

# MISSION STATEMENT



AYSO's five philosophies separate us from the pack: Everyone Plays, Balanced Teams, Open Registration, Positive Coaching, & Good Sportsmanship.

## **Everyone Plays**

Our program's goal is for kids to play soccer-so we mandate that every player on every team must play at least half of every game.

## **Balanced Teams**

Each year we form new teams as evenly balanced as possible-because it is fair and more fun when teams of equal ability play.

## **Open Registration**

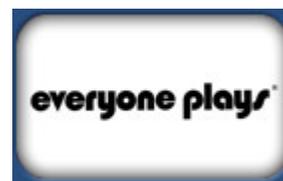
Our program is open to all children between 4 and 19 years of age who want to register and play soccer. Interest and enthusiasm are the only criteria for playing.

## **Positive Coaching**

Encouragement of player effort provides for greater enjoyment by the players and ultimately leads to better-skilled and better-motivated players.

## **Good Sportsmanship**

We strive to create a positive environment based on mutual respect rather than a win-at-all-costs attitude, and our program is designed to instill good sportsmanship in every facet of AYSO.





## **CODES OF CONDUCT- BE A GOOD SPORT**

AYSO has always encouraged good sportsmanship in its programs. In fact, "Good Sportsmanship" is one of the five philosophies listed in the AYSO National Bylaws. AYSO strongly recommends that its individual regions promote good sportsmanship through dynamic programs.

Elements of these programs may vary from region to region, but all define the conduct of players, coaches, referees and even parents. They explain the fundamentals of good behavior—which is simply showing courtesy and respect for all involved in the game.

We figure that if players, volunteers and parents understand what is expected of them when it comes to good sportsmanship, that's probably how they will act. AYSO is proud of its many good sports, but understands that good sportsmanship doesn't just happen. It needs to be taught, encouraged and demonstrated.

### **Player's Code**

- Play for the fun of it, not just to please your parents or coach.
- Play by the Laws of the Game.
- Never argue with or complain about referees' calls or decisions.
- Control your temper. Most of all, resist the temptation to retaliate when you feel you have been wronged.
- Concentrate on playing soccer with your best efforts. Work equally hard for your team as for yourself.
- Be a good sport by cheering all good plays, whether it is your teams or your opponent's.
- Treat all players as you would like to be treated.
- Remember that the goals of the game are to have fun, improve skills and feel good. Don't be a showoff or a ball hog.
- Cooperate with your coaches, teammates, opponents and the referees

## **Referees Code**

- Always remember the game is for the players. Player safety and fair play come first.
- Study and learn the Laws of the game and understand the “spirit” of the Laws. Help fellow referees do the same.
- Encourage and enforce the AYSO philosophies of Everyone Plays, Positive Coaching and Good Sportsmanship.
- Respect other referees and their decisions and do not publicly criticize another official.
- Wear the proper uniform and keep it in good condition.
- Maintain good physical condition so you can keep up with action.
- Stay calm when confronted with emotional reactions from players, coaches and parents.
- Honor accepted game assignments. In an emergency, find a replacement.
- Support good sportsmanship with a kind word to players, coaches and parents of both teams when deserved.
- Always be fair and impartial, avoiding conflicts of interest. Decisions based on personal bias are dishonest and unacceptable.

## **Coaches Code**

- Enthusiastically support and practice the “Everyone Plays,” “Good Sportsman-ship” and “Positive Coaching” philosophies of AYSO.
- Be reasonable in your demands on a young player’s time, energy, enthusiasm and performance on the soccer field.
- Impress on your players that they must abide by the Laws of the Game at all times.
- Develop team respect for the ability of opponents, and for the judgment of referees and opposing coaches.
- Ensure that your players’ soccer experience is one of fun and enjoyment (winning is only part of it). Players should never be yelled at or ridiculed for making mistakes or losing a game.
- Set a good example and be generous with your praise when it is deserved. Children need a coach they can respect.
- Keep informed of sound principles of coaching, growth and child development.
- Check your equipment and playing facilities. They should meet safety standards and be appropriate for the age and ability of your players.
- Follow the advice of a physician when determining when an injured child is ready to play again.

## **Parents Code**

As a parent, you have a special role in contributing to the needs and development of these youngsters. Through your encouragement and good example, you can help assure the effectiveness of the AYSO program.

- **Support Your Child**

Support your child by giving encouragement and showing an interest in his or her team. Help your child work toward skill improvement and good sportsmanship in every game. Teach your child that hard work and an honest effort are often more important than victory. Your child will be a winner, even in defeat.

- **Always Be Positive**

Parents are not participants on their child's team. However, they do contribute to the success experienced by their child and the team. Parents serve as role models for their children. Applaud good plays by your child's team and by the opposing team. Support all efforts to remove verbal and physical abuse from youth sporting activities.

- **Be Enthusiastic and Supportive**

Let children set their own goals and play the game for themselves. Be careful not to impose your own standards and goals on your child. Don't put too heavy a burden on your child to win games. Surveys reveal that 72 percent of children would rather play for a losing team than ride the bench for a winner.

- **Reinforce Positive Behavior**

The best way to help a child to achieve goals and reduce the natural fear of failure is through positive reinforcement. No one likes to make a mistake. If your child does make one, remember that he or she is still learning. Encourage your child's efforts and point out the good things your child accomplished.

- **Let Coaches Coach and Refs Ref**

Coaches and referees are usually parents. They volunteer their time to help make your child's youth soccer experiences a positive one. They need your support, too. What coaches and referees don't need is your help in coaching from the sidelines. So please refrain from coaching during games and practices. Referees are not the "bad guys." They are volunteers, too, and need your support and encouragement. Treat them and their calls fairly and respectfully.



## **AMERICAN YOUTH SOCCER ORGANIZATION**

A nonprofit corporation dedicated to youth soccer



### **COACHES RESPONSIBILITY ON GAME DAY**

1. IF YOU ARE THE FIRST TEAM OF THE DAY- MAKE SURE YOU HAVE A TEAM OF PARENTS ON THE FIELD AT LEAST A ½ AN HOUR BEFORE THE GAME STARTS TO SET UP THE GOALS. (IF THE FIELD IS NOT SETUP ON TIME, THE GAME WILL BE SHORTENED AND END AT THE DESIGNATED TIME).
2. HAVE THE TEAM READY 15 MINUTES BEFORE THE GAME STARTS FOR TEAM INSPECTION.
3. AFTER THE GAME!!!! PLEASE POLICE THE FIELD AREA FOR TRASH. LEAVE THE FIELD READY FOR THE NEXT TEAM TO TAKE THE FIELD.
4. IF YOU ARE THE LAST TEAM ON THE FIELD, POLICE THE AREA AS ABOVE. TAKE THE GOALS DOWN (LEAVING THE NET ON THE CENTER BAR) AND MAKE SURE THAT THE GOALS ARE PUT BACK IN LOCK-UP.

SINCERELY,

REDLANDS AYSO BOARD



## **TEN THINGS PARENTS DON'T GET ABOUT KIDS AND SPORTS**

You may not want to hear this but...most kids have a lot to say about their parents' involvement in their sports lives, especially what they don't like about it. Here is our Top 10 list of kid's advice for parents, gleaned from comments by Sports Illustrated for Kids readers.

During car rides to games or practice, kids don't want you to tell them how to do this or that. "I'm not stupid," said one 12 year-old. "I know how to play the sport I play."

Kids can get psyched for a game without your help. "I hate when parents say, Are you ready? We're going to win! Like they're playing," said one kid.

It's your duty as a parent to sit quietly and watch your kids do wonderful things. Kids get bummed out when you miss games or yak it up too much with friends in the stands. "We're sweating and playing the game, and they're busy socializing," complained one girl.

If you don't know what you're talking about, kids don't want you to talk. Typical comments: "Parents think they know the rules, but they don't." "My mom asks annoying questions." And "I hate when my mom tells me to do things even when she doesn't know the first thing about it."

Even if you do know what you're talking about, kids don't want you to talk (unless you're the coach). "I hate when parents tell us to do the exact opposite of what the coaches say," said one child. Added another: "If your parent isn't the coach, he or she shouldn't try to be one."

Kids wish you would practice what you preach about sportsmanship. "My mom always want me to be a 'good sport,' but a lot of the time she blames the loss on the ref," claimed one kid. "Arguing with the refs is not only embarrassing, but it takes up time," said another kid.

Kids often can't hear you yelling when they're concentrating on the game. Sometimes, they can. Either way, they don't like it. "Parents yell advice you don't hear because you're so into playing the game. Afterward they say, "Why didn't you listen to me?" complained one child. Said others: "I feel embarrassed when my parents yell so loud that the whole town can hear," and "They yell and scream and look like dorks."

After they lose, kids don't want to be told it doesn't matter. Typical reactions: "I hate when we get knocked out of the playoffs and my parents say, "You'll get them next time!" and "When parents try to cheer you up after a loss, all they do is remind you of the score."

After the loss, kids don't want to be told that it does matter. "Parents take losses harder than we do," wrote one boy. Advised on girl: "You win some, you lose some, no big deal! Get over it!"

Kids just want to have fun. Parents just don't get this, kids say. May kids say they would rather play on a losing team than sit the bench on a winning one.

## SIDELINE ETIQUETTE



AYSO soccer encourages positive self-esteem, discipline, personal responsibility, teamwork, acceptance of and learning from disappointment and success, as well as perseverance. It is also an enjoyable game to watch as well as to play. We believe that quality soccer can and should be developed, and that it can and should be fun. Therefore, the emphasis of our program is not on who wins but how the players and teams develop, and most importantly, did they have fun in doing so? We want all participants to reach their full, *age-appropriate* potential and to enjoy themselves in the process.

As spectators, we must realize that the players are trying their very best and deserve *our very best* in the way of support and encouragement. Negative comments have no place on the field or on the sidelines. We need to recognize that the effort of each player is 100% well intended and encourage each player to maintain that effort. It is also important to recognize all good play being demonstrated, *regardless of which team the player is on.*

The area off the field that the spectators occupy is on your own team's side, no closer than two yards from the touch line, and between the penalty areas. Under no circumstances will anyone be allowed behind the goal lines. Familiarize yourself with these field markings and remain within the area defined.

Allow the coach to be the sole source of coaching during the match, communicating tactical or technical adjustments to the players. As a coach, be sure that your coaching during the match is limited to positive, instructional or encouraging comments. Giving play by play instructions to all players thwarts their ability to put into effect the lessons you have stressed in practices and disallows them the opportunity to think on their feet.

The area off the field that the coaches occupy is called the "technical area" and is on your own team's side, no closer than one yard from the touchline, and up to ten yards from either side of the halfway line. The "technical area" is limited to the head coach and one assistant coach for that team. Not only are these to be the only persons occupying the "technical area," they are the only persons who may coach (give tactical or technical information) during the course of the match.

An important aspect of the AYSO program is *Sportsmanship*. Our children need to experience:

1. The fun of hard fought but fair competition
2. Winning graciously
3. Losing graciously
4. Improving one's abilities through practice
5. Learning the social skills involved in being a member of a team, *and*
6. Acknowledging good play by teammates as well as opponents

One of the ways in which our children can learn and continue to have these experiences is by our demonstration of good sideline behavior. *Our children learn by watching, and imitating our conduct.* Keep a positive outlook and demonstrate it by supporting the coaches, players and referees, in spite of any mistakes they may make during the course of a match.



## **DEALING WITH BLOOD-BORNE DISEASES**

The possibility of contracting a blood-borne disease such as AIDS or Hepatitis-B through athletic activity is minimal at best, according to the Williamsport Hospital Sports Medicine Center, the Pennsylvania Interscholastic Athletic Association, American Red Cross, Centers for Disease Control and the Occupational Safety and Health Administration. But minimal does not mean non-existent. And when dealing with young players, you also have to deal with parents who may not know the minimal risk. For safety and for peace of mind, know the risks and the precautions to minimize them further.

### **HOW MINIMAL?**

When people talk about blood-borne diseases, AIDS immediately comes to mind, especially when talking about athletic activities. But the disease experts listed above say the risk of contracting AIDS through casual contact or athletic activity is almost non-existent. These sources say the AIDS virus is very weak and does not survive well outside the body. It is easily killed by many common disinfectants. They further say the virus cannot be spread through everyday activities such as eating in restaurants, swimming in public pools, shaking hands, hugging or other casual contact. It cannot be spread by sharing meals or bathrooms and not one case of AIDS is known to have been transmitted in a school, daycare or foster care setting. Nor is there any reported case of an athlete being infected with AIDS by another athlete as a result of athletic competition. However, in an editorial in the American Journal of Sports Medicine, Dr. Robert E. Leach, M.D. warns that the number of infected athletes increases, so does the risk of infection through athletic activity.

### **PRECAUTIONS**

While the risk of one athlete infecting another with HIV/AIDS during competition is close to non-existent, there is a remote risk that other blood-borne infectious diseases can be transmitted, according to the Sports Medicine Center. For example, Hepatitis B can be present in blood as well as in other bodily fluids. AYSO has adopted guidelines and rules for when there is bleeding on the field:

- Any player or official who is bleeding must leave the field immediately to receive medical treatment and may not return until the situation is corrected (the bleeding is stopped and the wound is covered).
- If there is blood on the uniform or clothing, the individual may not return until that portion of the uniform or clothing replaced or the blood has been neutralized with the disinfectant solution.
- If there is blood on the body, the individual may not return until all blood has been removed from skin surfaces and the contaminated skin has been disinfected.

## **CLEAN UP PROCEDURES**

In addition to the above procedures, we recommend the following NCAA Sports Medicine Handbook procedures:

- Routinely use gloves to prevent skin and mucous membrane exposure when contact with blood or body fluids is anticipated.
- Immediately wash hands and other skin surfaces if contaminated with blood or other body fluids. Wash hands immediately after removing gloves.
- Neutralize all blood contaminated surfaces with a solution of household bleach (1/10<sup>th</sup> to 1/100<sup>th</sup> concentrations) and water. The American Red Cross also recommends 70% isopropyl alcohol or 20% hydrogen peroxide. Disinfectant solutions must be freshly mixed and used within 24 hours.
- Coaches/volunteers with a bleeding or oozing skin condition should refrain from all direct contact with players until the condition heals.

***Additional information on this subject may be obtained from a physician, State Health Department, 800.342.AIDS and The American Red Cross.***

## **FIRST-AID KITS**

### **TO BE AT EVERY PRACTICE AND GAME**

- Prior to doing anything ask your coach if he/she already has a kit. Many returning coaches have an adequate First-Aid kit that may just need minor replenishment.
- First-Aid kit items are to be a TEAM donation. Ask each player's family to donate a specific item for the kit.
- Complete First-Aid kits are to be with the coaches at the FIRST practice through to the end of the season.
- Remember that at all times you are to encourage families to participate- delegate, delegate, delegate. It helps everyone feel they are part of the team if they contribute in meaningful ways.

## **FIRST-AID KIT ITEMS**

2-Ace Bandages

Latex Gloves

2- Cold Packs

Finger Splints

Tape

Band-Aids

## **TEAM MEETING AGENDA**

(A SUGGESTED FORMAT☺)

### 1. Welcome and Introductions:

Ask each family to introduce themselves and ask the player to tell the group why they wanted to play soccer.

WHY: By asking the CHILD why they want to play soccer you will get most of them saying "to have fun", or "cause I like to play" or "cause I like to wear the uniform", etc. We doubt sincerely that any of them would say "because you see my parent(s) never got to play soccer (or played soccer and were really good at it), or didn't do very well at sports (or did really well), so I fully realize my place in the scheme of things that I was put on this earth to fulfill that unrealized childhood dream of my parents and doggone it, that's why I'm here!" This moves you right into.....

### 2. What AYSO is all about

- A. Philosophy
- B. Player Bill of Rights
- C. What we expect
- D. What you can expect

### 3. Referee and Sideline Etiquette

### 4. Volunteers- Get commitments- wait quietly until they volunteer. Don't give anyone an easy out. Silence and patience will prevail!

- A. Referee training opportunities
- B. Team parent/coach training dates

### 5. Team Logistics

- A. Practice time and location
- B. What to wear
- C. What to bring
- D. Team name
- E. Team Roster

### 6. Questions and answers

***ALL OF THESE THINGS ARE IN THE COACHES INFORMATION BOOK.....***

## **REDLANDS AYSO HEAT REMINDER**

Hot weather during soccer season is always a possibility. The Regional Board members of Redlands AYSO want to assure everyone involved that the safety of the player is of paramount importance. As a Region, we will strive for a fun and SAFE youth activity and will adapt the daily activities in response to the weather in order to attain those goals.

By taking proper precautionary measures, the Players, Coaches, Referees and Parents of AYSO all have responsibilities that will ensure the youth of AYSO can enjoy the excitement of a game or practice while maintaining physical safety.

**Player's Responsibility**-Players need to remember to drink fluids BEFORE they are thirsty. Heat exhaustion and heat stroke are serious conditions that should be prevented. Players need to keep their coach informed on how the heat is affecting them.

**Coach's Responsibility**-Coaches must ensure that all participants remain well hydrated and to carefully monitor players for signs of heat related distress. During practices, the Coach can modify the exercises to limit physical exertion. During game situations, the coach can request additional substitutions, encourage players to drink fluids during the game (not just at the quarter breaks) and to modify the game plan and positional assignments so that players do not succumb to the heat. Especially for the younger players, Coaches need to remember that players are not always aware of the effects of the heat.

**Referee's Responsibility**-Referee's, while maintaining compliance with both the spirit and Laws of the Game, can work to control the flow of a game in such a manner to ease the exertion levels required in an active physical activity. At the discretion of the referee, or at the direction of the Regional Commissioner (or his/her representative), game times can be shortened and/or quarter breaks increased. Referees can remind players to get drinks from the sidelines while continuing to play. Referees can use the inspection period before the game to discuss with players the importance of adequate hydration and the consequences of exertion in extreme heat. Referees should also monitor the condition of players and bring any concerns to the attention of the appropriate coach.

**Parent's Responsibility**-Parents are reminded that they are ultimately responsible for the safety of their children. If, at any time or for any reason, a parent feels that their child is endangered by participation in an AYSO activity, then the parent should remove the child from that activity.

## WHAT DO I DO IF.....

### What do I do if I have an out of control parent?

We have assumed that you have had a proper parent/player/coach meeting prior to the season beginning at which time you explained with superb clarity and great detail AYSO philosophy, outlined your expectations for behavior both at games and practices and you have given the parent a copy of the first game's newsletter that outlines AYSO philosophy, expectations and sideline etiquette.

Your next step would be to discuss the behavior directly with the parent, in a private and confidential manner. Yes, we know this is scary. But too often we see behavior we know is inappropriate and feel free to discuss it with everyone except the person who is responsible for that behavior-thus absolutely insuring the inappropriate behavior will continue. As a coach you are held accountable for the behavior of yourself, your players AND your spectators. Perhaps this parent isn't aware that soccer isn't baseball, soccer isn't basketball, soccer is just different. And spectator behavior at AYSO soccer games is the most different of all. Take the fact that they must "just not understand" how it is here at Redlands AYSO-explain "Sideline Etiquette", explain that you, the coach, are the only one who is to instruct players during a game, explain that you, the coach, will be asked to leave the field if he or she cannot stop this inappropriate behavior, feel free to blame the management of Redlands AYSO. Make us the "bad guys", curse (not literally) our mean controlling little hearts, blame the RC, the Head Ref, the entire AYSO Board-just talk directly to the person who is not behaving properly. We have found that 99% of the time this is all it takes. But you, the coach, must take the step to non-confrontationally take the offending party aside and discuss what the behavioral expectations are at Redlands AYSO and ask them to stop.

If this doesn't work-try one more time-a little firmer, a little sterner. (However, if this does work, make sure you take a minute to thank and praise the parent privately). If you still find you are having problems with the spectator's behavior, your next step is to go to your Divisional Commissioner. Ask them to discuss the situation with you and come up with a strategy. At this time you may want to start documenting inappropriate behavior in written form.

If this still doesn't work, you and your Divisional Commissioner's next step is to go up the "food chain" until you reach the Regional Commissioner. At that time the RC can take appropriate action. Written documentation is very helpful at this point.

## **WHAT DO I DO IF.....**

### **What do I do if I have a player who wants to switch to another team?**

Players are placed on teams based on ratings so as to facilitate balanced teams, one of the 5 tenants of AYSO. However, because we recognize that at times this may be difficult, we have provided the family/coach with the following procedure for changing teams:

1. The parent(s) will provide, in writing, the following information to the coach: Location of desired practice and desired date/time options
2. The coach will forward the list of requirements to the Divisional Commissioner, who will place the child on a waiting list.
3. When appropriate, the Divisional Commissioner will place the player on a team that best accommodates all concerned.

Please note that at times it may not be possible to accommodate the player. If season practice has begun no refund will be made without the approval of the Regional Commissioner.

### **What do I do if I have a player that is not coming to practice?**

At AYSO we do not believe in punishing the child for the parent's lack of responsibility. So your first step would be to (yes, we know, here they go again) to speak directly to the player and the parent. Find out why they aren't coming to practice. Is it a transportation? Can that be solved by carpooling? Is it a motivational problem? Can you solve that by simply explaining to the player their importance on the team? Is there a "two household" situation where the separated/divorced spouses do not communicate with each other? Could you give a copy of practice schedule, game schedules, etc. to both? If this continues to be a problem, again, get your Divisional Commissioner involved. If you have tried and tried and just can't seem to solve the situation and you feel it is becoming a safety issue as the child is not physically prepared to play on Saturdays as they have missed so many practices, your last option is to ask your commissioner to help you with the following Redlands AYSO Guideline:

**ARTICLE SIXTEEN-PLAYER PARTICIPATION**A Coach having a player who repeatedly fails to attend practice without previously being excused, or a player who continuously fails to participate in practice when present, may request the Divisional Commissioner to suspend the player for the following game. Prior to requesting suspension, the Coach must warn the player of the possible action. The commissioner must notify the parent of the possible action and determine if extenuating circumstances do not warrant suspension. If a suspension is granted, the Coach or Commissioner must notify the player and his/her parent at least one day prior to the game.

## **WHAT DO I DO IF.....**

### **What do I do if I feel the referee at our game didn't ref properly?**

Referees are not perfect. They are volunteers without whom we could not do what we do every Saturday. So your first step is to react appropriately to the situation. A missed call, a "bad" call-it has been our experience that most times they even out. It has also been our experience that often times a criticism of a referee is rooted in ignorance of the game laws by the person criticizing rather than actual "poor" reffing. Remember that there are no protests in AYSO soccer, so even if the referee totally blew your game, you can't change the outcome. Keep it in perspective; use it as an opportunity to teach a lesson more valuable than winning-how to accept that life isn't fair with grace and dignity. Keep your cool when all around you are blowing theirs. You are being watched by every player on your team. How is coach going to react to this? What is he/she going to do? The manner in which you accept that "life, indeed, is not fair" will model appropriate behavior in the most powerful way imaginable. So keep your cool on the field and do not allow other players or spectators to lose theirs.

THEN, when the game is over, and you have cooled down a bit-go to the RC tent. It is the big blue tent thing over by the snack bar. Ask to speak privately to the Referee Administrator, Asst. RC, Head Coach, Regional Commissioner. You do not need to bring other parents for "proof", or come on gangbusters. Try not to yell or blame, try to explain the situation as you saw it. Be as specific as you can. Your best strategy would be to assume (as with the parent who is out of control) that the referee is just in need of enlightenment, more training, etc. After we have heard you, probably bought you a coke, walked around a bit with you, listened and commiserated, please follow up your conversation with a letter sent to the Referee Administrator with a copy to the Regional Commissioner. While on the one hand we support our referees and simply will not allow anyone to abuse them, we also understand that there are times when additional training is needed, perhaps the referee is reffing a game outside their "comfort zone", etc. Tell us; write us, we will make every attempt to solve the problem.

## WHAT DO I DO IF.....

### **What do I do if I don't know how many minutes I'm supposed to play a player?**

AYSO National Guidelines are that every player plays on half of the game. Redlands AYSO goes a little further-we want you to play each player  $\frac{3}{4}$  of the game unless there is a physical reason why the player cannot do that. In fact, our guidelines state:

*Everyone plays-Our goal is for kids to play soccer-it is recommended that all players in Divisions 3-7 play at least  $\frac{3}{4}$  of each game. Any player that plays only  $\frac{1}{2}$  of a game shall play at least  $\frac{3}{4}$  of the following game if they are physically capable of playing more than  $\frac{1}{2}$  a game. Division Commissioners will monitor this on the game cards.*

Also, you are required to move players around to different positions, especially in non-competitive divisions. It simply isn't fun for a young child to continually play goalie, or forward, regardless of how "good" they are at it. Positions should shift at least every 2 quarters AT THE MINIMUM! Every quarter is even better.

### **What do I do if a parent is continually late picking up their child from practice?**

We have assumed that you have had a proper parent/player/coach meeting prior to the season beginning at which time you explained with superb clarity and great detail AYSO philosophy, outlined your expectations for behavior both at games and practices.

Next step is to wait with another non related adult until the child is picked up. You cannot take the child home with you, you cannot leave the child unattended, and you cannot stay with the child without another non-related adult. This is for YOUR protection.

When the parent shows up you will need to discuss honestly with the parent the need to have every player picked up on time. Don not let the parent off the hook. Do not make it "OK". Do not make light of the situation. Explain clearly that you fully expect this to stop and for Junior to be picked up on time. Just keep in mind that if this parent is continually irresponsible it is not the players fault. The player undoubtedly deals with this type of behavior in many areas of his/her life. So go easy on the kid-tough on the parent. If nothing works, get your Divisional Commissioner involved.

## **WHAT DO I DO IF.....**

### **What do I do if I think child abuse is going on?**

If you have immediate concerns call the Child Volunteer Protection Advocate or Regional Commissioner. If appropriate, he/she will assist you in filing a report with Child Protective Services.

For other less immediate concerns, file an incident report form. These forms are located in the section marked "Region 50 Nuts and Bolts".

### **What do I do if there is an accident at practice or at a game?**

If an accident occurs

- Obtain appropriate medical help immediately. This may be from the team first aid kit that is to be at every game and practice or call for professional medical assistance. In addition to your team first aid kit, there is an AYSO first aid kit on the field for scheduled games.
- Know where the nearest telephone is and have change to use it.
- If a parent or guardian is a member of a health plan that uses a particular medical facility try to accommodate them. The AYSO plan may not pay if they do not use the facilities required by the health plan.
- Above all else, stay calm and beat every situation with care. Don't try to be a doctor if you're not one. GET HELP!

After there is an accident

- Within 24 hours coaches must fill out a Preliminary Accident Report form and send it to the Director of Safety to begin the claims process through AYSO National.
- Parents must file a claim within 90 days of accident
- If a player is injured, whether a claim is filed or not, the parents/guardian must provide a Participation Release form to the Coach or Director of Safety before that player may return to practice or play in games. This is an important precaution to prevent re injury and to continue coverage of the AYSO Reimbursement Plan.

## **WHAT DO I DO IF.....**

### **What do I do if I'm stuck in traffic and know I can't make it to practice/the game?**

Call the following in the following order and ask them to go to your practice field to cancel practice if necessary or handle the game. Make sure your assistant/team parent understands that there must be 2 adults over the age of 21 at all times during practice.

Assistant Coach, Team Parent, Divisional Commissioner, Asst. Regional Commissioner of Operations, Regional Commissioner.

### **What is spring select?**

The purpose of the Spring Select Program is to provide an opportunity for Redlands AYSO players to participate in an instructional league, made up of teams from other Areas and Regions with emphasis and tactics, strategies and other advanced skills not generally provided in the fall season. All the AYSO philosophies are strictly followed. This is not an All Star Program. The Select Program focuses upon an educational opportunity for players to further improve their skill levels. The Select Program functions within the Regional Guidelines. In addition, rules and guidelines established each season by the Spring Select League regarding protest, discipline, and award are strictly followed.

## Soccer on the Internet

<http://www.redlandsayso.org>

<http://www.soccerclinics.com>

<http://www.soccer.org>

<http://www.socceramerica.com>

<http://www.nhsoccer.com>

<http://www.us-soccer.com>