



## Shoreline FC Policies & Procedures

### Greenwich Catholic School Policies

- The Entrance and Exit driveways to the Greenwich Catholic School are clearly marked **ONE WAY ONLY**. So please use appropriate driveway.
- Strictly **no dogs** allowed on the Greenwich Catholic Campus.
- ALL School buildings are out of bounds, except gymnasium restrooms.
- All players must be **dropped off/picked up** in the large car park by the main field.
- Please arrive no sooner than **15-minutes** before training OR **45-minutes** before game times.
- No player should be dropped off by the gym or on the approach road to the gym (except for winter indoor training).
- The Gym car park is **not** to be used by parents for either training or game days.
- The approach road to the gymnasium **cannot** be used as a viewing gallery.
- Players must wait in their vehicles until a Shoreline coach arrives before going onto the main field
- Please leave the field in the manner in which you find it. Pick up all litter and athletic tape used for the event.
- Ensure that goals (Full size and small size) are moved back off the field at the end of game day or training nights.
- Prohibit from using excessive noise when entering, or leaving the facility. IE, Car horns, whistles, etc.

### Game Day Procedures

- Game Day Attire: HOME: **ALL WHITE** / AWAY: **ALL NAVY** (always bring BOTH jerseys to a game)
- Arrive wearing your Practice T-Shirt for warm up (Hoody & tracksuit bottoms, weather permitting), shin guards, cleats and a fully inflated Shoreline FC ball.
- Arrive 45-minutes before kick-off time of your contest
- Bring excessive water to drink. You can never have too much!
- Line your bags up in an orderly fashion behind your bench with the front of the bag facing forward. Put your drink behind your bag for easy access.
- All warm ups will be run **without** tracksuit bottoms on (except Goalkeepers), but hoodies are permitted in colder weather.
- Shoreline wooly hats can be worn for warm ups or when sitting on the bench (as a substitute), but not on the field during a contest. However, Under Armor &



- gloves are permitted, provided the under armor color matches the game day jersey.
- Warm ups are to be taken seriously and used to prepare your body and mind for the contest you are about to play. Make sure all stretching before a game is done dynamically.
  - During a contest, all substitutes are expected to sit on the bench, wear club pinnies and watch the game for learning/instructional purposes. When asked to warm up, make it a vigorous one which will get your heart rate up to game speed. When entering a contest as a substitute, remove the pinnie and hand it to the player you are replacing and enter the field.
  - In conclusion of the contest, show sportsmanlike behavior when shaking your opponents and the referee's hands. Conduct a good cool down and cool down static stretch.
  - Leave the facility in the same order in which you find it. No litter or athletic tape should be left behind.

## **Training Procedures**

- Training Attire: Red Practice T-Shirt, Navy Adidas Shorts, Navy Adidas Socks (Hoody & tracksuit bottoms, weather permitting), shin guards, cleats and a fully inflated Shoreline FC ball.
- Please arrive 10-minutes before training begins. Use this time for training preparation (to use the restroom; pump up your soccer ball, etc.)
- Bring excessive water to drink. You can never have too much!
- Line your bags up in an orderly fashion (where designated by your coach) with the front of the bag facing forward. Put your drink behind your bag for easy access.
- Depending on weather, your coach will determine whether hoodies and/or tracksuit bottoms are required to be worn for your session. However, when your session begins (warm ups), what you are wearing cannot be taken off until you are finished and asked to get a drink.
- Focus throughout the training session. Never put yourself or your teammate's health at risk. IE, swinging on goals, horsing around, kicking balls at players, etc.
- At the conclusion of your training session & cool down, please ensure you take ALL your belongings with you as you leave (also no rubbish).



## Procedure for Parent / Coach / Manager Communication

### Parents

- Please review the season's game schedule to ensure you have no prearranged scheduling conflicts. IF you do see a situation where your child is going to miss a contest, please notify the coach and manager immediately.
- If your child is sick or has to miss training (school event, etc.) please e-mail both the team coach and manager as early as possible.
- Please make every effort to get your child to training / games at the appropriate times.
- Please **do not** ask a coach to transport your child to a game or training event. This is a club policy.

### Manager

- Please make sure your team page on the club web site is current and up to date with game schedule/scores and travel information (away games).
- Please ensure your team receives the automatic weekly reminder for training and games.
- Please ensure that the Greenwich Catholic School policies are adhered to by your team parents and opponents.
- Please defer any parent issue directly to your team coach and Program Director.

### Coach

- Make sure you are communicating to your team parents on a weekly basis.
- Ensure your team page on the club web site is current and up to date with game reviews and coaching information
- Make yourself available and approachable after training for any player meeting over issues that may arise.
- Players not selected to play in contests (22-player rosters) should be notified no later than the last day of training that week.
- Please conduct monthly parents meetings throughout the fall and spring seasons.
- Uphold the Shoreline FC policies and procedures with your team players & parents.
- Please prepare player evaluations at the end of each fall/winter and spring seasons.

## Sideline Behavior

**Club:** Shoreline FC prides itself on its professionalism and sportsmanship. We believe that the game should be played in a certain way and enjoyed in a certain way too. Our coaches are very conscious of "letting the players play" during contests and keeping their coaching comments to the sidelines. On the few occasions where information needs to be relayed to the players on the field during a contest, our Shoreline coaches will be brief, concise and least intrusive. We want players feeling comfortable making decisions during contests and gaining from the experience of their actions. This will help them influence the outcome of a game.



**Parents:** We know you have your child's best interests at heart when you come to a contest to cheer on the team. However, emotions can change (both positively and negatively) depending on how your team (your child) is playing. We ask that you adhere to the following;

- NO alcohol, smoking or foul language on the parent sidelines
- Please cheer for our team and not against our opponents
- Show courtesy and sportsmanship at all times.
- NO COACHING from the parent sidelines (in any language!)
- Please refrain from commenting on refereeing decisions or coaching decisions
- Please show respect for the facilities (home or away) where your child is playing
- Please refrain from coming over to the players/coaches area during a game

IF a parent's behavior on the sidelines is deemed inappropriate (by Shoreline FC coach, program director or team parents), please expect your child to be removed from a contest until the situation is under control. Expect an e-mail/call from your Shoreline coach to discuss and correct such behavior going forward. Persistent inappropriate behavior from a parent on the sidelines will be deferred to Shoreline FC club hierarchy to be dealt with. This could result in a parent sideline ban or worse, expulsion from the club.

## **Procedure to deal with issues**

A player should always be encouraged to communicate with a coach. It is expected that the player and coach first attempt to solve any issues/questions that exist between them. If a parent initially approaches the Program Director or Director of Coaching with a concern or issue, they will immediately be referred back to the coach. These are the steps to follow until a resolution is reached:

1. Player > **Team Coach**
2. Player & Parent > **Team Coach**
3. Player, Parent & Team Coach > **Program Director**
4. Player, Parent, Team Coach & Program Director > **Club President**

It is not appropriate for a parent to connect with a coach before, during or immediately after a scheduled game. A coach should never be contacted by a parent at her/his home. The correct procedure for a parent to contact a coach with an issue (after the player has approached the coach), is to e-mail the coach and arrange an appropriate time to meet and discuss any issues they may have.

***Typical issues that are appropriate for parents to discuss with coaches are:***

- a dramatic change in their child's behavior
- specific health concerns of their child
- a disciplinary action that results in their child being denied participation in a practice or contest



- how they can assist in their child's skill improvement and development
- to offer a contribution to help support their program

***It is inappropriate for parents to discuss these concerns with coaches:***

- their child's playing time
- team strategy or play calling
- their child's teammates

## **Procedure when dealing with an injury**

The health and safety of all players within Shoreline FC is the coach's top priority. Our players assume the risk of injury when they choose to participate, and unfortunately, minor and major injuries do occur during a season. Fortunately, each Shoreline FC coach is 1<sup>st</sup> Aid & CPR certified and carries a 1<sup>st</sup> Aid kit with them to all games and practices.

The role of the coach in an injury situation is to evaluate the injury, provide minor 1<sup>st</sup> Aid treatments if necessary (clean a cut, apply a band aid, etc.), inform the parent of such injury and to refer ALL injuries to a qualified medical examiner (parental discretion).

Any player who has been held out of an activity by a physician will require a written note from a physician before he/she can return to play. A coach cannot over rule this decision.

If as a team parent, you are a qualified physician, please make your coach aware of this, offering your services in cases of emergency during contests.

## **Concussion Management**

A concussion is a type of traumatic brain injury, or TBI, that is caused by a bump, blow or jolt to the head that can change the way a brain normally works. Concussions can also occur from a fall or a blow to the body that causes the head and brain to move quickly back and forth. The following is the Shoreline FC Protocol for Concussion Management:

**Step 1:** Immediate Evaluation

**Step 2:** Removal from Participation

**Step 3:** Inform Player parents and refers to a qualified medical examiner

**Step 4:** Exclude from participation until a written note is provided by a physician granting the players full return to play (expect a minimum of 2-weeks recovery)

**Step 5:** Continue monitoring player for reoccurrence of symptoms during full participation in training/games

Further Information:-

Second Impact Syndrome: Occurs when an adolescent receives a second blow to the



head after they have already sustained a concussion, which results in rapid swelling of the brain and is often fatal. Even a very minor blow can cause Second Impact Syndrome.

Post-Concussion Syndrome: Is characterized by prolonged concussion symptoms (headache, nausea, dizziness, difficulty concentrating, poor memory, etc.) that may continue for months or longer.

**ImPACT Neurocognitive Testing** – [www.impacttest.com](http://www.impacttest.com)