

TEAM HANDBOOK

2016 – 2017

CWS



“Everything We Do We Do Together”

WELCOME TO THE CENTRAL WASHINGTON SOUNDERS

On behalf of the Central Washington Sounders (CWS), Welcome! You are part of a very special soccer community. The CWS is a Premier Youth Soccer Organization located in Yakima, Washington. We offer a great value for our members through community based programs, where local talent is developed and advanced through an integrated system onto the Elite National stage.

CWS provides professional coaching, multiple levels of play, along with regional and national exposure for both boys and girls. Academy Soccer is fast, skillful, and creative.

CWS was founded in 2012 and already has over 300 elite players on more than 15 teams. Player Movement within the club follows the club mode: prioritize player development, club, and then team. This is a global format for player improvement, and as you can see by the number of players and teams, we have grown tremendously. CWS growth has been seen in membership and Club structure: league, coaches, curriculum, and development philosophy, developing kids for college / national teams, reputation, respect and regional notoriety. Focusing on the player and club we are able to move players from team to team creating the best development opportunity. So, again welcome...to Central Washington Sounders!

Best Regards;

Head Coach



COACH COMMITMENT

As a Central Washington Sounders coach, I recognize my responsibility to provide instruction and guidance, which channels the individual efforts of players and parents into an extraordinary team experience. To achieve the goal of building a competitive and cohesive team, I promise the following:

To plan and supervise practice sessions that are:

- Fun (appropriately for age and level) and instructive.
- Prepare us for each game
- To treat players and parents with respect
- To motivate and teach with positive reinforcement
- To adhere to the club coaches rules
- To observe and apply the rules of the club and our team in an evenhanded manner

Coaches' Principles of Conduct

Safety

- My first responsibility is the health and safety of all participants.
- It is recommended that coaches become certified in the basic first aid and are aware of their club, league or state requirements in this area.
- Be prepared to handle first aid situations as well as medical emergencies at all practices and games, both home and away: Have and know how to use a properly supplied first aid kit/ice.
- 911 emergency procedures/telephone locations.
- Location of nearest emergency medical facilities.
- Always carry emergency medical release forms and team safety and information cards.
- Follow up on all injuries with parents/guardians.
- Know and understand the Laws of the Game.
- Inspect player's equipment and field conditions for safety reasons.
- Utilize proper teaching and instructing of players regarding safe techniques and methods of play.
- Implement appropriate training programs to make sure players are fit for practice and competition.
- Supervise and control your players so as to avoid injury situations.

Player Development

- Develop the child's appreciation of the game.
- Keep winning and losing in proper perspective.
- Be sensitive to each child's development needs.
- Educate the players to the technical, tactical, physical and psychological demands of the game for their level.
- Implement rules and equipment modification according to the player's age group.
- Allow players to experience all positions.
- Players need to have fun and receive positive feedback.
- Practice should be conducted in the spirit of enjoyment and learning.
- Provide the appropriate number of training sessions and games according to the player's stage of development.
- Strive to help each player reach his or her full potential and be prepared to move to the next stage of development.

Ethics

- Strive to maintain integrity within our sport.
- Know and follow all rules and policies set forth by clubs, leagues, state, and national associations.
- Work in the spirit of cooperation with officials, administrators, coaches and spectators to provide the participants with the maximum opportunity to develop.
- Be a positive role model.

- Set the standard for sportsmanship with opponents, referees, administrators and spectators.
- Keep sport in proper perspective with education.
- Encourage moral and social responsibility.
- Coaches should continue their own education in the sport.

PLAYERS

Players' Principles of Conduct

As soccer players and members of the Central Washington Sounders, I will:

- Give 100% at practices and games, do my best to help others.
- Be early to practice, have soccer gear on and ready.
- Wear the assigned practice jersey gear to practice (if applicable).
- Practice footwork at home for one hour, one extra day per week, ask for ideas from coach.
- Watch soccer at home: Fox Soccer Channel!!
- Remember both uniforms and equipment on game days, pack bag the night before, and set by door you leave out of.
- Be 60 minutes early to games
- Watch the game and encourage players on the field when they substitute.
- Show good Sportsmanship at all times.
- Encourage your teammates at all times and play fun and fair.
- Respect one another's personal space at all times (no inappropriate conduct will be tolerated).
- Have fun!

Violations

Players failing to follow the club's Principles of Conduct will be sanctioned accordingly by the Head Coach, and the DOC(s). Violations could result in suspension or dismissal from the program.

Consequences for violation(s) of the guidelines set forth in this Handbook include but are not limited to:

- Verbal warning from Head Coach
- Reduced playing time, removal from tournament roster for a determined period of time
- Suspension of playing privileges for a determined amount of time
- Dismissal from team and/or club

Additionally,

- All serious violations of the Handbook guidelines resulting in more than a verbal warning will be reviewed by the Doc(s). Further, a meeting will be held with violating player and parent(s) and/or guardian(s) prior to any disciplinary action being taken
- Red Cards will be reviewed by the DOC. All suspensions served are the responsibility of the player. Continued Red Card offenses will be considered a serious violation of this Club Handbook and the Player Agreement and its guidelines and as such will be subject to review by DOCs to determine disciplinary action.

Player Agreement

I, together with my parent(s) and/or guardian(s), have read the CWS Player Code of Conduct. I accept and agree to abide by all guidelines set forth within.

X _____ CWS Player

X _____ CWS Parent/Guardian

Practice Expectations

For a youth soccer team, practice is essential and to ensure we benefit fully from practice the guidelines below must be followed by all.

- Be on time for practices!! The start time for practices means the players are on the field, **ready to go** at the start of practice.
- Excessive tardiness is not acceptable, if the team is to progress we need all players there frequently.
- If you are not going to be at training you must let the coach or manager know 24 hours before through a call, text or email.
- Coaches and managers have to stay until all players are picked up, please be prompt so all may leave.
- Dress code for practice: Shin guards, soccer footwear, drink and relevant practice jersey **Compulsory**.
- Coach and Manager will be the Communication points if practice is cancelled for any reason. An email, phone call or text will be sent out.
- Total Effort is expected at all practices, we practice like we play.

Game Expectations

On a game day it is also essential that we arrive on time and prepare for the game. For the game to run smoothly the following guidelines should be prepared:

- Arrive 60 minutes before kick off with a good game visualized in your mind. Parents will prepare the player with encouragement.
- Arrive in the team uniform.
- Bring a drink, water or a sports drink is essential.
- If you know in advance, once receiving the game schedule, that you will be unavailable for a game, please share immediately.
- There will always be at least a 10 minute warm down and debrief after the game so please plan for that in your schedule.
- You must have Shin Guards and Cleats for every game, if you don't have these you will not be allowed to play.
- Ensure you had a good night's sleep before a game and ate a good dinner, light breakfast.
- No sugar on game day, prior to kick off....or at all over a tournament weekend.
- Try to prepare with a high carbohydrate diet the day before.
- Give 100% at every game.

Attributes of the Complete CWS Player

Players will have or will develop the following characteristics to their potential at CWS:

- Physical, technical, tactical, mental, emotional, lifestyle, talent, commitment, flexible learning, and mental toughness.
- Players rarely arrive complete in all areas and are not expected to.
- As long as most of the attributes are there and the player, especially a younger one, is coachable (listens, shows self-control, and follows instruction closely) there will be a team fit.
- A great citizen, person, son, daughter, sister, brother and student.

PLAYER MOVEMENT POLICY

Prioritizing player development, club, and then team: "we are striving for a player to belong to a club, not necessarily an individual team..."

CWS has continued to push player development in all arenas. This constant drive to develop players at all levels is demonstrated in the process of "Player Movement," the process by which a player moves from one roster to another based upon the player's individual abilities, performance, head coach's evaluation and Director of Coaches' evaluation.

Player movement has become at times a very controversial topic with numerous opinions. However, the process has clearly proven beneficial to a large number of individual player's growth and development and therefore will remain a major tool within the club's operating strategy. This is also being demonstrated as a model at the National level under the USSDA - United States Soccer Development Academy.

The following guidelines outline the reasoning and mechanics involved with Player Movement.

First, try and simplify the process to the fundamental reason for coaching youth soccer. All of us are here to **develop soccer players**. That is simply a fact and our excellence as a club is due to that simple focus! Therefore when looking at our teams we, the head coaches, assistants, and directors of coaching must ask ourselves the same question with every player.

1. How do they perform in games?
 - ✓ Is the level of the game too high, and therefore they give the ball away, hide and don't compete, never touching the ball.
 - ✓ Is the level of the game too low, do they score in every game, or dribble past most opponents with ease, as a defender does the opponent rarely beat them.
 - ✓ With most of the players the level is suitable, they are challenged but find success, they are highly productive in a few games, but average in most.
 - ✓ In the promotion of a player we are looking for certain characteristics. Does a player possess one or a mixture of the following traits, technical speed, tactical speed, pure physical speed and a strong psychological demeanor? In the relegating of a player we are looking at the same characteristics but the player has found to be lacking in these areas.
2. How are the player's training habits?
 - ✓ The player will demonstrate these through their commitment level and intensity and excitement during training.
3. Is movement in the player's best interest?
 - ✓ If the player is moving up, is this what we really want to do, based upon the expectations of the next level. If the player is moving down will this insure more playing time in an environment they will enjoy? Will they be competitive at that level?
4. Is moving in team's best interest?
 - ✓ In the opinion of many this is where the process becomes difficult. We all know it is not easy to give up your top players.
 - ✓ But we must remember we are here for the development of the individual player, we must do what is in their best interest.
 - ✓ If a player moves up then it opens the door for other players to step up and take on new roles in the team. This also creates an opportunity for another player(s) to grow and be developed...and to give players the opportunity to compete at the highest level they are capable of.

Answering these four questions regarding each individual on a team will demonstrate the necessity for Player Movement with regard to each individual situation. All parties involved should give this considerable thought before a player is asked to move teams.

In regards to player pass, both coaches on the teams affected have to be aware of the player pass. All coaches need to communicate with each-other prior to any player movement. The DOC needs to be aware of the situation as well.

The mechanics of how a player is actually moved requires a great deal of communication and solid decision making, between the Director of Coaching and the head coaches.

This process of Player Movement begins each year with player placement meetings that occur before tryouts, during tryouts and continues throughout the spring and fall seasons. Throughout the year it is critical that the head coach and Director of Coaching communicate with regard to all phases of Player Movement.

In conclusion, we as the CWS must be clear about our goals and objectives with Player Movement. The individual player's interest is paramount. By keeping this in the forefront we are able to make proper decisions for the best development of the players

The Director of Coaching, head coaches, assistants, managers and parents must know the mechanics, reasoning and the rules for Player Movement and operate within the given structure. Player Movement is a critical component of player development. We feel, in our country there is not nearly enough movement to accelerate a player's growth. *In all honesty, we as coaches are **striving for a player to belong to a club, not necessarily an individual team.***

This allows Player Movement weekly, with no penalty, similar to a European club structure. Players could move up and down teams and age groups with no penalty based upon their performance in games and training.

This is an ideal situation for player development, and clearly in the player's best interest. We must be prepared and excited for this opportunity to develop players in an even better environment.

PARENTS

The role of the parent is extremely important for all young athletes. Whether it is training, during a game, or on the ride home, it is essential that there is positive feedback. At training and games, players should feel that they can perform what the coach is asking them to do and not what their mother or father is asking them to do. The youth soccer club is much like a school system in that there are many developmental aspects that have to be covered in order to get the eventual final product.

How the Club Communicates to the Parents:

- Club Meetings
- Team meetings
- Club/Team handbook
- Website <http://www.centralwashingtonsocceracademy.com/>
- Coach – Parent meetings, by appointment with coach

PARENT CODE OF CONDUCT

- You are the Parent, the Coach or the Referee, you get to decide...but you can't be all three or even more than just one at any given time at any given game.
- Transportation to/from Games and practices
- Arrive on time to practices and games
- Refrain from assessing other players (and reporting your assessment, if negative, to their parents, causes ill will)
- Encourage practice at home/practice with players at home
- Always stay positive, win, lose or tie
- Express interest, encouragement, and support to your child
- Remember who the player is: your child. Let them own their experience, not relive yours through them please.
- Remember your child is a human Being not a human Doing, they will be stressed out if you demand performance for your approval
- Always, always lend a hand when a coach or official asks for help, they have very demanding jobs working with many players
- Let the referee do their job, do NOT make comments to the referee, yell at the referee or otherwise antagonize in any way
- Watch the game from the 'parent's side' away from the opposing team parents
- Be good examples of good sportsmanship, if you have issues with a game please wait 24 hrs to 'cool off' and be kind with words. This is to be a fun experience for all.
- During games keep comments to positive encouragement. Please remember to let the coach do the coaching of the team with certain words and if you shout "kick it" or "boot it" the players will be confused. This may be frustrating but please, absolutely no coaching from the side.
- At practice let the Coach and the players practice. Please don't interrupt during the practice, this will distract the players and change their attention.
- Enjoy the Experience...
- Travelling Protocol: We will travel together to tournaments and games, exceptions are considered with prior communication and arrangements made with the Coach. "Everything we do we do together."

- We need volunteers...

CWS IS WINNING FOREVER!

COMMUNICATION

Communication is Pinnacle for a team to run smoothly. This applies for practice, games or organizing an event. The Coach and Managers will be in communication often through email, parents must check your email often, to ensure you are up to date with team arrangements.

Please direct any questions regarding training or games to the Coach. Please ask about anything you are unsure of. The more you learn about the game and coaching process the better for your players and team. The coach and manager(s) are in constant conversation; more communication equals less room for misunderstanding or confusion.

Game day communication is great but under no circumstances is there any shouting or coaching from the sidelines.

Encourage the players, but there is ONE coach who is responsible for player instruction and coaching, let him do his coaching, let the game be the teacher...

Parents have both a right and responsibility to inquire about all activities that their children are involved with. Fostering two-way communication means mutual respect and freedom to express positive feedback to the coach or perhaps genuine concerns with the assurance that they will be heard by the coach.

Communication Protocol – How to Discuss Problems

There will be a time when you have a legitimate complaint and it must be heard. Follow this communications guide and make sure you have read the policies beforehand. When making your comments ask yourself: Is it true? Is it helpful? Is it kind? The 24 hour rule...simply put, parents and players are encouraged to wait 24 hours after a match or incident in practice to address concerns or a coach's decision.

We have read the CWSA Team Handbook in full, we accept and agree to abide by all guidelines set forth within.

X _____ CWS Player

X _____ CWS Parent/Guardian