



Colchester Soccer Club (CSC)

2014 Competitive (Travel) Program Guidelines

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

The CSC Travel Program will require an increased commitment level from the CSC Recreational Soccer Program for players, parents and coaches. This will include, but is not limited to: time, expense, volunteering and expectations for players, parents and coaches.

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

CSC Travel Program Mission Statement -The CSC Travel Program is a player-focused program that develops each player to their highest potential by focusing on three areas of their development: Technical skills, Club pride and a Love of the game.

Travel Program Oversight: The coordination, organization and operation of the travel portion is conducted by the Director of Travel and The Travel Committee.

- **Travel Committee Members**

- o Registrar-Paul Gerst
- o Secretary - Alan Mocksfield
- o Boys Travel Coach Representative
- o Girls Travel Coach Representative
- o SoccerFest Tournament Director – Deb Ricci
- o Field Maintenance Coordinator – Jeff Blumberger
- o Director of Coaching – Eric Silkowski
- o Member – Diane Gordon
- o Member)
- o Optional Member – Cyndi Noniewicz
- o Optional Member

Travel Coaches – Every travel team shall be supervised by the following volunteers: one (1) head coach and no more than three (3) assistant coaches, all of which are approved by the Travel Director, Coaching Director and Travel Committee.

- Travel Coaches are evaluated yearly on the basis of their own good character and ability to work with children in harmony with the operation of CSC.
- Travel Head Coaches are required to obtain E Licenses by the start of the U-11 season.
- All other coaches must attend a Youth Module Training prior / during the U-9 season.

Team Managers – Each travel team will have a designated team manager selected by the head coach.

- The team manager will act as the primary contact for team administrative activities (i.e. Player pass photos, uniform liaison, collecting fees, medical releases, communications, travel arrangements, tournament communications, etc.)
- The team manager is responsible for collecting all Code of Conduct forms from players, parents and coaches by August 01, 2014.
- Team managers must have team player passes available at every game for referee inspection, unless other arrangements were made with the head coach.

Southeast Connecticut Junior Soccer Association (SECJSA) - CSC is affiliated with the SECJSA district within Connecticut. When possible, CSC will play in adjacent districts that have availability in the U9, U11 and/or U13 divisions.

- The following towns are part of the Southeast District: Bozrah, Chester, Colchester, Deep River, East Haddam, East Lyme, Essex, Franklin, Griswold, Groton, Haddam-Killingworth, Ledyard, Lisbon, Lyme, Montville, New London, North Stonington, Norwich, Old Lyme, Old Saybrook, Preston, Salem, Sprague-Franklin, Stonington, Uncas, Voluntown, Waterford, and Westbrook.

Divisions within the Southeast District: SECJSA only recognizes three age groups: U10, U12 and U14.

- Colchester Travel Teams are considered Competitive teams due to the one or all of the following criteria:
 - o Team for which the players are selected on the basis of talent or merit.
 - o Any team for which tryouts are held.
 - o Any team on which participation is by invitation.
- Therefore, ALL CSC Travel Teams U10 and above are required to participate in the Competitive 'Classic League' as CSC utilizes tryouts to determine travel rosters.
- The incoming CSC U9 teams will be assessed yearly with the Travel Director and Director of Coaching for determining league participation.

League Division:

Players at U-9 must be entering 3rd Grade in the fall. CSC encourages all players to play at GRADE LEVEL. The majority of players' birthdays correspond with both the CJSA age requirements and their grade in the fall, making it easy to determine the appropriate League Division (see chart below). Players with birthdays in August, September, October, or December should select their League Division according to their grade in the fall as the CSC age range requirements overlap to allow those players with late birthdays to play with their grade.

League Division	Grade in the Fall	CJSA Age Range Requirements	CSC Age Range Requirements
U-9	3	8/1/05-7/31/06	8/1/05-12/31/06 (3rd)
U-10	4	8/1/04-7/31/05	8/1/04-12/31/05 (4th)
U-11	5	8/1/03-7/31/04	8/1/03-12/31/04 (5th)
U-12	6	8/1/02-7/31/03	8/1/02-12/31/03 (6th)
U-13	7	8/1/01-7/31/02	8/1/01-12/31/02 (7th)
U-14	8	8/1/00-7/31/01	8/1/00-12/31/01 (8th)

Number of Teams and Roster Sizes:

- There will be one (1) Boys and Girls Travel Team per age group.
- The following team age groups will be considered: U9, U10, U11, U12, U13 and U14 for both Boys and Girls depending upon player and coaching availability.
- Teams playing 8v8 (U9 – U11) will have a maximum of 18 players.
- Teams playing 11v11 (U12-U14) will have a maximum of 22 players.
- The Travel Director and Travel Committee may modify the team numbers and placements from year to year based upon circumstances unique to an age/gender group.

Can a player play Premier and Travel?

- Yes. However, the player must be able to attend at least (1) one CSC team practice per week. Any exceptions must be approved by the Travel Director, Coaching Director and team Head Coach.
- CJSA limits teams to four (4) Premier players per team, per individual game (Multiple rosters can be utilized solely for the purpose allowing all the kids the opportunity to play).

- CJSA defines Premier as U13 and U14 only. Age groups U12 and below are considered Developmental and not subject to roster restrictions.

Playing Time

Below are guidelines for playing time. A player's effort in practice, behavior, attitude and sportsmanship will also have an impact on their playing time and will be up to the coach's discretion.

- U9 teams – Each player will play approximately half of the minutes over the course of a season.
- U10 Classic through U14Classic – Playing time will be at the discretion of the coach. The coach will make every effort to maintain approximately half of the minutes over the course of a season as competition and game situations permit.
- ***The Recreational Program may be a better fit for those that expect equal playing times in a non-competitive environment.***

Travel Team Selection

The Travel Teams will be ability based. CSC will use a combination of the previous coach's evaluation, trainers who have worked with the team, and the tryout process to determine the player's abilities. Abilities can change as players grow and mature both physically and within the game. Due to this, players are not guaranteed roster spots from year to year and both players and parents should understand and be prepared for such. These occurrences will be approved by the travel director.

Tryouts

All players must try-out for CSC travel soccer every year. If a current travel soccer player does not appear at tryouts he or she will not be placed on a team. Exceptions will only be made due to extraordinary circumstances (i.e. family emergencies or injury) with the permission of the Travel Director and Director of Coaching.

- Tryouts consist of two sessions - players must attend both sessions. If a player cannot attend both sessions, they must notify the Travel Director in advance of the tryout. Missing a tryout may affect a player's chance of being placed on a travel team.
- Players may only tryout for one (1) travel age group team. Players that are not accepted on a team may not play for another CSC travel team in the same year.
- The Travel Director and the Director of Coaching have discretion to assign a player 'up' to an older age group on an exception basis.

Tryout Registration

Tryouts are generally scheduled in early May at the JJIS soccer field. Specific tryout dates and times will be advertised in the local papers and can be found on the CSC website colchestersoccer.org.

- Candidates **must** register on the CSC website for the designated date(s).
- Players must indicate if they would like to be considered for Recreational soccer if not accepted to a travel team for CSC scheduling purposes.

Tryout Format

Only Head Coaches, Travel Committee Members, Hired Trainers and CSC Executive Board members will evaluate players during the tryouts. **No one else will be allowed on the field during tryouts (Without the Travel Directors approval).** Assistant coaches and family members must remain in the designated waiting area to minimize disruption to the players and evaluators.

- For the tryout, we require all players to bring their own ball, be properly equipped, i.e. shin guards covered by socks and a source of water and no CSC Travel Uniforms.
- Tryouts will include skill stations and small sided games. Players will be graded at each tryout and an average score of the two days will be used to assess each player within an age group. Players will be selected based upon their average scoring, previous coach's evaluation, trainers who have worked with the team, player availability to participate in team activities and fit within the team.
- Player rankings will NOT be shared with parents or the players. Individual feedback can be provided by contacting the Travel Director at traveldirector@colchestersoccer.org.

Announcement of Rosters

Rosters will be listed on the CSC website. Players will not receive individual notifications.

- Accepted players will receive an email from their coach within 5 days of the roster posting.
- Players that are not accepted to travel teams will have the opportunity to play Recreational soccer without incurring a late fee if registered within 5 days of roster postings.

Uniforms

Uniforms will be 'refreshed' by CSC every third (3rd) year. This is based upon manufacturer availability and service. The CSC purchasing agent with approval of the executive board will assess uniforms and vendors each year. (Generally, players will purchase uniform kits in the following age groups: U9, U11 and U13)

- Players will be required to order and purchase their own uniform kit through the CSC website. The approximate cost for the uniform kit is \$110.00 (actual pricing is available on the CSC website)
- The CSC Uniform kit will consist of the following:
 - o Home Jersey (1)
 - o Away (Conflict) Jersey (1)
 - o Shorts (1)
 - o Socks (2)
 - o Practice T-Shirt
- Accessories will also be available at a discounted rate prior to the fall season. The most commonly purchased accessories include:
 - o Team Logo Backpack
 - o Team Warm-up (Jacket and Pants)
 - o Extra Shorts, Socks, Jersey
 - o Fall Jackets

- ***ONLY rostered travel players will be able to purchase travel kits and travel-only accessories. The uniform vendor will maintain a roster list from CSC for verification.***
- All players are required to have shin guards, cleats and an appropriate sized soccer ball (size 4 for U9-U12, size 5 for U13 and U14).

CSC Travel Soccer Fees

To alleviate the financial burden of a single 'lump sum' payment, CSC has divided the 2014 fees into three installments:

- (1) On July 1st: Approx. \$100.00
- (2) On August 1st: Approx. \$100.00
- (3) On September 1st: Approx. \$100.00
- (4) Optional: Single Installment of Around \$300.00
- (5) * Fees are approximate and based upon the total number of players participating in the travel program.

Fee Breakdown:

- a) Registration - This includes fees for CJSA registration, State Cup entry, insurance, referees, lights, equipment, awards and shared club operating costs (i.e. nets, paint, maintenance equipment)
- b) Tournament Fees: This includes entry fees for a CSC approved Labor Day Tournament, Columbus Day Tournament and \$5.00 SoccerFest fee.
- c) YES Soccer Camp: Participation is strongly recommended (usually the first week of August) and included in all player fees.
- d) Professional Trainer (PDO Instructor)

Note: Winter indoor session fees (approximately \$50.00 to \$80.00 per session) are not included.

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 uniforms and equipment.

PDO Instruction:

CSC has contracted with Youth Elite Soccer (YES) to support our coaches, conduct the CSC summer camp and aide in player development. YES is the official coaching partner for the MLS Chicago Fire.

- CSC will have a dedicated YES coach that is available throughout the entire season for practice sessions, practice planning, development planning, games and general advisory role.
- YES will also coach specific skills such as goal keeping and striker skills through clinics outside of normal practice times.

Coach and player development will be conducted through practices and game situation observation. In most cases, the YES coach will not conduct each team's practice but will provide lesson planning and feedback to the team's coaches and Director of Coaching.

Connecticut Cup

The Connecticut Cup is a statewide, single-elimination tournament played on Saturday afternoons over the course of a season for the U11 and older age groups. Games are played throughout the season and may be played in any town in Connecticut.

Tournaments

CSC travel teams participate in at least two away tournaments selected by the travel committee on Labor Day weekend and Columbus Day weekend. At least one tournament may require travel and an overnight stay that is not included in the registration fee.

- Tournaments usually consist of two games on Saturday and two games on Sunday.
- Teams may also participate in the Manchester, CT tournament the weekend after Labor Day or any other tournament approved by the travel committee. Fees are not included.
- All teams will participate in the Colchester SoccerFest Tournament that is held on the first weekend in November. There is no entry fee for Colchester teams, however, each family must volunteer at least 1 hour of their time during the tournament (volunteering will not conflict with your child's game schedule)
- A \$5.00 per player fee is included in Tournament fees to purchase Basket Raffle prizes for the SoccerFest Tournament. 50% of the funds collected are donated to the Colchester Food and Fuel Banks.

SoccerFest

SoccerFest is a two-day soccer tournament held at the Colchester Recreational Complex and the local Schools that brings in travel teams across the Northeast states. SoccerFest is also the Colchester Soccer Club's **ONLY** fundraiser of the year.

Spring Soccer

The CSC spring soccer season is optional and is based upon player and district team availability. Spring soccer provides players an additional opportunity to continue to develop as players and have some fun after a long winter season.

- Spring soccer is optional and will not impact a player's position on the travel team.
- Only returning rostered travel players are allowed to participate in spring soccer. Players who have not been accepted to the fall travel teams or have transferred to Colchester are not eligible until the next fall season.
- Travel teams that participate in Spring Soccer may also participate in the optional Spring CT Cup.

Silent Sidelines

Each fall and spring playing 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 spring silent sideline weekend is the third weekend in May. The fall silent sideline weekend is the third weekend in October.

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

1. **Tryouts** – May / early June
2. **YES Summer Camp** – 1st Week of August (5 days / 5pm – 8pm).
3. **Team Practices** - Practices begin the second week of August. Practices will be held at least twice a week for approximately 90 minutes each session.
 - a. Practices will be selected by the Travel Director/ Field Coordinator prior to the season based upon field availability and requests.
 - b. Players that play for Developmental or Premier Leagues are required to regularly attend at least one (1) practice per week (Any exceptions will be made through the Travel Director with guidance from the teams Head Coach).
 - c. Generally, u9 – u10 teams will practice from 5:00pm – 6:30pm and u11 –u14 from 6:30pm – 8:00pm (Times and teams are subject to change based upon field availability and other variables)
4. **Games** - Officially begin Labor Day weekend and can extend through mid-November. Each team will play four (4) home and four (4) away games.
5. **Tournaments** – A general list of dates can be found below (subject to change):
 - a. Labor Day Weekend
 - b. Columbus Day Weekend
 - c. Weekend after Columbus Day (optional)
 - d. 1st Weekend in November
6. **CSC Awards Night** – Held at the end of the season, mid-November. The following teams should plan on attending:
 - a. Outgoing U14 Boys and Girls teams
 - b. SEJSCA District winners
 - c. CT Cup Champions
7. **CSC Meetings** – Travel and Executive Board Meetings are held monthly and ALL are welcome. A list of dates / times is available on the CSC website.
 - a. Travel Committee Meetings
 - b. CSC Executive Board Meetings

Additional Requirements

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 to not utilize paid vendors or attached bonds to volunteer tasks.*** Volunteer tasks include but are not limited to:

- Field Setup (Early spring and mid July)
- Field painting (Weekly)
- CSC Tournament (1st Weekend in November)
- Team specific tasks

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. Tournament Medical Release(s) (provided by team manager at tournament signup)
4. CSC Code of Conduct form – The Code of Conduct must be completed by ALL parents/guardians, players and coaches by August 01, 2014.
5. 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.
6. Player Pass Photograph (Collected by the team manager)

Helpful Tips

- Always keep your child's conflict jersey in his or her backpack (Bring it to all games)
- Jewelry of any kind is never allowed to be worn during games or practices.
- It's not a good idea to get your child's ears pierced right before the season because they will have to remove them for practices and games.
- Buy extra socks and have them available during games.
- Bring all equipment to every practice and game; e.g. ball, shin guards and water.

Links

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