

# Chico's School of Soccer Excellence (CSSE)



## Player Handbook

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# Chico's School of Soccer Excellence Player Handbook

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## **1 INTRODUCTION**

Chico's School of Soccer Excellence Player Handbook provides information about the programs and services available to our players. The handbook provides an overview of the CSSE coaching and training philosophy and information about the CSSE approach to player development.

The guidelines contained in this document are essential to productive engagement in the training process and the professional advancement of CSSE athletes.

CSSE athletes represent themselves, and the CSSE organization, in all competitive endeavours and as such, are expected to conduct themselves according to the CSSE organizational objectives.

## **2 PROFILE OF VICTOR "CHICO" ANDRADE, HEAD COACH AND FOUNDER**

Victor "Chico" Andrade began developing his soccer skills within the creative environment of small goal play on the neighbourhood streets of Santiago, Chile and Lima, Peru before permanently moving to Winnipeg in his youth. Chico played on the Manitoba Provincial team for many years and was called up to train with the National team 3 times. Chico played professionally for the Winnipeg Fury Football Club and Canton Invaders Football Club in Ohio.

He served as an Assistant Coach for the Canada Summer Games Team in 2001 and 2005. He also assisted the Provincial Team Program from the developmental level to U16 for eight years between 1999 and 2007 before focusing his attentions full-time on the School, **Chico's School of Soccer Excellence**.

Victor established the school in 2002 to lend his expertise to a wider audience, and to fill the technical void left behind by the district programs.

Coaching accomplishments include earning a gold medal at an international tournament in Spain and numerous championships in the United States and Canada, as well as seeding many players on the Provincial and one player on the Canadian National team rosters in the last few years.

Chico presently holds the National "B" License from Canada and is working towards his National "A" and Scouting licenses.

His enthusiasm for soccer inspires players to dream big and bring passion to the game.

### **3 CSSE COACHING STAFF**

All CSSE coaching staff are certified with a minimum of the Pre-B license with several holding their Provincial “B”. CSSE coaching staff include experts in nutrition, sports psychology, kinesiology, physiotherapy, and fitness, in addition to some of the most formidable soccer coaches found in the province of Manitoba.

All coaches and coaches assistants are subject to annual Canadian Police Information Centre (CPIC) and Child Abuse Registry (CAR) clearance.

Participant satisfaction is very important to CSSE and to the success of future program delivery. CSSE encourages two-way communication with all its membership as a means to promote a positive feedback process and to measure overall program delivery satisfaction.

### **4 CHICO’S VISION**

The primary goal of **Chico’s School of Soccer Excellence** is to develop youth players to their fullest potential and create a more demanding competitive game environment that lead CSSE players towards prospective careers in professional and varsity leagues. As an alternative to the technical shortfalls of the district programs, Chico seized the opportunity to offer players the benefits of developing under his technical tutorage and elevating their competitive potential.

CSSE makes this goal achievable by providing the best developmental, theoretical, and game situation opportunities for its athletes and, unequivocally, fielding teams of Manitoba’s most promising players. Theoretical components include terminology, game strategy, and positioning. Classroom learning reinforces the strategy behind small-sided game and packages these concepts in tangible bytes outside the intensity of live play.

CSSE’s mission is to provide the fundamental building blocks that comprise every great player. CSSE coaches have seen district athletes with untapped potential fail to launch due to technical gaps in their training programs. What truly distinguishes CSSE players from district counterparts is the undeniable coaching talent they have the opportunity able to tap into. CSSE believes youth athletes must access qualified technical coaches in their formative years so as to avoid the risk of developing bad habits that defy correction and weaken competitive advantage.

CSSE seeks coaches who are frontrunners in the coaching field in Manitoba and have the instructional capabilities to reach a variety of learning needs. The striking difference from district programs and the CSSE academy approach is that our athletes break the top ranks of their competitive pools. We attribute this success to our developmental model and coaching talent.

## **5 CSSE COACHING PHILOSOPHY**

The coaching philosophy of **Chico's School of Soccer Excellence** is that coaches not only promote athletic development of youth players, they also lend a hand in building the moral fiber of future corporate or community leaders, world citizens, and coaching officials. Our player development philosophy includes objectives such as discipline, teamwork, goal-setting, respectful behaviour, self-control, organizing and prioritizing skills, and social responsibility.

**Chico's School of Soccer Excellence** fosters a positive training environment that maximizes athletic potential by employing effective training methodologies, high benchmarking standards, regular fitness testing, and constructive feedback processes. Through this holistic approach, CSSE advances the technical capacity of its players faster and more thoroughly than counter parts in "established" programs. Theoretical components include nutrition, hydration, goal-setting, game strategy and injury prevention.

Continuous learning is equally important to CSSE coaches' performance goals. Chico encourages CSSE coaches to continuously upgrade their coaching levels and expand their competitive coaching experience.

## **6 CSSE TRAINING PHILOSOPHY**

The entire developmental model of CSSE centers on the goal of stretching athletic performance of individual players to maximum capacity. CSSE does not just demand elite technical skills, but seeks creativity and effective problem-solving skills in a real game situation.

A significant aspect of training at the entry-level focuses on ball control and passing skills to help players receive and move the ball within tight space constraints.

CSSE utilizes small-sided games as a developmental tool to expose players to the technical and tactical elements of the game, enhance the intuitive development process, build confidence, increase scoring opportunities, and maximize satisfaction with the training process. Small-sided games also teach strategies such as transitional play, first touch, decision making skills, and position. Small-sided games allow CSSE coaches to observe and formulate individual developmental plans for each of its players.

Training shifts towards the tactical in the higher age categories where the objective is to build solid attacking and defending skills in a short-range passing environment.

Chico demands dedication and concentration from his players. As players advance in the training program, the intensity of training program and demand on individual performance expectation increases exponentially. Discipline and commitment are critical to long-term success.

## 7 PLAYER COMMITMENT

**Chico's School of Soccer Excellence** believes there is no such thing as "to give 110%". We demand that CSSE players give 100% and be proud of these efforts. "Winning at all cost" negates the equally valuable lesson of losing with grace and humility. No athlete can always win. Our job is to help youth players develop a winning mentality and mature into a positive and contributing team member. CSSE does not measure success from the scoreboards, instead we measure success through individual hard work, determination, and fair play, and how players' fulfill their team obligations. We encourage our players to channel their drive for achievement through gaining strength by overcoming individual weakness.

### Players Creed

- Always play by the rules.
- Never argue with an official. When a call is disputed, I'll let the coach or team captain handle it.
- Remember that I'm playing because I enjoy the sport. Winning is fun, but so are many other things about the sport.
- Work at achieving my personal best and to not get discouraged if it's not the best.
- Show appreciation for good plays/performances, even by opponents.
- Control my temper and not be a show-off.
- Play fairly at all times.
- Come fully equipped and prepared for each and every training session.
- Remember that how I practice is how I play so I understand my attendance at practice is mandatory.
- Encourage my teammates at all times and let the coach do the "coaching".
- Not use bad language, harass or abuse, verbally or physically, opponents, coaches, officials or spectators.
- Respect my coach and their staff (without whose time and efforts I would not be able to play).
- Arrive on time and prepared for every game.
- Show respect for my team's opponents because without them there would be no game.

Besides being well mannered, polite and courteous, the athletes are expected to be responsible for their behavior at all times.

Not only the CSSE Coaches and staff, but also any potential National Coaches and/or scouts will be watching you and your team at any time. Athletes should take pride in the fact that they have made these academy travel teams.

### Remember:

1. Whatever you, as an athlete, do at any time should be influenced by the question "How will what I am saying or doing reflect on the image of myself, the CSSE and MIFC and our team?"
2. Whenever the team is together, we request that you not wear scruffy jeans or boxer shorts. Dress as a team, appearance and manners at all times are everything. (Walking shorts, cotton pants, etc, are acceptable).
3. Clothing is to be kept modest and of good taste. T-shirts with suggestive or obscene wording will not be considered appropriate.
4. Just as obscene writing on T-shirts is inappropriate, obscene language will also not be tolerated.
5. Attendance at all team functions, meetings, team meals, etc, is compulsory.
6. Players are to be punctual for all meetings, practices and functions. You are expected to be assembled fifteen (15) minutes before any scheduled meeting time. Example; if we are meeting at 11:00 am, you are to be in the assigned meeting place ready to go no later than 10:45 am.
7. We encourage all athletes to use a journal to make general training notes and write down all meetings, practices, important dates, etc.
8. We suggest you check your equipment, uniforms, clothes, etc. in order to help you be organized for regular practices, exhibition games, and trips. Make a List.
9. Being organized will help you to be prepared and on time.
10. If you have any problems with something (or someone), you are asked to talk with one of the coaches or managers immediately so that a solution can be reached. Harassment, in any way shape or form, will not be tolerated.
11. Curfew times will be strictly adhered to. (If required, bed checks will be carried out).
12. No "Boom Boxes" or "Ghetto Blasters" will be permitted. They usually disturb others who may not have your taste in music. I-pods or walkmans are permitted.

13. Due to the fact you are all under the age of 18 there will be absolutely no:
  1. consumption of alcohol
  2. tobacco products allowed of any kind
  3. Non-prescription drugs, not already approved by the coaches.
  4. Leaving pre-assigned rooms after curfew, for any reason.
14. While traveling with the academy teams you will not be permitted to leave the team (to visit with relatives, parents, family friends, etc. unless approved by team head coach).
15. The only possible exceptions will be considered:
  1. if you provide a signed letter of permission from your parents
  2. and if you have the permission of the team's Head Coach
  3. and all these steps are done prior to leaving Winnipeg
16. Remember, your first priority in this program is to train hard and learn to play the game. Visiting and site-seeing are a nice side-benefit.
17. We do not anticipate, nor do we want, any problems during the season or while traveling. However, if a situation does arise, and the coach or the manager feel it warrants sending the athlete home, your parents will be contacted and the athlete will be sent home "AT THEIR PARENTS' EXPENSE!"
18. Athletes will be requested to sign and adhere to the declaration.
19. Parents will be requested to sign and adhere to the declaration.

## **8 MOTIVATIONAL FOUNDATION**

At the Chico School of Soccer Excellence, players will:

- Engage in the continuous learning process and be motivated to give maximum effort
- Enjoy the training and competitive experience
- Become more open-minded to different training experiences and learn to take direction from teammates and coaches
- Be accountable to coach, team, and self as per their individual training objectives
- Learn to accept constructive feedback as a means to challenge skill level and grow as an athlete.
- Participate fully in training and competitions
- Gain creativity, technical mastery, and tactical awareness by learning to employ feedback to a real game situation

## **9 COACH COMMITMENT**

As much as we expect 100% from our players, players will get 100% from the CSSE coaching staff. CSSE coaches act as positive role-models to youth players and are expected to conduct themselves accordingly. Theory without practice is nothing; therefore, CSSE coaches model the commitment level, discipline, sportsmanship and team spirit that we expect of our players.

## **10 CSSE ORGANIZATION**

**Chico's School of Soccer Excellence** offers elite training program options and also collaborates with local community organizations such as the Max and Rose Jewish Rady Centre, Interlake School Division, Stonewall Youth Soccer and some Winnipeg Community Centers who have out-sourced their soccer training modules to CSSE.

## 11 TRAINING OPTIONS

**Chico's School of Soccer Excellence** is among a handful of soccer schools that follow the developmental programming model of European youth clubs. CSSE offers a variety of services from 1V1 training to group training options and holds training sessions at a variety of facilities and full-scale fields in the Winnipeg region.

**Chico's School of Soccer Excellence** hopes one day to build its own outdoor and indoor training facility.

- a. The Academy Team Program represents the ultimate training plan. The male and female athletes between the ages of nine and 18 train at least three times per week plus one game throughout the entire year and are also eligible for numerous "friendlies" each season. CSSE considers these athletes its full-time participants.
- b. The Elite Training Program is for athletes that need to tap into the technical expertise of CSSE coaches while still participating in sanctioned club activities. This program consists of year-round training on a once per week basis.

## 12 DEVELOPMENTAL PROGRAM

Registration in this program is on an invitation only basis. CSSE issues letters of invitation to potential candidates that invite these players to tryout for either the Academy Team or Elite Program.

CSSE is founded on a belief philosophy that player development is directly proportional to the quality of the developmental training environment. CSSE strives to give each of its players a comprehensive and rigorous training experience. CSSE provides an athlete-centered developmental model where students are placed in the appropriate training category based on physiological determinants rather than natural age.

Technique, tactic, mental readiness and overall fitness level are the cornerstone of the CSSE athletic development philosophy.

### a) U9-U11

One of the most formative of the developmental threshold points. At this stage, CSSE focuses on mechanics, such as ball control, precision, and proper technique and body position. Physical drills build coordination, agility and speed. Drills focus on dribbling the ball with the inside and outside of the foot and interior/posterior pushing. Tactical training develops environmental awareness and teaches how to mark an opponent in a 1V1 situation and create space on the field. Classroom theory teaches the laws of the game and excites interest in soccer. 7 v 7 games are used as training tools as well as a minimum 3:1 ratio of training to games.

### **b) U11-U13**

At this stage, skill development becomes highly-specialized and more positional. Developing core strength is essential to increasing balance, agility and stability. Communication with teammates and leadership skills play an important role in a game situation. Technique focuses on receiving the ball, providing basic support, and developing the accuracy and power of striking skills. Passing drills improve decision-making and help players understand when to apply short, medium and long range passes effectively. Classroom theory includes goal setting, sport psychology, nutrition, injury prevention, and the importance of rest/recovery. Tactical elements continue to focus on small-sided games (9 v 9) in order to build intensity. A minimum of 4:1 ratio of training to games is required.

### **c) U13-U15**

At this stage, athletes continue to develop more advance-level technical skill; however, correcting technique becomes increasingly difficult if bad habits cement firmly. Training focuses on building aerobic and anaerobic endurance and core strength. Tactical awareness expands to teach effective problem-solving in a real game situation. CSSE teaches players how to adapt in a changing game environment and to adjust the game play accordingly. At this stage combination plays are introduced to explore position-specific or zonal tactics and how to switch up the play. Classroom theory includes leadership training and pre/post game analysis. Topics in sports psychology become increasingly fine-tuned towards developing mental toughness, concentration, and self-visualization techniques. Games are 11 v 11 with increased match intensity. International travel and games versus older competition are introduced. A minimum of 4:1 ratio of training to games is required

### **d) U15-U20**

Developing more advance-level technical skill is emphasized at this level. High intensity and high pressure situations are produced in 11 v 11 games. Training focuses on building aerobic and anaerobic endurance and core strength. Tactical awareness concentrates on effective problem-solving in a real game situation. CSSE teaches players how to adapt in a changing game environment and to adjust the game play accordingly. Combination plays are used extensively with position-specific and zonal tactics. Classroom theory includes leadership training and pre/post game analysis. Topics in sports psychology become fine-tuned towards mental toughness, concentration, and self-visualization techniques. International travel is mandatory. A minimum of 4:1 ratio of training to games is required

### **13 TEAM FORMATION**

**Chico's School of Soccer Excellence** is committed to fielding competitive teams that dominate at an elite competitive level in the local, national and international soccer environment. In addition to frequent friendlies, CSSE shall endeavour to participate in tournament and unsanctioned league competition that yield opportunities to advance the technical proficiency of CSSE players in real game situations and to mirror competitive opportunities of the European Professional Club Youth Academy counterparts.

**Chico's School of Soccer Excellence** shall endeavour to maintain a fair and transparent team formation process. Player selection shall include, but not be limited to, ongoing assessment, formal tryout evaluation, and referral from credible scouts in the Winnipeg region.

CSSE shall endeavour to field teams in as many gender and age category in the U9 to U20 divisions as possible. In the immediate future, CSSE also hopes to develop a mini-soccer program and realize a U6-U8 division.

Teams shall comprise mainly of players from the Academy Team Program, but may also draw from the reserves of the Elite Program. CSSE reserves the right to determine team placement based on requisite skill level, intensity, creativity, commitment level and past performance in the CSSE Academy Team and Elite Programs. CSSE may elect to under-roster teams in preparation for major tournament or competition and to maximize competitive potential and increase playing time in real game situations.

### **14 TEAMS AND POSITION ASSIGNMENT**

Team capacity shall be determined at the discretion of the CSSE Head Coach in consultation with the other coaching officials and on the basis of individual game requirements.

CSSE shall endeavour to offer players in the younger age categories opportunities to play a variety of positions to broaden their awareness of the different aspects of the game. In older age categories, CSSE shall assign positions based on individual strengths and the overall tactical game plan.

CSSE shall comprise teams based on the following characteristics for individual team positions:

- 1) Goalkeeper(s)** must have team leadership skills to direct the play from the back of the field and fearlessly defend their net under pressure of constant attack. Strong punting, kicking and throwing skills are very critical.
  
- 2) Defenders** must have the ability to tackle on the ground, win the ball in the air, and to play the ball out the back instead conceding a corner, throw-in, or disadvantageous play.

- 3) **Midfielders** are selected for their ability to move the ball with both feet, work both ends of the field, and generate sufficient speed on the pitch to win tackles, create scoring opportunities, or advance the play.
- 4) **Strikers** must command a high degree of intensity in and around the goal, in 1V1 situations, and under heavy defensive attack. Accuracy, power and finishing are essential to shooting and heading skills.

## **15 TRYOUTS**

The CSSE Head Coach uses the tryout process to screen candidates for placement in the CSSE Academy Team or Elite Program. The Head Coach conducts player evaluation in strict adherence to CSSE testing standards and based on defensible evaluation criteria to screen eligible candidates.

CSSE invites qualified candidates to a tryout session and will not proceed with a potential registration for the CSSE Academy Team or Elite Program until such player successful completes a tryout session.

CSSE does not charge an administrative fee to assess individual players for entry to the Academy Team and the Elite Program

CSSE shall conduct tryouts through a fair and equitable process affording each player the opportunity to demonstrate their talents. Players will be evaluated in the areas of technical, tactical, real game situation, and mental readiness. The tryouts may consist of some technically-specific drills and activities, and some form of scrimmage. Separate evaluations may be performed for goalkeepers.

In consultation with other CSSE coaching staff, the Head Coach shall make recommendations for Academy Team and Elite Program eligibility based on the tryout results.

## **16 AGE ADVANCEMENT**

CSSE, fundamentally, believes that players should play at the competitive level that best represents their individual playing ability. While natural age category is based on the individual player's birth year within a given calendar year, CSSE defines a competitive age category based on the physiological age and mental readiness of a given player.

As a general rule, players wishing to play up an age category must be recommended to the higher age category based on sufficient technical and tactical skill level in relation to the particular pool of talent.

The CSSE Head Coach reserves the right to callback age-advanced players to their natural age category or retain these players in the higher age category based on continued performance levels and overall strategic advantage to each team.

The CSSE Head Coach shall consider the following questions in making age advancement decisions:

- a) Does the athlete have the requisite skill, stamina and physical size to compete in a higher age category?
- b) Would play in the natural age category impede athletic development?
- c) Would play in the natural age category result in a disproportionate competitive advance and undermine teamwork?

CSSE will consider age advancing players of extraordinary technical ability more than one age category and will weigh these decisions based on any adverse risk to individual athletes and/or teammates and in strict adherence to the technical and tactical requirements of the prescribed age category.

Parents of the underage athlete playing up on a higher level age category must provide written consent releasing CSSE of any indemnity and liability claims stemming injury related to underage competition.

## **17 TEAM ROSTER**

Roster size shall range depending on individual competitive situation and fall within the parameters of:

- |    |               |                      |
|----|---------------|----------------------|
| a) | <b>3V3:</b>   | <b>4-6 players</b>   |
| b) | <b>5V5:</b>   | <b>6-8 players</b>   |
| c) | <b>7V7:</b>   | <b>8-10 players</b>  |
| d) | <b>9V9:</b>   | <b>10-12 players</b> |
| e) | <b>11V11:</b> | <b>12-14 players</b> |

## **18 RIGHTS AND RESPONSIBILITIES**

CSSE takes great pride in the delivery of its training services and shall endeavour to provide administration and member communication that assures a high degree of overall satisfaction. CSSE shall ascertain to deliver training in an organized, professional and effective manner. CSSE is committed to two-way process and shall endeavour to provide information regarding school activities in a timely and convenient fashion.

CSSE provides players with feedback on their technical development based on analysis of training, fitness testing and match performances. CSSE shall endeavour to provide evaluation feedback to players on a frequent basis. Formal written evaluations are completed every 6 months.

As representatives of the CSSE organization, players are expected to conduct themselves, both on and off the field, in manner that reflect CSSE values and competitive philosophy. Players are expected to treat game officials, opponents, and spectators with dignity and respect regardless of individual circumstance or provocation.

Players are expected to maintain the highest standards of personal discipline and act as ambassadors for this sport. Players should be committed to healthy and clean living, which includes adequate rest, hydration, and nutrition. Smoking, and use of alcohol or other illegal substances, is strictly forbidden.

CSSE athletes are expected to work hard and dedicate themselves to honing their craft. Players must exert maximum effort, help with team responsibilities, and maintain a positive attitude towards the game and teammates.

Players must demonstrate initiative by seeking to master their weaknesses and aspire towards greatness. Becoming the best soccer player takes time and dedication. CSSE players are expected to practice training drills at home in order to continuously improve their quality of play and technical ability.

It is the player's responsibility to inform themselves of all CSSE team and training obligations and arrive with sufficient time to begin these activities at the prescribed time. Players are also expected to inform the CSSE coaching staff in the event of an absence, late arrival or injury that may impact their competitive performance. Players must arrive at the specified time, dressed with the appropriate training gear.

Players are expected to wear the complete CSSE team-issued competition kit along with shin guards and appropriate footwear. Mouth guards are recommended but not mandatory. Players may be asked to purchase and wear a tracksuit for special competitions.

Players must keep coaching staff informed of their current address, phone numbers and email address. Players must also ensure they are in possession of a current, valid passport and provide the coaching staff with a copy and passport number.

CSSE is committed to the athletic development of each of its individual players and only asks that its player give their best in return.

## **19 PLAYER CHECKLIST**

Clothing – CSSE has a strict dress code with regards to training gear and team uniform. Please see a manager or coach if you are not sure of the code.

Footwear – One of the most important articles of your training kit. Please bring several pairs of cleats as well as any other necessary footwear, ie. Running shoes, flip-flops, indoor cleats etc.

Adidas Wear – CSSE wears Adidas branded clothing as much as possible, all training and game gear is Adidas and is mandatory to wear on competitions.

Entertainment/schoolwork- Players are responsible for their own leisure time activities such as games, cards, ipods etc. Schoolwork should be brought on any team travel trip if necessary and will be given time to complete any assignments. If permission is required for an absence from school, letters can be provided.

Equipment – All equipment is the property of the team. All players are required to wear team issued apparel for all games. All players are responsible for returning all equipment to the coaching staff following a game or training session. Players will make themselves available to assist the coaching staff whenever needed.

## **20 PLAYER EVALUATIONS**

CSSE is committed to a holistic approach to player development that allows individual players to measure their own athletic gain through an objective evaluation and appraisal system.

The CSSE Head Coach formally evaluates individual players and determines eligibility for placement in the Academy Team and Elite Programs based on a set of prescribed benchmarks for each age category. The CSSE Head Coach shall determine the formal evaluation methodology and may appraise individual players based on:

- (a) repertoire of offensive skills including passing, receiving, dribbling, shooting, 1V1 attacking, and finishing;
- (b) repertoire of defensive skills including marking, tackling, and 1V1 defending;
- (c) athleticism in the areas of speed, endurance, and agility, and which may include accuracy and effectiveness of ball control using the non-dominant playing foot;
- (d) work ethic, discipline, commitment level, and receptiveness to correction and feedback;
- (e) creativity in a real game situation including game awareness, instinct, and decision-making ability.

The CSSE Head Coach is responsible for providing formal written assessment to all registered players on a quarterly basis and for on-going assessment and player evaluation where required.

CSSE retains all active player information and reserves the right to dispose of player assessment information once player files become inactive.

## **21 TRAVEL**

CSSE is responsible for organizing all travel arrangements for out-of-town and international competition. Players and staff will travel together to and from competitions unless otherwise authorized. Should a player miss a scheduled mode of transport, the player will be responsible for the travel costs.

CSSE athletes and coaching officials are expected to outfit themselves in the team tracksuit when traveling in public to solidly carry the CSSE branding identity. Team apparel will be decided on prior to travel and will be communicated accordingly.

Athletes are also expected to carry the appropriate identification including Passport, CSSE Player Card, Birth Certificate, SIN Card, and Drivers License for entry into a foreign country.

Athletes are responsible for all transportation costs associated to out-of-town and international competition, including air fare. Failure to provide CSSE with the monies associated with travel expenses by the prescribed payment deadline may result in forfeit of tournament participation.

Whenever possible, CSSE encourages parents to attend such competitions and has provision for athletes to arrange their hotel accommodations with family members if so desired. Athletes may elect to utilize team accommodation and pay the assigned portion of hotel expenses.

Athletes are responsible for all hotel incidental fees associated with room service, movie rentals, phone calls, etc.

Athletes are responsible for all meal expenses and should budget according to three meals, snacks, and an adequate supply of drinking water.

Disorderly conduct and disrespectful behavior will be handled by the manager and coach. Players will be disciplined and may be sent home at their own expense if the conduct warrants such action.

## **22 MEDICAL**

All injuries must be reported immediately to the team athletic therapist.

Injured players are expected to apprise CSSE coaching officials of any physiotherapy or athletic therapy treatments so we may monitor and support the recovery process or customize individual training to avoid repetitive injury. Players must be at any appointment made by the physiotherapist/athletic therapist for treatment including all doctor and rehab appointments.

CSSE policy prohibits the use of illegal drugs for all players and staff.

Immunization and allergies – ensure that basic immunizations are up-to-date including booster shots. For international travel, CSSE will advise on any additional shots required or recommended by Travel Canada. I.e. Tetanus, diphtheria, hepatitis A and B, etc. For allergies, please ensure that you carry your epi-pen or any other allergy medications with you, and inform coaching staff of the location of such medication. If possible, wear a medic alert bracelet or tag.

When travelling on a competition, remember to keep hydrated and rest during the trip. Try to mentally and physically prepare yourself for competition. Eat healthy and follow the Canada Food Guide. Do not eat from questionable sources. Always wash your hands, multiple times a day, especially before meals.

Prescription medications must be kept in the original containers from the pharmacy and can only be used by the patient named on the label. Medications must be carried in carry-on luggage to avoid loss. You must have a sufficient supply of your medication to last for the entire trip, plus a few days.

Medications carried in the team medical kit are for team emergencies only. If you are feeling unwell, tell the coaches as soon as possible. Check with the coaches or team athletic therapist before taking any vitamin supplements or herbal medications.

## **23 UNACCOMPANIED MINORS TRAVELING TO FOREIGN DESTINATIONS**

Custodial parent(s) or guardian(s) of unaccompanied minor players, traveling with a CSSE team to international competition, must grant permission to the CSSE Head Coach and another team official to accompany the child to and from an international destination.

## **24 CONSENT FOR MEDICAL TREATMENT**

Custodial parent(s) or guardian(s) of unaccompanied minor players, traveling with a CSSE team to an out-of-town or international competition, must grant permission to the CSSE Head Coach and other team officials to obtain medical treatment on behalf of their child in the event of personal injury.

## **25 FINANCIAL OBLIGATIONS**

Families are expected to meet all financial obligations incurred on behalf of their child for CSSE training or tournament participation in a timely and professional manner. From time to time, parents and players may be required to participate in fundraising events to supplement the programs offered by CSSE.

## **26 VOLUNTARY WITHDRAWAL**

In the event of voluntary withdrawal, parents are responsible for any costs incurred based on the receipt of training, uniform kit and competitive fees as per the date of their voluntary withdrawal.

## CSSE CONTACT INFORMATION

In the event of questions regarding the registration process or training requirements, please contact:

Bernice Andrade  
215 4th Street East  
Stonewall, MB R0C 2Z0  
[Csesoccer@hotmail.com](mailto:Csesoccer@hotmail.com)

or

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Box 114 Grp 327 RR3  
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(204) 467-7715

(204)227-2648

### **Soccer Quotes:**

Every single day I wake up and commit to myself to becoming a better player. **Mia Hamm**

The vision of a champion is someone bent over, drenched in sweat, to a point of exhaustion, when no one else is watching. **Anson Dorrance**

I am a member of a team, and I rely on the team, I defer to it and sacrifice for it, because the team, not the individual, is the ultimate champion. **Mia Hamm**

Fail to prepare, prepare to fail. **Roy Keane**

Failure happens all the time. It happens every day in practice. What makes you better is how you react to it. **Mia Hamm**

If you want to score a goal, you have to hit the target, **Fabio Capello**

A champion is someone who does not settle for that day's practice, that day's competition, that day's performance. They are always striving to be better. They don't live in the past. **Briana Scurry**

Success is no accident. It is hard work, perseverance, learning, studying, sacrifice and most of all, love of what you are doing or learning to do. **Pele**

All good athletes make mistakes; the great ones learn to make that mistake only once. **Raul Lopez**

## **Chico's School of Soccer Excellence**

“Soccer is as much art as science. The game should be played attractively as well as effectively. Soccer is a game of skill, imagination, creativity, and decision making. Coaching should not stifle, but enhance those elements. Neither should politics or alternative interests. There is no magic formula or short cut to successful player development, coaching at youth levels is all about working with players to improve performance, not about recruiting players to build teams to win championships. Soccer is a players game and players should be considered first when political, administrative, and coaching decisions are being made”.

Bobby Howe, former U.S. Soccer Director of Coaching



**Player handbook 2009**