

PARENT HANDBOOK  
2008-2009 Season



**Region 83 Website**  
[www.5cities-ayso.com](http://www.5cities-ayso.com)

**Region 83 Information/Message Line**  
(805)597-4747

**Mailing Address**  
P.O. Box 1166  
Arroyo Grande, CA 93421

# **TABLE OF CONTENTS**

WELCOME	3
REGIONAL BOARD/REGION STAFF	4
DIVISION COORDINATORS	5
AYSO PHILISOPHIES	6-8
KID ZONE PARENT PLEDGE	9
TOOS FOR PARENTS	10
AYSO PLAYER BILL OF RIGHTS	11
AYSO COACH PLEDGE	12
AYSO REFEREE PLEDGE	13
AYSO PLAYER PLEDGE	14
REACTIONS TO INAPPROPRIATE BEHAVIOR	15-18
FAIR PLAY & RESPECT	19-21
PLAYER SAFETY AND PREVENTION OF INJURIES	21
SAFE HAVEN	21
SOCCER CONDUCT & DISCIPLINE	22
PARENTS MEETING	22
TEAM SPONSORS	22
INCLEMENT WEATHER	22
VOLUNEERS	23
REGISTRATION OF TEAM VOLUNTEERS	23
PICTURE DAY	23
PERSONAL ITEMS	23
SOCCER ACCIDENT INSURANCE FOR INJURIES	23
PRACTICES	24
SNACKS	24
HARVEST FESTIVAL	24
UNIFORMS AND EQUIPMENT	25
END OF SEASON PARTY	25

# WELCOME!

AYSO soccer is more than an athletic program. AYSO is also focused on player development. AYSO is an opportunity for our children learn skills, meet friends, work as a team, learn and practice good sportsmanship, and to make and carry out a commitment to their team.

We are committed to the five AYSO Philosophies:

1. Everyone plays: every registered player will play at least three of the four quarters of each regular league season game in which they play. (Players arriving late to a game may not play three quarters.) Players playing goal keeper will play at least one quarter out on the field.
2. Balanced Teams: every effort is made at the time teams are formed to form teams of equal skill. Players have more fun playing soccer when games are competitive. Training is offered to and required of all of our coaches in an attempt to assure a high quality of coaching for every team.
3. Open Registration: any player meeting the age requirements for AYSO soccer, timely paying a registration fee and completing registration paperwork is given an opportunity to be placed on a team, independently of skill. The number of players and teams we are able to field is dependent on the number of volunteers we have to coach and referee.
4. Positive Coaching: we teach our coaches to keep it positive. Players have more fun when they aren't being over-coached, and are being encouraged. Soccer is a player's game, and players need to develop the ability to think and act on their own on the field.
5. Good Sportsmanship: we teach our players good sportsmanship. Winning teams are not winning teams without an opponent. And, when the score is not in your favor, winners behave with grace. Our five goal rule (which applies to all divisions) helps to teach players respect for their opponents, and that being a winner means not running up the score.

Our primary focus is not on building winning teams, but on building winning players--regardless of the final score. We recognize that there is a great deal of pressure on children today to be "the best." We also recognize that the number one reason kids give for quitting an athletic program is pressure. We therefore instead focus on helping each player to be "their best."

For parents, AYSO is an opportunity to become involved in an exciting program with your children. AYSO has no paid staff on the local (Region), Area or Section level. All of our board, staff, coaches, referees, field crews, and other volunteers contribute their time freely without any monetary compensation. We do so in service of our own children, and in service of the children of our community. Literally, this program requires a minimum of one volunteer for every family registered. It is vital that you actively participate in supporting AYSO at all levels.

Additionally, AYSO is a chance for parents to teach their children that they must honor their commitment to their team. This may mean helping them regret a party invitation or forego a trip because a game is scheduled. Helping children make wise choices of activities, such as AYSO, and encouraging full participation without any excuses, will benefit the players throughout their life. Five Cities AYSO Region 83 has four main means of communication. The first is through our Division Coordinators to our coaches, and then to our registered members; the second is through announcements on our Information/Message line at (805)597-4747; the third is on our website, <http://www.5cities-ayso.com>, which is updated regularly; and the fourth is through our electronic mailing list, for which you can sign up on the Region 83 home page. Keep an eye open for more details on our website, and sign up for our electronic mailing list.

So, welcome to Region 83 AYSO. I hope you enjoy this year as part of the AYSO family.

Tammy Slocum  
Regional Commissioner, Region 83

## 2008 Region 83

### Regional Board/Region Staff

Regional Commissioner*	Tammy	Slocum	597-4747	<a href="mailto:tammy@5cities-ayso.com">tammy@5cities-ayso.com</a>
Asst. Regional Commissioner*	<b>OPEN</b>			
Coach Administrator*	John	Oberg	489-2241	<a href="mailto:jcoberg@sbcglobal.net">jcoberg@sbcglobal.net</a>
Asst. Coach Administrator				
Regional Coach Trainer	Shawn	Mattimoe	474-6545	
U5 Master Coach	Gary	Bentley	709-4206	<a href="mailto:bentleyboy101@sbcglobal.net">bentleyboy101@sbcglobal.net</a>
Referee Administrator*	Tony	Bautista	481-9535	<a href="mailto:tdbautista@hotmail.com">tdbautista@hotmail.com</a>
Asst. Referee Administrator	Jim	Vargo	481-8185	<a href="mailto:jktb@charter.net">jktb@charter.net</a>
PRO Administrator	Chris	Deviny	473-3723	<a href="mailto:r83deviny@hotmail.com">r83deviny@hotmail.com</a>
Director of Referee Instruction	Chris	Deviny	473-3723	<a href="mailto:r83deviny@hotmail.com">r83deviny@hotmail.com</a>
Director of Referee Assessment	Gary	Bentley	473-2632	<a href="mailto:bentletboy101@sbcglobal.net">bentletboy101@sbcglobal.net</a>
Referee Equipment Coordinator	Stewart	Robinson	481-1013	<a href="mailto:srobinson@edatapac.com">srobinson@edatapac.com</a>
Referee Retreat Coordinator	John	McGuigan	481-8396	<a href="mailto:jlmcguigan@charter.net">jlmcguigan@charter.net</a>
Child and Volunteer Protection Advocate*	Cindy	Collins	489-6120	<a href="mailto:cyclonecinder@aol.com">cyclonecinder@aol.com</a>
Asst. Child and Vol. Protection Advocate	<b>OPEN</b>			
Registrar*	Jill	Olsen	474-4680	<a href="mailto:jjolsen@charter.net">jjolsen@charter.net</a>
Late Registration Coordinator				
Registration Day Coordinator	Piper	Adelman	481-5443	<a href="mailto:makor@sbcglobal.net">makor@sbcglobal.net</a>
Treasurer*	Laura	Becker	773-3062	<a href="mailto:llaura_becker@sbcglobal.net">llaura_becker@sbcglobal.net</a>
Safety Director*	Steve	Nailor	489-3796	<a href="mailto:steve.nailor@sbcglobal.net">steve.nailor@sbcglobal.net</a>
Secretary	Angela	Alton		
Player Representative	Karissa	Mattimoe		
VIP Program Coordinator	<b>OPEN</b>			
Asst. VIP Program Coordinator	<b>OPEN</b>			
Player Evaluation Coordinator	Stewart	Robinson	481-1013	<a href="mailto:srobinson@edatapac.com">srobinson@edatapac.com</a>
Team Balancing Coordinator	Tammy	Slocum	473-3497	<a href="mailto:tammy@5cities-ayso.com">tammy@5cities-ayso.com</a>
Equipment Director	Stacey	Connelly	773-1375	<a href="mailto:teammoo805@gmail.com">teammoo805@gmail.com</a>
Asst. Equipment Director	Kim	Heyde	489-0470	<a href="mailto:kheyde2130@yahoo.com">kheyde2130@yahoo.com</a>
Fields Administrator	Eliseo	Romero	474-0826	<a href="mailto:erhacienda8607@msn.com">erhacienda8607@msn.com</a>
Asst. Fields Administrator	Paul	Reinhardt	481-2750	<a href="mailto:paul@ravatt-albrecht.com">paul@ravatt-albrecht.com</a>
Auditor	Tom	Cook	550-0841	<a href="mailto:tom@ceacpas.com">tom@ceacpas.com</a>
Post Season Director	Craig	Van Horn	929-3085	<a href="mailto:craigvan_2000@yahoo.com">craigvan_2000@yahoo.com</a>
Tournament Director	Tammy	Slocum	473-3497	<a href="mailto:tammy@5cities-ayso.com">tammy@5cities-ayso.com</a>
Statistician	Gia	Milbrandt	474-1242	<a href="mailto:giapaige@sbcglobal.net">giapaige@sbcglobal.net</a>
Sponsor Coordinator	Jeff	Ferber	474-9894	<a href="mailto:jcferber@rmdesign.com">jcferber@rmdesign.com</a>
Schedule Coordinator	Joe	Steed		<a href="mailto:jrsteed@yahoo.com">jrsteed@yahoo.com</a>
Website Administrator	Frank	Gonzales	462-7774	<a href="mailto:5citiesayso@gmail.com">5citiesayso@gmail.com</a>

Volunteer Coordinator	Jill	Waymire	473-9997	<a href="mailto:jill@valleychoice.com">jill@valleychoice.com</a>
Team Parent Coord./ Kids Zone Coord.	Jackie	Walker	473-0981	<a href="mailto:jackiwalkr@sbcglobal.net">jackiwalkr@sbcglobal.net</a>
Picture Day Coordinator	Veronica	Nevis	474-4325	<a href="mailto:vnevis@yahoo.com">vnevis@yahoo.com</a>
Harvest Day Parade Coordinator	Kristin	Lachemann	481-5735	<a href="mailto:bkmbloch@yahoo.com">bkmbloch@yahoo.com</a>
* Voting Regional Board Member Regional Management Team Regional Executive Board (includes Regional Management Team) Other AYSO Management Vacant Positions				

**Region 83 Information/Message Line**  
(805)597-4747

**Mailing Address**  
P.O. Box 1166  
Arroyo Grande, CA 93421

<b>2008 Region 83 - Division Coordinators</b>				
Division coordinators are regional board members who are responsible for administration of the various divisions. If you have a question your coach cannot answer, this is the person to call upon for the answer!				
<b>Girls</b>				
U5				
U6	<b>ROBERT</b>	<b>REA</b>	<b>748-9338</b>	<a href="mailto:rhrea03@hotmail.com">rhrea03@hotmail.com</a>
U8	<b>TOM</b>	<b>WHALEN</b>	<b>481-9535</b>	<a href="mailto:tom.whalen@sbcglobal.net">tom.whalen@sbcglobal.net</a>
U10	<b>MAX</b>	<b>TORRES</b>	481-7969 440-9995	<a href="mailto:maximianotorres3@sbcglobal.net">maximianotorres3@sbcglobal.net</a>
U12	<b>GREG</b>	<b>UNDERWOOD</b>	<b>473-8681</b>	<a href="mailto:gcunderwood@chevron.com">gcunderwood@chevron.com</a>
U14	<b>TOM</b>	<b>WHALEN</b>	<b>481-9535</b>	<a href="mailto:tom.whalen@sbcglobal.net">tom.whalen@sbcglobal.net</a>
U16/U19	<b>RACHEL</b>	<b>VARGAS</b>	<b>481-6905</b>	<a href="mailto:vargas6webad@yahoo.com">vargas6webad@yahoo.com</a>
<b>BOYS</b>				
U5				
U6	<b>ARIEL</b>	<b>WATERMAN</b>	<b>474-4558</b>	
U8	<b>LAURA</b>	<b>FISHER</b>	<b>481-5521</b>	<a href="mailto:Laura_Fisher18@yahoo.com">Laura_Fisher18@yahoo.com</a>
U10 A-M	<b>PATRICE</b>	<b>ELEY</b>	<b>773-3155</b>	<a href="mailto:donpatrice2@charter.net">donpatrice2@charter.net</a>
U10 N-Z	<b>JOE</b>	<b>GORYANCE</b>	<b>473-4261</b>	<a href="mailto:j-m.goryance@sbcglobal.net">j-m.goryance@sbcglobal.net</a>
U12	<b>MERLIN</b>	<b>BENSON</b>	<b>489-4856</b>	<a href="mailto:merbearr@juno.com">merbearr@juno.com</a>
U14	<b>CHUCK</b>	<b>LLOYD</b>	<b>474-9727</b>	<a href="mailto:marisalloyd@sbcglobal.net">marisalloyd@sbcglobal.net</a>
U16/U19	<b>RACHEL</b>	<b>VARGAS</b>	<b>481-6905</b>	<a href="mailto:vargas6webad@yahoo.com">vargas6webad@yahoo.com</a>

# AYSO PHILOSOPHIES

## Everyone Plays

Everyone plays: every registered player will play at least three of the four quarters of each regular league season game in which they play. (Players arriving late to a game may not play three quarters.) Players playing goal keeper will play at least one quarter out on the field.

AYSO National Rules and regulations specify each child is guaranteed to play one half of each game.

In Region 83, we feel it is important to stress the value of participation regardless of ability thus our local program guarantees each child playing three quarters (3/4) of each game during the regular league season (to the extent mathematically possible). In addition, coaches are required to play a child on the field at least one quarter in each game - no child will play in the goal the whole time they are in the game.

Players arriving late to games play 1/2 if they arrive in the first half of the game. Players arriving in the third quarter will be played in the fourth quarter.

Coaches have many challenges, including players who irregularly attend practices or are disruptive. The players still have the 3/4 guarantee. It is our philosophy that the child will not be punished for parents who do not or cannot have the child at each practice. However, after provisions may be made if the child is disruptive and disrespectful. The coach will work with the parents, the division coordinator to solve any issues.

## Balanced Teams

Balanced Teams: every effort is made at the time teams are formed to form teams of equal skill. Players have more fun playing soccer when games are competitive. Training is offered to and required of all of our coaches in an attempt to assure a high quality of coaching for every team.

We balance our teams for skills ensuring balanced competition. In theory each team has an equal chance of winning or losing.

- How? All players are rated by their coach. The rating is then compared at a coaches meeting by all the coaches in that division. When a new season starts, returning players have these ratings. New players are given a rating at registration.

A computer program forms teams based on age and ratings. Each team has a like average rating with other teams in the division. Prior to team handout, coaches review the teams, review the player's ratings and make adjustments. Adjustments based on growth, on mistaken ratings, on All Star participation, etc.

- Why? Teams that are formed by draft, by neighborhood, by school, by family affiliation do not balance well. Personal issues get involved and favoritism seeps into the process. This is not consistent with AYSO philosophy.

## Open Registration

Open Registration: any player meeting the age requirements for AYSO soccer, timely paying a registration fee and completing registration paperwork is given the same opportunity to be placed on a team. The number of players and teams we are able to field is dependent on the number of volunteers we have to coach and referee.

Here in the 5 Cities program we have early registration in April and May. This enables us to plan the season. Uniforms, fields, budget, coaches, instructional clinics, etc.

We however keep the process as open as possible, meaning we accept players until we have no more coaches to coach teams, no more referees to referee games, and no more space to play on. Normally the waiting list is emptied before the third week of play.

Open registration also means that all kids no matter size, color, sex, economics, skill, etc., are accepted into our program. We take them all. We are an inclusive organization focused on Fun, Fair, Safe and Positive soccer, not WIN, WIN, WIN.

# Positive Coaching

Positive Coaching: we teach our coaches to keep it positive. Players have more fun when they aren't being over-coached, and are being encouraged. Soccer is a player's game, and players need to develop the ability to think and act on their own on the field.

An important philosophy, little understood, difficult to do, yet makes the biggest impact on our children.

Below are some examples of statements by players, coaches and parents.

## Positive Coaching

Positive coaching is focusing on what players do right and encouraging them to do it again, encouraging them with positives to be better. Instruction to help them make better decisions on their own.

- Great job! I loved how you did that, do it again!  
Nice kick! Great teamwork! Keep up the hard work! You'll get it next time!  
Next time relax, and make the pass to space, and that'll be great! Wonderful effort!  
Knowing when to kick is hard, you made a great try, I'm sure you'll do it next time!  
You two sure have been playing well!  
I liked how you made that pass! See if you can pass it here next time!

## Directive Coaching

Directives are okay occasionally. Yet they can interfere with a child recognizing what is right and wrong on their own. Please, they are not remote controlled cars, put that joystick away!

- Kick the Ball! Stop! Pass it, pass it! Go to your left, now go right!  
Move up! Throw it in here! Go faster! Run! Turn the ball!  
SHOOT! SHOOT! SHOOT THE BALL!

## Negative Coaching

Negative coaching is not tolerated, and should not be allowed by coaches, parents, referees, players. Expectations are always hard to meet, especially when perfection is one of them. Just let the kids play. They need to make mistakes to learn. They need to know what is right. They pretty much know when they have done wrong. Fear of wrong, fear of negative comments, especially loud, public comments yelled across the field or in front of their friends suppresses trying. It suppresses excellence in action and attitude. Be a good positive role model! You can do it, and you'll bring joy and excellence to their play!

- Why did you do that!!! Stop kicking the ball so hard! Stop playing like a wimp!  
If you don't play harder, you'll lose! I can't believe you did that!!!?  
What do you think you are doing?!! That's the last time I'll let you play forward!  
Can't you kick it harder??? Aren't you listening to me?  
Get him! Get him! That was stupid!

## Good Sportsmanship

Good Sportsmanship: we teach our players good sportsmanship. Winning teams are not winning teams without an opponent. And, when the score is not in your favor, winners behave with grace. Our five goal rule (which applies to all divisions) helps to teach players respect for their opponents, and that being a winner means not running up the score.

### Good sporting behavior

- Teams (including coaches) shaking hands after a game
- Teams (including coaches) shaking hands before the game
- Giving the other team a cheer
- Parents cheering all good play, even for the other team
- Players telling the other team "good play" during the game
- Players helping other players up from the ground
- Players accepting the referee's call without a frown
- Parents accepting the referee's call without dissent
- Coaches accepting the referee's calls
- Coaches playing all their players equally
- Coaches instructing players within the rules (not cheating)
- Players playing within the rules (not cheating, not hurting intentionally)
- Teams adjusting their play to keep the game fun
- Clapping when an injured player gets up (and taking a knee until they do)
- Thanking the referees

### Bad sporting behavior

- Parents, coaches, players, refusing to shake hands
- Parents, coaches, players, cheering when a foul is called
- Parents, coaches, players, refusing to thank the referees
- Parents, coaches, players, yelling at the referees
- Parents talking down to the other players
- Coaches talking down, bad about the other team
- Players talking negatively about the other team
- Players talking negatively to the other players, parents, coach.
- Making excuses
- Kicking the ball away when the other team is awarded a throw in or free kick
- Cheating (handling the ball when no one is looking)
- Winning 10-0, 10-1, 10-2, 10-3, 10-4 - more than five points more than the other team.

# KIDS ZONE PARENT PLEDGE



1. I pledge to be on time or my child for a practice or game. I understand that it is embarrassing for my child to be late to a game or practice and that I am putting him/her at physical risk by not providing adequate time for warm up. I understand the importance of picking up my child on time for all games and practices. This shows respect for the coach, who has other time commitments, and it tells my child that he or she is my top priority.
2. I understand that the top three reasons kids play sports are to have fun, make new friends and learn new skills. I understand that the game is for the kids, and that I will encourage my child to have fun and keep sport in its proper perspective. I understand that athletes do their best when they are emotionally healthy, so I will be positive and supportive.
3. I will redefine what it is to be a "Winner" in my conversations with my child. A Winner is someone who makes maximum effort, continues to learn and improve, and does not let mistakes, or fear of making mistakes, stop them. I understand that mistakes are an inevitable part of any game and that people learn from their mistakes. I understand that all children are born with different abilities and that the true measure is not how my child compares to others but how he/she is doing in comparison to his/her best self.
4. I will "Honor the Game." I understand the importance of setting a good example of sportsmanship to my child. No matter what others may do, I will show respect for all involved in the game including coaches, players, opponents, opposing fans, and referees. I understand that officials, coaches, and players make mistakes. If the referee makes a "questionable" call, I will continue to respect the individual and be silent!
5. I understand that games can be exciting times for my child who is trying to deal with the fast-paced action of the game, respond to opponents, referees, teammates and listen to coaches. I will not add confusion by yelling out instructions. During the game, I will limit my comments to encouraging my child and other players for both teams.
6. I will not make negative comments about the game, coaches, referees or teammates in my child's presence. I understand that this plants a seed, which can negatively influence my child's motivation and overall experience.

# TOOLS FOR PARENTS

The following ideas may be helpful for being an AYSO supportive parent.

## Conversations before the games

- Tell your child you love him/her regardless of the outcome.
- Tell him or her “Go for it, give it your best shot and have fun!”

## During the game

- Understand that kids are over-stimulated during games. The coach may be giving instructions, opponents and teammates are talking, the crowd is cheering, and the referee is blowing the whistle. To a youth sports participant, the atmosphere is much like that of a fighter pilot with enemy jets racing all around. Do not yell instructions to your child during the game because it only adds to the confusion. Sometimes the best thing you can do as a parent is to be quiet.
- Cheer and acknowledge good plays by both teams.

## After the game

- Thank the officials for doing a difficult job.
- Thank the coaches for their efforts. Understand that after a difficult loss is not a good time to question a coach.
- Thank your opponents for a good game.
- Congratulate your child and his or her teammates for their efforts.
- Compliment individual players on good plays they made in the game.

## During the car ride home

- Point out a good play your child made during the game.
- Avoid criticizing or correcting mistakes.
- Ask open-ended questions about how the game was played rather than how many points were scored. Here are examples of open-ended questions that might apply:
  - Did you have fun?
  - Did you give it your best effort?
  - What did you learn from the game?
  - What was the best play you made and how did it feel?
  - Did you bounce back from your mistakes?

AYSO recognizes the efforts and advancements made by the Positive Coaching Alliance in Honor of the Game. The Kids Zone Parent Pledge is adapted from Positive Coaching Alliance's Parent Pledge ([www.positivecoach.org](http://www.positivecoach.org))

# **THE AYSO PLAYER BILL OF RIGHTS**

**AYSO players have the right to**

- 1. Participate on a team without a tryout.**
- 2. Participate on a team that has been honestly balanced with the other teams in that age group within the region.**
- 3. Play at least one half of every game.**
- 4. Have appropriately trained and certified coaches, referees and regional volunteer staff.**
- 5. Receive positive coaching and encouragement for effort.**
- 6. Have freedom to try without the fear of criticism.**
- 7. Have freedom to act their age.**
- 8. Have freedom from negative criticism and undue pressure from adults.**
- 9. Have freedom from abusive behavior.**
- 10. Be treated with respect.**

**A compilation of various AYSO pledges, codes of conduct, and ideas.**

# THE AYSO COACH PLEDGE

In my words and action, I pledge to

- 1. Enthusiastically support and practice the AYSO Philosophies of: Positive Coaching, Good Sportsmanship, Everyone Plays, Balanced Teams and Open Registration.**
- 2. Stay informed about sound principles of coaching and child development.**
- 3. Respect the game and know the Laws.**
- 4. Emphasize to my players that they must abide by the Laws of the Game at all times.**
- 5. Develop a true respect for the judgment of all referees.**
- 6. Develop a team respect for the ability of our opponents.**
- 7. Ensure a safe environment for my players.**
- 8. Never yell at or ridicule a player.**
- 9. Always set a good example.**
- 10. Remember that soccer is a game and all games should be fun.**

# THE AYSO REFEREE PLEDGE

In my words and action, I pledge to

1. Encourage and enforce the AYSO philosophies of Everyone Plays, Positive Coaching and Good Sportsmanship.
2. Learn the Laws of the Game and understand the “spirit” of the Laws and help fellow referees do the same.
3. Remember that the game is for the players and recognize that player safety and fair play come first.
4. Honor game assignments and arrive sufficiently early to conduct pre-game duties.
5. Present a positive authority-figure model when officiating.
6. Always be fair and impartial, avoiding conflicts of interest and personal bias.
7. Remain calm when confronted with emotional reactions from players, coaches and spectators.
8. Keep in mind that the roles of the coach and the referee are inherently different.
9. Support sporting behavior by players, coaches and parents of both teams.
10. Respect other referee decisions and not publicly criticize another official.

# THE AYSO PLAYER PLEDGE

In my words and action, I pledge to

1. Play for the sake of playing a game, not just to please a parent or coach.
2. Always give my best effort and work as hard for my teammates as I do for myself.
3. Treat all players as I would like to be treated.
4. Be a team player and not show off or hog the ball.
5. Be a good sport and acknowledge good plays whether they are made by my team or my opponents.
6. Abide by the Laws of the Game.
7. Cooperate with my coaches, teammates, opponents and the referee.
8. Never argue with or complain about referee calls or decisions.
9. Control my temper when I feel I have been wronged.
10. Remember that the object of the game is to win, but the goal is to enjoy myself.

## What Can I Do? Reactions to Inappropriate Behavior

*The following is intended to be used as a general guide (not as a mandatory procedure) when dealing with inappropriate behavior outside the touchline. Depending upon circumstances, severity of the misbehavior, familiarity with the offender, and impact on the game and spectators, you can apply any of the following techniques that are listed in order from least to most intervention*

### When a Spectator Is Behaving Inappropriately

What are some of the things the coaches can do?

- > Send a quick body-language message that you heard it and you don't like it.
- > Move close to the spectator, if possible, and engage in non-threatening small talk.
- > Explain that the inappropriate behavior is detracting from everyone's enjoyment.
- > Ask another person to speak with the misbehaving spectator (assistant coach, team parent, acquaintance).
- > Warn in stronger terms that continued inappropriate behavior could result in the referee asking spectator to leave and you would support the referee's decision.
- > Bring the situation to the attention of the referee.
- > If appropriate action is not taken by the referee, tell the spectator will pull the team and end the game if his/her inappropriate behavior continues.
- > As a final recourse, pull the team from the field and end the game.

What are some of the things the referee can do?

- > Send a quick body-language message that you heard it and you don't like it.
- > As soon as convenient, position yourself near the touchline and quietly request the coach deal with the spectator.
- > Stop the game for a general announcement from the touchline that the match is in jeopardy because of inappropriate spectator behavior and ask spectators to remember they are in an AYSO Kids Zone where unsporting behavior is not tolerated. Request coaches from both teams stand with you just inside the touchline facing the spectators to present a visual perspective that the coaches support the referee.
- > Stop the game for a specific announcement to the spectator that if inappropriate behavior continues, he/she will be given three minutes to leave the area or the match will be canceled. Again request the coaches from both teams stand with you to present a visual perspective that the coaches are supportive of the referee.
- > Stop the game and give the spectator three minutes to leave.
- > If the spectator has not left in three minutes, terminate the game.

**What are some of the things the opposing coach or opposing assistant coach can do?**

- > If possible, send a quick body-language message that you heard it and you don't like it.
- > Remind your team and spectators that the behavior they are seeing or hearing is inappropriate and inconsistent with the Kids Zone program and ask them to let the other coach and the referee handle the situation.
- > Remind your team and spectators to support the referee and to refrain from negative reactions to the inappropriate behavior of the spectator.
- > Speak with the referee when appropriate to describe the negative effect the spectator's behavior is having on your team and spectators and tell the referee that you will support him/her in taking the necessary corrective action.

**What are some of the things other spectators can do?**

- > Send a quick body-language message that you heard it and you don't like it.
- > Move over to the offending spectator and engage in non-threatening small talk.
- > Ask the person to help support good sideline behavior (Kids Zone).
- > Tell the person how you feel about the inappropriate behavior.
- > Ask the person to please stop the inappropriate behavior.
- > Ask other spectators to speak with the person.
- > Ask the coach to do something because the inappropriate behavior is detracting from everyone's enjoyment of the game.

**What are some of the things the "regional representatives" can do?**

- > Regional representatives (board members, etc.) can take similar actions to those suggested for parents. They may have greater effect because of their "official" standing.

## When a Coach Is Behaving Inappropriately

### What are some of the things the assistant coach can do?

- > Send a quick body-language message that you heard it and you don't like it.
- > Move close to the coach and engage in non-threatening small talk.
- > Explain that the inappropriate behavior is detracting from everyone's enjoyment.
- > Ask the coach to take a brief time to cool down off to the side.
- > Ask another person to speak with the misbehaving coach (team parent, acquaintance).
- > Tell the coach that you (the assistant coach) may have to take over the team.
- > Warn in stronger terms that continued inappropriate behavior could result in the referee asking the coach to leave and that you would support the referee's decision.
- > Bring the situation to the attention of the referee.

### What are some of the things spectators can do?

- > Send a quick body-language message that you heard it and you don't like it.
- > Move near the coach and attempt to engage in small talk.
- > Ask the coach to help support good sideline behavior (Kids Zone).
- > Tell the coach how you feel about the inappropriate behavior.
- > Ask the coach to please stop the inappropriate behavior.
- > Enlist the support of other spectators to speak with the coach.
- > Request the assistant coach ask the referee to do something because the behavior is detracting from everyone's enjoyment of the game.

### What are some of the things the referee can do?

- > Send a quick body language message that you heard it and you don't like it.
- > As soon as convenient, position yourself near the touchline and quietly request the assistant coach speak with the misbehaving coach.
- > Stop the game for a word in private with the coach. Ask the coach to come onto the field out of everyone's earshot and ask the coach to help you maintain a positive Kids Zone environment. Remind the coach of the options left to you if the inappropriate behavior continues, and your desire to avoid those options.
- > Stop the game and tell the coach if the inappropriate behavior continues he/she will be given three minutes to leave the area or the match will be canceled.
- > Stop the game and give the coach three minutes to leave.
- > If the coach has not left in three minutes, terminate the game.

**What are some of the things the opposing coach or opposing assistant coach can do?**

- > If possible, send a quick body-language message that you heard it and you don't like it.
- > Remind your team and supporting spectators that the behavior they are seeing or hearing is inappropriate behavior and inconsistent with the Kids Zone program. Ask them to let the referee handle the situation.
- > Remind your team and spectators to support the referee and to refrain from negative reactions to the inappropriate behavior of the coach.
- > Speak with the referee when appropriate to describe the negative effect the coach's behavior is having and that you will support the referee in taking the necessary corrective action.

**What are some of the things "regional representatives" can do?**

- > Regional representatives (board members, etc.) can take action similar to those suggested for spectators. They may have greater effect because of their "official" standing.

**When a Referee Is Behaving Inappropriately**

Because the referee is the authority figure on the field during games, it is often difficult to effect change immediately during the game and still maintain the respect due the referee's position of authority. The assistant referees, coaches and spectators should model appropriate behavior for the impressionable young players. When adults disagree with the behavior or actions of authority figures, care must be taken to ensure it is done in a manner that models appropriate behavior for youth.

Correcting inappropriate referee behavior is best done after the game following careful examination and review of the circumstances. The regional coach and referee administrator and regional board of directors are sources to address with concerns regarding referee behavior.

Discussion with the referee during breaks and halftime to request behavior modification is allowed but this must be done with care and respect for the referee's position. In extreme cases, independent action may be taken by coaches during the game, such as pulling the teams from the field and ending the game.

# Fair Play & Respect

## ***Fair Play & Respect means the same thing as Good sportsmanship.***

If you believe in Good Sportsmanship, then you believe in Fair Play & Respect. If you believe in Fair Play & Respect, then you believe in Good Sportsmanship.

## ***Why is Fair Play & Respect (Good Sportsmanship) an important concept in general?***

The International Football Association Board received many suggestions for improving the Game, and alterations to the Laws and such suggestions were carefully studied. It is the belief of the Board, however, that the Spirit in which the Game is played is of paramount importance and that changes in the Laws to improve the Game as a spectacle are of little value if “fair play” is not universally observed.

## ***Coaching for Character by Clifford and Feezell***

Why sportsmanship? Because the nature of sport requires it. Without sportsmanship, sport is no longer sport; the game is no longer a game. If the game is valuable – if we play the game for its joy, for its educational value, for its intrinsic beauty, for the truth about ourselves that it opens up – then sportsmanship is indispensable. Why sportsmanship? Because it’s better for human beings to be courageous, disciplined, fair, honest, responsible, humble and wise than not to be.

## ***Dr. Gunter A. Pilz on FIFA Web site***

- The game is an end in itself. Participate simply for the joy of taking part.
- In the early days of soccer, sport had one aim – to provide people with fun, enjoyment and pleasure.
- Social control was an important influence on behavior. No rules to deal with fouls or free kicks or referees were necessary.
- The game was played under the “classical definition” of fair play – equal chances for both sides combined with total respect for the rules of the game and a gentlemanly approach of “friendly rivalry” between opponents.
- Over time, increasing social value was attached to success in sports and the values of professional sports moved into young players’ understanding of fair play. Fair play moved away from the classical definition.
- Has yielded concepts like “good foul”, i.e., weigh the pluses and minuses and decide whether to foul. This is determined purely in terms of winning and losing. *Fair play moved from question of attitude to one of expediency.*
- Is Fair Play simply a matter of tightening up the Laws and increasing the penalties to the point where fouls aren’t worth committing? No. *Fair Play is important on its own.*

## ***Why should we advocate and teach Fair Play & Respect in AYSO?***

- “Good Sportsmanship” is one of the 5 principles of AYSO and included in the AYSO Kids Zone Promise, so we believe it is an important concept to teach our kids.
- Sports can teach many lessons – courage, discipline, fairness, honesty, responsibility, humility, the value of teamwork, the value of striving for something. It has intrinsic value.
- To get these benefits, you must play fairly.

- The sort of experience the game provides is what matters, and without a good experience, the game loses its intrinsic value and the ability to teach the lessons listed above. A good experience means good sportsmanship.
- Pils: Fair Play will not appear on its own. It must be established, demanded and experienced in everyday practice.

## **Fair Play and Respect Perspectives**

### ***Coach***

- Fair play means the participants know and respect the Laws of the Game. These laws exist even in the absence of a referee or in the presence of a referee who refuses to enforce them. Thus fair play is not dependent on the call of the referee. In a friendly match where no referee is present, the players understand what the laws are, call infractions on themselves and are annoyed by players who do not respect the laws.
- Good sportsmanship may include items not included in the above definition of fair play, but that reflect a player's respect for opponents. Red kicks ball into touch to allow an injured blue player to be tended to. Blue gives ball back to red team on the restart. Both sides shake hands before or after the match. A player helps an opponent to his or her feet. A forward compliments an opposing keeper who has made a great save.
- Increasingly, the culture of soccer subordinates Fair Play to winning matches. So we find coaches and players who deliberately violate the Laws of the Game of lie to gain an advantage. Players set up a wall short of 10 yards. Player touches the ball last before it crosses the goal line but signals for a corner kick, hoping that he will win a call from the referee.
- The coach should know the Laws of the Game better than his/her players. The coach should set the example by insisting that the players Play Fair. When the coach sees a player deliberately violate the Laws of the Game to gain an advantage but the referee saw or did nothing, it is the coach's responsibility to apply a sanction.

### ***Referee***

- The concept of fair play and respect is the underlying philosophy referees are taught and by which they subsequently manage their matches. It is part of the Golden Thread of sportsmanship and gentlemanly conduct that runs through the fabric of our sport.
- Fair Play is the measure against which referees judge players and coaches throughout a match. By the same token, the referee is judged by players, coaches and spectators for his or her adherence to this basic tenant of the Laws of the Game. When Fair Play is internalized by AYSO players through the instruction of the coaches, the match management of the referees and the reinforcement of the players' parents their most important relationship, AYSO has met its objective of developing a whole and valuable person.
- Fair Play and respect defines the human interaction AYSO expects of its players and its volunteers. How the match is played and how the individuals regard one another are critical elements to the success of the AYSO organization, its many programs, the individual matches and the lives of thousands of players to whom all of this is dedicated.

# PLAYER SAFETY AND PREVENTION OF INJURIES

Because AYSO is committed to providing a program that benefits youth, preventing injuries must be one of the coach's chief concerns. Many factors influence the number and severity of injuries.

Injury prevention can be increased by:

1. Proper warm-up: Unless the body is fully prepared for competition and participation, muscle strains are more likely to result. For younger players, warm-ups create good habits.
2. Sufficient physical conditioning: While this factor is not applicable to those under 11 years of age, older players will avoid many late game injuries by proper conditioning.
3. Correct soccer techniques: The techniques used in the game have evolved because they are effective and reduce the risk of injury. Tackling is the most obvious example where an incorrect toe-first tackle creates a high risk injury.
4. Knowledge and application of the Laws of the Game: The Laws are designed to allow for continuous play with little risk of injury. The "dangerous play" laws deal directly with injury reduction.
5. Sufficient rest and fluids: Coaching in all sports has come a long way since the days when players were not allowed any rest or fluids during practice. Good coaching and safety require coaches to be reasonable in their practice procedures.
6. Maintained facilities: Coaches should check playing fields and practice areas for unsafe playing conditions. Check for debris, holes, rocks, etc. Do not allow players to play around or upon goal posts. If unsafe conditions are found, fix or report them to the Director of Safety.
7. Safety Equipment: Shoes and shin guards must be worn at all times on the playing field. Shin guards must offer a reasonable degree of protection, and be appropriately sized.

## SAFE HAVEN

The AYSO Safe Haven Program is designed to address the growing need for children and volunteer protection. Safe Haven is an educational program that includes three components: child protection, volunteer protection and volunteer certification.

AYSO Safe Haven is meant to create a place where players and volunteers can come to play and work together without fear, where fun is the order of the day and where the welfare of the individual participant is always a high priority. In response to child protection laws and our own sense of duty, there are four elements in the Safe Haven Intervention Cycle for child protection. These are intended to stop child abuse and its agents before they get into our programs.

- Promote education and awareness
- Create policies
- Screen volunteers
- Train volunteers

Region 83 requires all volunteers to fill out the Safe Haven volunteer forms whether they are working as coaches, referees, or team parents. The level of training and the rigors of the process will be relative to the level of risk associated with each job.

# SOCCER CONDUCT & DISCIPLINE

It cannot be over stressed that the AYSO program is "for the players". The emphasis is placed on the organization's objectives and good sportsmanship by exhibiting the qualities of fairness, self-control, and having a good time. Over-zealous officials, coaches, and parents are discouraged from participating.

Part of the duty and responsibility of those involved in AYSO is to present a healthy and athletic environment for its players. Coaches and referees will neither: consume alcoholic beverages, use tobacco products or use illegal drugs, before or during practices, games, or in the immediate vicinity of the soccer fields.

Sideline coaching is to be limited. It is stressed that coaching consists of positive remarks only. Sideline coaching will be limited to inside the designated coach's area. This area, within ten yards of either side of the center line, will be marked, and strictly enforced. The coach's area is reserved for up to 2 coaches per team and the substitutes for that team.

Captains - The coach appoints one captain and one assistant captain per game. This is done so that all children have a chance to be involved in the coin toss. Please be fair with your selections.

Coaches are responsible for the conduct of their players, parents, and friends. All are expected to display good sportsmanship throughout the season. Unsportsmanlike behavior from parents or spectators may result in suspension of the game. Spectators are only allowed on the sideline area and must be at least six feet from the sideline, as a ball on the line is still in play. No cheering, spectating, or coaching is allowed near the ends of the field. **NO ONE IS ALLOWED BEHIND THE GOAL LINE OR THE GOAL AREA.**

## PARENTS MEETING

Each team needs to hold a parents meeting. This is the time to get the help you need. The coach will ask for many volunteers to help you with the management of your team (e.g., Assistant Coaches, Team Referee, Team Parent, Snack Coordinator, and Telephone Coordinators) Remember, a coach is a parent, too. He or she will be very busy with coaching, and preparing for practices and games. A successful team has good parent participation. A team roster including the parent's first names will help your team become acquainted.

## TEAM SPONSORS

Without Sponsors (businesses or individuals) we could not give our children the quality soccer program they deserve. We hope to continue to give that quality for years to come. Understand that your two hundred dollar (\$200) tax-deductible donation will help offset the cost of providing uniforms, balls, and equipment to the children in our community. It also affords the children the opportunity to participate in a quality sports program by offsetting the cost of volunteer training. AYSO Region 83 is staffed entirely by volunteers, and has no paid staff. For further information, please visit our web site at [www.5cities-ayso.com](http://www.5cities-ayso.com) or contact the Sponsor Coordinator.

## INCLEMENT WEATHER

Generally, soccer games will be played "rain" or "shine." A game will not be canceled because of rain if the field is still in playable condition. The laws of the game provide for certain criteria to be met before a game may start or play resume. These criteria are the responsibility of the referee who may suspend or terminate a match. The Regional Commissioner (or a duly designated representative) is the only person authorized to "cancel" a game. Such action, if needed, will be taken at the earliest possible time. A canceled game may be rescheduled. Please check the hotline or the website for updates on particular days.

## VOLUNTEERS

AYSO is a volunteer organization founded on community involvement. NO PERSON RECEIVES PAY FOR THEIR INVOLVEMENT. Five Cities AYSO has grown since its introduction to this area due to the hard work of many volunteers. These volunteers contribute their time and efforts to make AYSO a great program for our soccer-playing kids. They coach the teams, referee the games, coordinate team activities as team parents, and serve as Regional board members to plan and manage the AYSO program. There are always things we need help with. Some tasks require as little as 2-3 hours per season, others 15-20 hours per month. Call and let us know how you would like to help.

## REGISTRATION OF TEAM VOLUNTEERS

Coaches are responsible for registering team volunteers. No individual may participate in practices, or games, unless properly registered. "Registered" being those individuals on file with the AYSO National office and covered by the AYSO Soccer Accident Insurance. These volunteers include coaches, referees, assistant coaches and anyone else who actively participates during practices or games. VOLUNTEERS CONTRIBUTE THEMSELVES, AND THEY MAKE A DIFFERENCE!

## PICTURE DAY

Please see the calendar for Picture Day. Your coach will be given a schedule and order forms to pass to the parents. Team and individual pictures will be taken. If a player cannot attend picture day, he or she may take make-up pictures (individual only). Please try your best to have your player there for their team.

## PERSONAL ITEMS

Please mark soccer balls with child's name or initials, phone number, and team number, to make it easier for someone to return it to you if it gets lost. Unclaimed items will be donated to a charity at the end of the season.

## SOCCER ACCIDENT INSURANCE FOR INJURIES

The coach is to be notified of any and all injuries to players sustained during scheduled practices, or games. An accident form must be filled out and given to the Safety Coordinator. A doctor's care should be given immediately if the injury appears to need such attention.

Players with any injuries (soccer or other) requiring medical attention will need a doctor's release before returning to the playing field for practices or games.

Parents should first make accident claims for payment of medical bills to their family policy or employee's policy, whichever is appropriate. Where no coverage exists, or the primary policy excludes coverage, claims forms for AYSO coverage are available from the Safety Coordinator.

For more information, refer to the AYSO Soccer Accident insurance pamphlet received at registration. All questions regarding injuries and claims will be handled by the Safety Coordinator.

## PRACTICES

Practices are at the discretion of the coach, who determines time and location. There will be only three (3) team gatherings per week (Game counts as one). No single practice can exceed 2 hours and the total practice time in a week can not exceed 3 hours.

When players are placed on a team it is understood that they intend to be a part of the team by cooperating with the coach and the other players to help build a team for everyone's enjoyment. Players should attend practices, as that is where game skills and strategy are taught. Coaches should be notified if it necessary for a player to miss a practice.

Any player who continually exhibits a negative or unruly attitude at practices and games will be replaced with a player from the waiting list.

Players are responsible for their own transportation to and from all practices and games. PLEASE BE PROMPT!

## SNACKS

Each parent will probably be responsible to provide snack for the players at least once during the season. Traditionally, the players are giving a fruit snack and a drink at the half, and a variety of snacks and a drink at the end of the game.

## Arroyo Grande Valley HARVEST FESTIVAL

Players can participate in the parade. The coach will receive schedules and information in August or September.

# UNIFORMS AND EQUIPMENT

Soccer Ball Sizes are as follows:

- U19, U16, & U14 use a size 5 ball.
- U12 & U10 use a size 4 ball
- U8 & U6 use a size 3 ball.

Region 83 will provide a jersey, shorts, and socks for each player. This uniform will remain the property of the Region until the end of the playing season, at which time it may become the property of the player. Participants are to provide their own soccer shoes and shin guards. Please review uniform care instructions on the labels inside the shorts and jerseys. Uniforms for players on teams involved in Area play or Post Season play remain the property of the region and must be returned at the end of the season.

Please observe the following dress code:

1. All players must wear the issued uniforms, without exception. Any player out of uniform will not be allowed to play. The jersey shall be tucked inside the shorts and socks shall be pulled up to the top of the calf, and cover the shin guards completely. In cold weather, a T-Shirt or sweat-shirt the same color as the dominant color of the jersey may be worn under the jersey, and sweats may be worn under the shorts, they must be the same color as the shorts.
2. Shoes shall be worn at all times on the playing field. Soccer shoes may have molded rubber cleats. No metal screw-in cleats. Shoes with toe or unsafe cleats are not allowed. Gym shoes/sneakers are acceptable.
3. Shin guards must offer an adequate degree of protection, and be appropriately sized. They shall be worn at all times on the playing field. Shin guards must be put on first, as the shin guards must be completely covered with the socks so as not to interfere with play.
4. Goalkeepers may wear soft knee and elbow pads as well as appropriate head caps. Players, other than the goalkeeper, may not wear pads or head caps. If a goalkeeper plays on the field as a regular player, their uniform must match the other team players. Baseball caps will not be allowed during play and should not be allowed at practice.
5. Long hair may be tied up with a soft headband (No Bandannas).
6. Absolutely no jewelry of any kind may be worn during games or practices. This includes earrings, necklaces, hair ornaments, friendship rings, bracelets, wristwatches, etc. Medic-Alert bracelets may be worn but must be covered by a sweatband.
7. Any type of hard cast or splint is not allowed, insulating or padding is not acceptable. Soft knee braces are allowed provided they have no hard parts or metal.
8. Gum chewing during the game is not allowed.

## END OF SEASON PARTY

It's always fun to celebrate a great season with a party after the last game of the season. This is a great opportunity for the coach and the other parents to congratulate the team for their good sportsmanship and great accomplishments, and reward them for doing their best! The Team Parent usually organizes this event.