guards for those who do not want to purchase their own in the Pre-K and Kindergarten programs.
- Soccer cleats are not required but are recommended. Otherwise, sneakers are acceptable. No other type of cleats are permissible at practices or games.
- Jewelry is not allowed under any circumstances.
 - o Taping of earrings is NOT allowed.
 - o Rubber bracelets are NOT allowed.
 - o Medical alert bracelets may be taped or wrapped to not injure the player or others.
- CSC provides coaches equipment to run practices which includes appropriately sized soccer balls. Players may, but are not required to, bring their own balls.
 - o Pre-K, Kindergarten, 1st Grade – Size 3 Ball
 - o 2nd Grade through 6th Grade – Size 4 Ball
 - o 7up – Size 5 Ball

CSC Recreational Soccer Fees

- o The 2016 Recreational fees will be listed on the CSC website.
- o A five dollar (\$5.00) discount is available for each additional child.
- o The following sessions will be available:
 - Fall & Winter (Kindergarten through 7-Up)
 - Fall Only (Pre-K through 7-Up)
 - Winter Only (Kindergarten through 7-Up)

Fees include: CJSA registration, age-appropriate uniform, insurance, referees, lights, equipment, awards and shared club operating costs (i.e. nets, field paint and maintenance equipment)

Financial Assistance

Financial assistance may be requested confidentially through the CSC Treasurer at treasurer@colchestersoccer.org. The Treasurer will work with you to determine eligibility. Assistance is limited to the registration fees and not equipment.

Professional Trainers (UK International):

CSC has contracted with UK International to aide in player & coaching development.

The CSC Rec program will have a dedicated UK International coach that is available throughout the entire season for practice sessions, practice planning, development planning and general advisory role.

UK International will also hold clinics, at no additional cost, that focus on specific skills such as goal keeping and dribbling.

Tournaments

Depending upon availability and interest, some Recreational teams may participate in a Recreational tournament. (Not included in CSC registration fees).

SoccerFest

SoccerFest is a two-day travel soccer tournament held at the Colchester Recreational Complex and the local Schools that brings in travel teams across the Northeast states. SoccerFest is the Colchester Soccer Club's **ONLY** fundraiser of the year and requires support and volunteers from both the Recreational and Travel programs. Proceeds from the tournament go towards the **ENTIRE** CSC Soccer Program. SoccerFest will be held on 10/29/2016 – 10/30/2016.

Spring Soccer

Due to limited field space in the town of Colchester, CSC does not offer a spring recreational program.

Silent Sidelines

Each Fall season, CJSA sponsors a statewide "Silent Sidelines" weekend. Coaches will be permitted to give players direction from the sidelines. Spectators will be directed to refrain from making any comments to players, coaches or referees, but will be permitted to applaud efforts by players. The Fall "Silent Sideline" weekend is typically observed on the third weekend in October.

Volunteering

CSC is run entirely by volunteers. From time to time, you will be asked to help with various tasks. If asked, we expect you to do your part to ensure that we are able to give your child the very best experience possible. ***Unlike many other soccer clubs, CSC has decided not to utilize paid vendors or attached bonds to volunteer tasks.*** Volunteer tasks include, but are not limited to:

- Field Setup (Early Spring and mid-July)
- CSC Tournament (End of the Fall Rec Season)
- Team specific tasks (Moving of goals for "57-Fest")

Required Documents – The following is a list of required documents for player participation:

1. CSC Medical Release - Part of the registration form and can be completed electronically.
2. Copy of the player's birth certificate (first year players only)
3. CSC Code of Conduct form – The Code of Conduct must be completed by ALL parents/guardians, players and coaches prior to the 1st game.
4. Background Check – Completed by Coaches, Assistant Coaches, Team Managers and any parent that assists with on-field activities (Must be completed once every three years). The background checks are administered through CJSA. To complete a background check, go to the member services tab on CJSA.org, then select risk management. Click on the link to the background check and enter the requested information.

Communication – CSC communicates almost exclusively through email. A listing of contact information is available on colchestersoccer.org. Most coaches will also communicate via email or text. Additional club information can also be found on the CSC Facebook or Twitter pages!

Small Sided Soccer – CSC has adopted the US Soccer concept of small sided soccer and is implementing this throughout our program.

- ***What is small sided?*** These are soccer games with fewer players competing on a smaller sized field in practice and possibly game settings. These are fun games that involve the players more since fewer players are sharing one ball.
- **Why is small sided so important?**
 - o Players touch the soccer ball more often and become *more skillful* with it! (Individual technical development)
 - o Players learn to make *more, less-complicated decisions* during the game! (Tactical development)
 - o Players are more physically *efficient* in the field space they are playing in! (Reduced field size)
 - o Players will have more *individual teaching time* with the coach! Fewer players on the field and fewer players on the team will guarantee this!
 - o Players have *more, involved playing time* in the game! (More opportunity to solve problems that only the game presents)
 - o Players have *more opportunity to play on both sides of the ball!* (More exposure to attacking and defending situations)
 - o Players have *more opportunities to score goals!* (Pure excitement)

The "Small-Sided" environment is a *developmentally appropriate environment* for our young soccer players. It's a **FUN** environment that *focuses on the young soccer player*.

Time Frames / Commitments (All Event dates / times can be found on the CSC website)

- 1. Registration** – April 25th through May 31st
 - a. **Late Registration:** Any registrations received on or after June 1, 2016
- 2. Team Placement** – June / July
- 3. Team Practices** - Practices begin approximately the second week of August. Practices will be held **once** a week for approximately 60-90 minutes each session.
 - o Practice dates / times are based upon field availability and coach requests.
- 4. Games** – Begin in late August and run through the end of October. No games will be held on the weekend of the Colchester '57 Fest' Celebration.
- 5. Photo Day** – Late September.
- 6. CSC Awards Night** – Held at the end of the season in Mid-November.
- 7. Winter Session** – January through March. **Games only on weekends, typically at JJIS Gym. There are no practices for the Winter Session.** We will do our best to keep all teams intact from the fall outdoor season, depending upon registrations received.
- 8. CSC Meetings** – Executive Board Meetings are held monthly and ALL are welcome. A list of dates / times is available on the CSC website. Meetings are typically held the 2nd Tuesday of each Month at the Colchester Town Hall.
- 9. Field Closure/Announcements:**
 - a. **Fall Season:** The town dictates field openings/closings based on weather, field drainage, etc. The town will announce field closures by 3:00 pm on weekdays (http://www.colchesterct.gov/Pages/ColchesterCT_Dept/PR/index). After 3:00 pm on weekdays and on weekends, teams will be informed of any closures, by their coaches and/or emails notification from our Club. Field closures will be also be listed on our Club website (www.colchestersoccer.org).
 - b. **Winter Season:** In the case of inclement weather unsafe for traveling, the Club will announce game cancellations via direct contact from your coaches, league-wide email and/or listing on our Club website (www.colchestersoccer.org). We will make every effort to notify coaches & players as early as possible for cancellations due to pending winter weather.

Please remember some valuable points:

1. Why do Children PLAY soccer?

- Have Fun
- Be with their friends / make new ones
- Improve / learn
- Be part of a team
- Wear the gear!

2. Why do Children QUIT soccer?

- Criticism / Yelling
- No playing time
- Over-emphasis on winning
- Poor communication
- Fear of making mistakes
- Boredom / Not learning

** CSC will focus on FUN as it is critical for the kids to enjoy the game they are playing! However, development is a necessary element to support FUN, without it training and games become stale, because there is no improvement.

** Please work with the Executive Board and coaches to ensure every player has FUN and wants to return the following year. We measure our success based upon the number of returning players and your feedback, so do not hesitate to provide your thoughts to us!

Links

- Colchester Soccer Club: <http://www.colchestersoccer.org>
- SECJSA: www.SECJSA.org
- Connecticut Junior Soccer Association: www.CJSA.org