



Competitive Soccer Program Parent Handbook

REFER TO ISA COMPETITIVE POLICY FOR QUESTIONS AND DETAILS

PLAYING TIME: There are absolutely **NO** guarantees when it comes to “**individual player**” playing time. This is especially true in games, such as, State Cup, Regional Tournament, Tournament semi-finals, league games, etc. During the season we feel that it should be a reasonable goal of our coaches to play everyone, in order to give every player an opportunity to maximize his/her potential, however, a starting position and playing time is earned by the player’s technical ability, tactical awareness, commitment to team, contribution to team objectives, work ethic, attitude, and overall attendance.

TRAINING / PRACTICE SESSIONS: Competitive teams shall have two (2) practices each week during the season. These sessions typically last 1.5 hours. However, the Trainer may schedule additional practices as necessary. The frequency of additional training sessions depends on the need for that particular team, position and coach to further develop.

MISSING PRACTICE & GAMES: The player or parent must contact the Trainer/Coach/Manager as soon as possible if they will not be able to make a practice or game. **It is the responsibility of the parent/player to inform the coach of any practices or games that will be missed in advance.**

PRACTICE DRESS CODE: All competitive league players should wear the team practice t-shirts at the two practices if required by coach. If additional practices are scheduled, it is at the discretion of the Trainer/Coach what shirts the players will wear. Please note that **ALL** players must wear shirts at practice (NO shirts vs skins). Players must wear shin guards, fully covered by socks. This is not optional; a player may not participate in practice if the shin guards are not worn.

PRACTICE CANCELATION: In case of inclement weather, families should be notified by the Team Manager via email and/or text (SMS) or at the field (in the event there is no opportunity to cancel practice ahead of time).

GUEST PLAYERS: A team may need to request guest players during various points of the season due to injuries or drops. The requesting team will contact the player’s coach before contacting the parent or player. The request must be approved by the ISA President and the Competitive Commissioner and cannot conflict with the player’s game / practice schedule or any other team commitments. A guest player’s first commitment is to their assigned team. ISA players **MUST** obtain approval **BEFORE** guest playing with any other league or team. Note: Temporary Guest Player passes will be issued by the Competitive Commissioner or League Administrator.

TRAINER EXPENSES: Unless other arrangements have been made with the team, the Trainer's travel expenses for trips (hotel expenses and gas expenses for team related trips) will be divided and paid for by the players on the team roster. An expense report shall be submitted by the Trainer to the Team Manager for payment. Trainer expenses should be budgeted for from the team's perspective.

USE OF FOUL/ABUSIVE LANGUAGE: ISA has a zero tolerance with regards to foul/abusive language. If a player uses inappropriate language towards his/her teammates, parents, coaches, opponents (players/parents) or referees, that player **MUST** be removed from the game. If the behavior persists, the player **WILL** be removed from the team.

TRANSFERS: ISA will **NOT** transfer players from a Competitive League Team unless there is a severe cause deemed by the ISA Executive Board. The Competitive League is a one (1) year commitment.

DROPS: ISA will **NOT** drop players from a Competitive League Team unless there is specific cause. A player may not be removed or replaced without the proper documentations and signatures required by LSA.

OUTSIDE TRAINING: If a player is seeking outside training, please disclose this to the players' Coach who should be able to provide a list potential trainers if needed.

LEAGUE GAMES: LSA will schedule each Competitive Team for all League Games throughout the year. These games are **MANDATORY**. League Games will be both Home and Away and each team could travel up to a few hours for the League Games, depending on the schedule that is given for each specific team by LSA.

TOURNAMENTS: Each team will collectively decide on what tournaments they will attend throughout the Fall and Spring seasons. Tournaments vary in cost and are in addition to the ISA Registration Fees. The Team Staff and Parents should have Parent Meetings to review their options for each season and make a collective decision. Please note that tournaments must be worked around League Games. Out of State Tournaments are an option for Competitive Teams, but each team must submit the proper paperwork to ISA and LSA.

OTHER INFORMATION: At times, Competitive Teams will travel out of town. It is the responsibility of the Team Staff to ensure that the Parents are well informed and have the opportunity to voice their input on each seasons tournaments and travel. League Games are set by LSA, and all other games, tournaments, friendlies, and travel must be worked around those games. Hotel stay is optional and up to each individual family.

PLAYERS RESPONSIBILITIES:

- Dedicate self to being the best player possible, remembering that all players have talents and weaknesses.
- Encourage good sportsmanship from teammates, coaches, officials, parents, and self at all times.

- Give 100% effort in every game and training session, always working towards self-improvement. There is NO GUARANTEED play time.
- A player shall adhere to the Competitive League Club policies.
- Practices are MANDATORY.
- A player is responsible for coming to practices and games prepared. This includes the appropriate attire such as practice or game uniform, shin guards, cleats, and personal soccer ball. *A player may not practice or play without shin guards or cleats unless the trainer/coach has arranged for a conditioning session or indoor practice due to weather.
- Players must follow the ISA Code of Conduct and Ethical Standards.

PARENTS RESPONSIBILITIES:

- Support and encourage all players.
- Place the emotional and physical well-being of all players ahead of any personal desire to win.
- Ensure that players are on time for practices, games, and team events. Practices are MANDATORY.
- Encourage child to give 100% effort in every game and training session, always working towards self-improvement. There is NO GUARANTEED play time.
- Parents shall adhere to the Competitive League Club policies.
- Parents are to keep comments at practice, games, ISA events, etc. positive.
- Parents should not come on to the field during the game unless it is a medical emergency and the coach indicates for you to do so.
- Parents should make payments by deadlines or the player will incur a late fee. If a player's account is delinquent more than 10 days, he/she will be deemed ineligible to play, and ISA reserves the right to drop the player from the 'playing' team roster.
- Parents must follow the ISA Code of Conduct and Ethical Standards
- Encourage good sportsmanship from teammates, coaches, officials, parents, and self at all times.

TEAM MANAGER RESPONSIBILITIES:

- Generally, the team manager will act as a liaison between the coach, team, opposing team, and Competitive League Council establishing effective lines of communication. Please note that the Trainer / Head Coach is ultimately responsible for the team.
- Shall become familiar with club and tournament rules.
- Maintain a binder with pertinent team information (medical release, player passes, rosters, etc.)
- Shall assist the Trainer / Head Coach and Assistant Coach / Parent Coach in setting up friendly and tournament games.
- Work with parents and Staff to determine fundraising avenues to cover tournament, additional referee fees, trainer's expenses, and additional wants.
- Ensure team only uses ISA approved logos and art work.
- Distribute all pertinent information prior to events (tournaments, games, fundraisers, fee deadlines, etc.).
- Check team into tournament and serve as primary contact for the team at tournaments.
- Managers must follow the ISA Code of Conduct and Ethical Standards

Assign the following tasks to help make this season enjoyable and not stress any single person out. Common things that parents can help with are:

- Water Cooler-Bring water and/or Gatorade to tournaments.
- Snacks - Bring snacks to tournaments
- Pop-Up Tent-Bring pop-up tents to games
- Photographer - Take and share pictures of the games
- Hotel Planner - Research and block hotels rooms for tournaments.
- Event or Meal Planning - Research and block or coordinate a place to eat for the team after the game on Saturday evening during tournaments.

Principles of Conduct

Safety

1. My first responsibility is the health and safety of all participants.
2. It is recommended that coaches become certified in the basic first aid and are aware of their club, league or state requirements in this area.
3. Be prepared to handle first aid situations as well as medical emergencies at all practices and games, both home and away: Have and know how to use a properly supplied first aid kit/ice
 - 911 emergency procedures/telephone location
 - Location of nearest emergency medical facilities
 - Always carry emergency medical release forms and team safety and information cards
 - follow up all injuries with parents/guardians
4. Know and understand the Laws of the Game
5. Inspect players equipment and field conditions for safety reason
6. Utilize proper teaching and instructing of players regarding safe techniques and methods of play
7. Implement appropriate training programs to make sure players are fit for practice and competition.
8. Supervise and control your players so as to avoid injury situations.

Player Development

1. Develop the child's appreciation of the game.
2. Keep winning and losing in proper perspective
3. Be sensitive to each child's development needs.
4. Educate the players to the technical, tactical, physical and psychological demands of the game for their level.
5. Implement rules and equipment modification according to the players age group.
6. Allow players to experience all positions.
7. Players need to have fun and receive positive feedback.
8. Practice should be conducted in the spirit of enjoyment and learning.
9. Provide the appropriate number of training sessions and games according to the player's stage of development.
10. Strive to help each player reach his or her full potential and be prepared to move to the next stage of development.

Ethics

1. Strive to maintain integrity within our sport.
2. Know and follow all rules and policies set forth by clubs, leagues, state, and national associations.
3. Work in the spirit of cooperation with officials, administrators, coaches and spectators to provide the participants with the maximum opportunity to develop.
4. Be a positive role model
5. Set the standard for sportsmanship with opponents, refereed, administrators and spectators.
6. Keep sort in proper perspective with education.
7. Encourage moral and social responsibility
8. Just say no to drugs and alcohol.
9. Coaches should continue their own education in the sport.

Coach's Code of Conduct

- I will place the well-being of my players ahead of a personal desire to win!
- I will do my best to provide a safe playing environment for my players!
- I will use appropriate coaching techniques and do my best to organize practices that are age appropriate, fun and challenging for all players!
- I will work to obtain my coaching certification for the division of soccer I am coaching!
- I will learn and respect the laws of the game and help the players, coaches and parents learn and respect the laws of the game!
- I will instruct participants in proper sportsmanship and demand that they make sportsmanship and ethics the #1 priority!
- I will remember that I am a youth sports coach, and that the game is for the children and not the adults!
- I will be a positive role model, demonstrating the qualities we desire in our players, dedication, respect for others, teamwork and responsibility!
- I understand that it is the responsibility of the referees to apply the laws of the game during any soccer match and I will respect and support the game officials in this regard and require that the players and parents demonstrate such respect and support for the game.

Parent's Code of Conduct

- I will not coach from the sidelines!
- I will yell only positives from the sideline!
- I will not question or comment on a coach's or referee's decision!
- I will not make excuses or blame a loss on officiating, coaching, weather, equipment, teammates, or some other factor, thus teaching my son/daughter to accept responsibility!
- I will help my daughter/son accurately assess their performance, to acknowledge and take responsibility for such performance!
- I will be a fan...not a fanatic! Examples of What to Say:

Before a Game

I love you
Good luck
Have fun
Keep up the good work

During a Game

Way to go
Nice shot/pass
Good teamwork
You're doing great

After a Game

I love you
It was great to see you play
What do you want to eat
You did great

- I will remember that the game is for the children and not for the adults!

ISA Goals

- Create an environment in which children and adults will enjoy the game of soccer.
- Teach soccer skills, rules and strategy to our players.
- Model and teach competitiveness with an emphasis on good sportsmanship.
- Foster, promote and advance the sport of soccer to all youth age groups throughout Iberia Parish and surrounding parishes.