



Shoreline FC Policies & Procedures

Greenwich Catholic School Policies

- ❖ The Entrance and Exit driveways into Greenwich Catholic School are clearly marked **ONE WAY ONLY**. Please use appropriate driveway.
- ❖ Strictly **NO DOGS** allowed on the Greenwich Catholic Campus.
- ❖ ALL School buildings are out of bounds, except gymnasium restrooms.
- ❖ Players should be **dropped off/picked up** in either front field or back field car parks.
- ❖ Please **DO NOT** Use the road by the front field for drop off, pick up or viewing gallery.
- ❖ Please leave the fields clear of equipment, litter, athletic tape and water bottles.
- ❖ Please refrain from using excessive loud noise when entering or leaving Greenwich Catholic. IE, Car horns, loud music etc.

Game Day Procedures

- ❖ Game Day Attire: HOME: **ALL WHITE** / AWAY: **ALL NAVY**. Bring your **RED** Training T-Shirt as an alternate jersey to games in case of color clash.
- ❖ Additional Wear; Hoodies are used for practice, Club tracksuits are used for games. NON Shoreline attire not accepted. Shin guards must be worn at all times. Bring cleats, a fully inflated soccer ball and ample water to every event.
- ❖ Arrive **45-minutes** before your game kicks off for warm ups
- ❖ 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.
- ❖ For cold weather games, Under Armor & gloves are permitted, provided the under armor color matches the game day jersey.
- ❖ 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 vigorous and focused. When entering as a substitute, remove the pinnie and hand it to the player you are replacing as you enter the field.
- ❖ In conclusion of the contest, show sportsmanlike behavior when shaking your opponent's and the referee's hands. Conduct a good cool down and cool down static stretch.
- ❖ Leave the facility in the same cleanliness and order as you found it.



Training Day Procedures

- ❖ Upon your arrival and departure of your training session, please address your coach and shake their hand.
- ❖ Training Attire: Red Practice T-Shirt, Navy Adidas Shorts, Navy Adidas Socks, shin guards, cleats and a fully inflated soccer ball. Hoodies & tracksuit bottoms can be worn in colder weather. However, **DO NOT** remove items of clothing during a practice and leave them on the side of the field. Wait until a water break to remove them and place in your bag. Bring plenty of water.
- ❖ Please try to Arrive **10-minutes** before practice begins. Use this time to catch up with teammates, juggle, play street soccer or use the restroom, etc.
- ❖ 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.
- ❖ 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, take all your belongings with you and leave no rubbish behind.

Parent, Coach, Manager Communication Procedure

Parents

- ❖ Please review the season's game schedule to ensure you have no conflicts. IF you do see a conflict, please let your coach and manager know immediately.
- ❖ If your child is sick or has a school event which forces them to miss practice please e-mail both your coach and manager as early as possible.
- ❖ Please make every effort to get your child to practice / games at the appropriate times.
- ❖ Please **DO NOT** Ask a coach to transport your child to a game or practice.

Manager

- ❖ Please attempt to keep your team page up to date withy game and practice schedules.
- ❖ Please ensure your team receives the automatic weekly reminder for practice and games.
- ❖ Please enforce the Greenwich Catholic School policies to your team parents and opponents.
- ❖ Please defer any parent issue directly to your team coach.

Coach

- ❖ Be the first person to arrive and the last to leave all team events.
- ❖ Communicate to your team parents on a weekly basis.
- ❖ Keep your team page current with game reviews and coaching information.
- ❖ Be available for player and parent meetings over issues that may arise.
- ❖ Conduct parents meetings at the start and end of the fall & spring seasons.
- ❖ Prepare player evaluations at the end of the fall season and review at the end of the winter season.



Sideline Behavior

Shoreline FC prides itself on its professionalism and sportsmanship. **“Players – PLAY, Parents – SPECTATE, Coaches – COACH.** Our game day coaching will be minimal and rely heavily on players taking ‘ownership’ of their performance. To achieve this, we need full cooperation from our parent members. 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, your coach has been told to remove your child from a contest until the situation is under control. Expect follow up from the club addressing this matter. Persistent inappropriate behavior could result in a parent sideline ban or worse, expulsion from the club.

Procedure to deal with issues

If a player has a concern or understanding issue, we encourage players to communicate with a coach directly. If the issue still remains, we recommend a parent reach out to speak to the coach with their child for clarification. If the issue still exists, please contact Danny Simpson (Director of Coaching) via e-mail OR office number (203) 286-7802.

Recapping, 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 > **Shoreline Director of Coaching**

Procedure when dealing with an injury

The health and safety of our players is the clubs #1 priority. Players assume the risk of injury when they choose to participate in contact sports. Fortunately, each Shoreline FC coach is 1st Aid & CPR certified and carries a 1st Aid kit with them. The role of the coach in an injury situation is to evaluate the injury, provide minor 1st Aid treatments (clean a cut, apply a band aid, etc.), inform the parent of such injury and 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 that physician before returning to play. A coach cannot over rule this decision.



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