



ABOUT AYSO

AYSO's **Vision** is to provide world class youth soccer programs that enrich children's lives.

AYSO's **Mission** is to develop and deliver quality youth soccer programs which promote a fun, family environment based on AYSO's Six Philosophies:

Everyone Plays TM

Our program's goal is for kids to play soccer so we mandate that every player on every team must play at least 50 percent of every game. It no fun to spend the game on the bench...and that's no way to learn soccer!

Balanced Teams

Each year we form new teams as evenly balanced as possible because it's more fun and a better learning experience when teams of similar ability play. It allows for each player to gain the experience of a wide variety of teammates of different skill levels.

Open Registration

Our program is open to all children between 3 and 18 years of age who want to register and play soccer. Interest and enthusiasm are the only criteria for playing. There are no elimination try-outs and nobody gets cut.

Positive Coaching

Encouragement of player effort provides for greater enjoyment for the players and leads to better skilled and better motivated players. A coach can be one of the most influential people in a child's life, so AYSO requires they create a positive experience for every boy and girl.

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.

Player Development

We believe that all players should be able to develop their soccer skills and knowledge to the best of their abilities, both individually and as members of a team, in order to maximize their enjoyment of the game.



AYSO KID ZONE

In AYSO, we want all players, coaches, families, and volunteers to have fun. That's where Kids Zone comes in. Kids Zone is a program that encourages fans on the sidelines and anyone else near the fields to use positive language, show good sportsmanship in their attitude and behavior, and create a great experience for every player. It's a reminder that the soccer fields are a kid's zone - a friendly, happy, wholesome place for children to play.

As coaches and team parents, you can help create a positive team environment both on and off the field. Kids Zone is about supporting every child on the field - even those on the opposing team. It means supporting players whether they win or lose. It means honoring the game - not the outcome of the game.

It means holding the rest of your team's parents to the same high standards. With the Kids Zone Pledge (see reverse), you inform and hold accountable parents and spectators on your team of the following guidelines:

Kids are Number 1

Fun, not winning, is everything.

Fans only cheer, and only coaches coach.

No yelling in anger.

Respect the volunteer referees.

No swearing or abusive language.

No alcohol, tobacco, or drugs

No weapons

Leave no trash behind.

Set a proper example of sportsmanship

Remember, respect starts with you!



Kids Zone Parent Pledge

Please read, initial each item, sign at the end, and return to the coach or the appropriate AYSO volunteer.

1. I understand that I, or another responsible adult, am required to stay during practices and games. Each coach is responsible for many children on the field and it is unfair to ask him/her to monitor my child's water breaks and sideline activity. Being present shows respect for the coach and it tells my child that he/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 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. Winners are people who make the maximum effort, continue to learn and improve, and do not let mistakes, or fear of making mistakes, discourage 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 of success 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 for my child. 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 or coach makes a call I do not agree with, I will refrain from questioning, insulting or making personal attacks against him or her.

5. I understand that games can be exciting for my child as he/she deals with the fast-paced action of the game, responds to opponents, referees, teammates, and listens to coaches. I will not yell out instructions. During the game, I will make only sportsmanlike comments that encourage my child and other players on both teams.

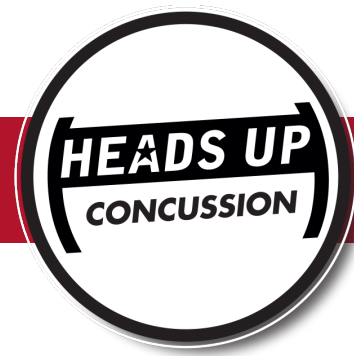
6. I will not make negative comments about the game, coaches, referees or teammates in my child's presence. This sets a bad example, which can negatively influence my child's motivation and overall experience. I agree to act in a sportsmanlike manner and make every effort to foster a friendly and nonviolent atmosphere. _____

I agree to honor the AYSO Parent Pledge in my words and actions.

Parent Signature

Print Child's Name

HEADS UP CONCUSSION ACTION PLAN



IF YOU SUSPECT THAT AN ATHLETE HAS A CONCUSSION, YOU SHOULD TAKE THE FOLLOWING STEPS:

1. Remove the athlete from play.
2. Ensure that the athlete is evaluated by a health care professional experienced in evaluating for concussion. Do not try to judge the seriousness of the injury yourself.
3. Inform the athlete's parents or guardians about the possible concussion and give them the fact sheet on concussion.
4. Keep the athlete out of play the day of the injury. An athlete should only return to play with permission from a health care professional, who is experienced in evaluating for concussion.

▶ **"IT'S BETTER TO MISS ONE GAME, THAN THE WHOLE SEASON."**



CONCUSSION SIGNS AND SYMPTOMS

Athletes who experience one or more of the signs and symptoms listed below after a bump, blow, or jolt to the head or body may have a concussion.

SYMPTOMS REPORTED BY ATHLETE

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not "feeling right" or is "feeling down"

SIGNS OBSERVED BY COACHING STAFF

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events prior to hit or fall



AYSO REGION 94

JOIN THE CONVERSATION AT www.facebook.com/CDCHeadsUp

HEADS UP

TO LEARN MORE GO TO >> WWW.CDC.GOV/CONCUSSION



SUN & HEAT SAFETY

SUN SAFETY

Cover Up: Kids need to escape the sun. Bring an EZ-UP or ask another parent to bring one to games so substituted players can stay out of the sun. Remember to wear a hat and sunscreen while coaching/spectating.

Use Sunscreen Consistently: Select an SPF of 30 or higher to prevent sunburn. Remind players to always have sunscreen.

HYDRATION

If you feel thirsty, dehydration has already begun. Watch for these signs of dehydration in your players:

- Dry mouth
- Decrease in energy
- Cramps
- Headache
- Nausea

To Avoid Dehydration

- **Drink early** – about 2 hours before exercise. Remind players to drink extra bottles of water the day before a game and continue hydrating the morning of.
- **Drink often** – continually sip fluids rather than gulp them down. Give players plenty of water breaks during practice and pre-game.
- **Drink after** – post-exercise hydration gets fluid levels back to normal. Instruct families bringing game-day snacks to bring a bottle of water or Gatorade for every player post-game.

HEAT-RELATED ILLNESS

Make sure your team personnel and parents know the signs of heat-related illness. The smaller a player is, the less time in the heat they need to get overheated and dehydrated.

What causes Heat-Related Illness?

- Previous HRI, hot weather, high humidity, sunburn, dehydration, poor circulation, illness, drugs and medications.

Heat Cramps

- Heat cramps are muscle pain or spasms in the abdomen, arms or legs after strenuous activity.

Heat Exhaustion

- Symptoms may include headache, feeling faint or dizzy, nausea, fatigue, heat cramps. Individual feels cool, clammy and damp to touch.
- Move to cool area and shield from sun or heat. Give small sips of cool liquids.
- Loosen restrictive clothing, apply cool cloth to skin or spray with cool water/mist. Immerse in cool/ice water or apply ice to neck, armpit & groin areas.

Heat Stroke

- Individual feels hot and dry to touch, may no longer perspire.
- If body temperature rises above 102 degrees, fainting, confusion or seizures can occur.



TEAM RESPONSIBILITIES FALL 2018

COACH

Plans and leads practices and games. Must complete volunteer form at www.ayso94.org and Safe Haven & CDC Concussion certification and age-appropriate coach training.

ASSISTANT COACH

Assist coach during practices and games as needed. Must complete volunteer form at www.ayso94.org and Safe Haven & CDC Concussion certification. Coach Training is optional but encouraged.

TEAM PARENT

Assist coach with organization of team; Coordinates snack schedule, banner, one-liners, parties, etc. Must complete volunteer form at www.ayso94.org and Safe Haven certification. (Responsibilities may be split amongst a group of team parents)

REFEREE (8U-19U TEAMS)

Teams must complete a minimum number of ref points during the regular season (varies by division). Ref points affect final standings and playoff eligibility. Must complete volunteer form at www.ayso94.org, Safe Haven & CDC Concussion certification. Regional Referee Training required.

FIELD PAINTING

Work assigned shift on one Friday during the regular season. Arrive at 4:30 p.m. No experience is necessary, we will train you. Wear old shoes and clothes. Volunteers must be 18 years old and distraction free during shift.

SNACK SHACK

Work assigned 3-hour shift on one Saturday during the regular season in the snack shack (shift will be scheduled around team's game schedule). At least one volunteer should be able to grill. Volunteers must be at least 16 years old.

FIELD SET-UP/TEAR-DOWN

Teams playing the first game of the day are responsible for setting up the field (goals/nets, flags, etc.). Teams playing the final game of the day on that field are responsible for field tear-down.

BANNER PARENT*

Coordinates purchase of banner as well as brings to games to display on sideline.

PARTY PARENT*

Plans any parties during the season and the end of the season party.

SNACK PARENT*

Coordinates team snack schedule and reminds the family responsible for bringing snacks each week.

*Optional roles



TEAM PARENT RESPONSIBILITIES

The team parent is the “Administrative Assistant” of the team. They coordinate most everything aside from running practices and coaching during the games. So what do we expect of our Team Parents at Region 94?

Below is a list of responsibilities typically taken on by the team parent. However, we highly encourage you to recruit other parents on your team to take on some of these roles so the burden doesn't fall only to you!

PLAYER SAFETY - As a Team Parent, you must be Safe Haven and CDC Concussion certified. You should be an extra set of eyes for players during practices and games to ensure they have a fun and safe experience.

TEAM PAPERWORK - Team Parents typically handle any and all required paperwork for the team, including Picture Day order forms, Reimbursements, etc.

SNACK SCHEDULE - Once you have your game schedule, create a snack schedule. You can do one family per game or collect money and one person purchase snacks for the entire season. Snacks include half-time snacks (usually fruit high in water content like oranges, watermelon, or grapes) and post-game snacks (it's easiest to pre-package a drink, snack, and fruit). Be sure to remind parents when they are assigned to bring snacks.

TEAM APPAREL - If your team wishes to purchase shirts, hair bows, etc., this is usually coordinated by the Team Parent.

BANNER - Once you know your team color, your team should select a name and banner design. See the Banner Guidelines before designing your team banner. The cost of the banner is usually equally shared between all players on the team.

GOAL JAR - A great way to raise funds for team parties or other team expenses is to have a goal jar. Every time your team scores, someone walks up and down the sideline to collect money for scoring. It can also be called a “quarter jar” and the coins make a wonderful celebratory noise as you collect.

ONE-LINERS - Team Parents are responsible for communicating one-liner instructions to families and for collecting payment for the one liners. See “One-Liners” information sheet for details.

PHOTO PACKAGES, YEARBOOKS, AWARDS - When these items arrive, any registered team personnel, including team parents, can pick up as instructed.

COACHES' GIFTS - While not required, it's always a nice gesture to give your coaches a gift from the team. The Team Parent typically coordinates the collection of money and then the purchase of the gift.

TEAM PARTIES - Teams can have as many parties during the season as they want. Most teams have at least one at the end of the season. The Team Parent should help select the date, time, and location and any other details, including reservation of the facility, if necessary.

TEAM COMMUNICATION - The Head Coach may handle this, but if not, the Team Parent can set up the best way to communicate with families on the team. There are several Team Management apps, including “Heja” and a text reminder app called “Remind” that are both free.



TEAM REFEREE REQUIREMENTS FALL 2018

8U TEAMS

8U teams shall provide one registered volunteer with Safe Haven for each game played; home team will officiate the first half and visiting team the second half. Teams that complete their game assignment, snack shack and field painting hours will be eligible for a reimbursement of up to \$50 in team expenses (receipt required).

10U - 12U - 14U - 16U - 19U TEAMS

10U - 19U divisions may earn up to 3 ref points each week, one ref point per referee. Teams may earn two ref points by signing up early and a third point on Saturday sign up, as available. These points will be added to points earned through game play to determine team standings. The top two teams will represent Region 94 in Area playoffs (teams must provide referees).

Minimum amount of Referee points are required to qualify for AYSO Region 94 post season playoffs:

- 17 ref points for 10U & 12U divisions (10 points for teams traveling for Area play during the regular season)
- 10 points for 14U - 16U - 19U divisions
- The maximum ref points available to one team is 23
- Any team unable to complete their point total may not participate in future playoffs/tournaments.

EXTRA TEAMS

A minimum of 14 Referee points are required, teams may earn up to 3 points per home game, one ref point per referee. Any team unable to complete their point total will not be allowed to participate in future Tournaments.

POST SEASON PLAYOFF REFEREE REQUIREMENTS

Teams qualifying to play in our post season playoffs shall provide two referee points per game played; point verification will only be obtained from the game card with the signature and team number documented by the participating referees.

Any team failing to provide the required referee points will result in their game being forfeited.

ADDITIONAL INFORMATION

In the unlikely event there are more referees available than referee slots, the referee administrator shall be allowed to award the referee point to a team by assigning the representing referee to another job.

The overall intent is to share the responsibility among each team/parent. Region 94 is a volunteer organization. Our motto is to create a fair, fun, and safe environment. Remember participation should not only be a priority, but our commitment to make AYSO Region 94 the best we can be.



PICTURE DAY

Plan to arrive on the field 30 minutes prior to your team picture time. Allow plenty of time for parking and walking to the fields; it will be busy at the field that day!

CHECK IN WITH REGION

Before checking in with the Photographer, please check in at the Region 94 EZ-Ups. Please send just one team representative to check in. You will receive water bottles to distribute to your players. These water bottles can be used at our snack shack - free water and 25-cent fountain drink refills all season long!

VOLUNTEERS CHECK IN & GET STAMP

Any volunteer who plans to enter the photography area will need to check in and receive a stamp to show they are able to enter the area. Only cleared volunteers may enter the photography area. Encourage all of your team personnel to complete their volunteer application at www.ayso94.org now so there is time to complete the background check and be cleared. Each volunteer will need to check in and receive a stamp.

VOLUNTEER & PLAYER IDS

If volunteers have not already obtained their volunteer ID (this is needed to be on the field or player sideline), volunteers should have their picture taken and ID printed for the season. Players who require player ID cards may also get their pictures and ID cards done after taking their pictures.



BANNER GUIDELINES FALL 2018

Team banners are a source of pride and identity and each team should proudly display their banner at each game and at Picture Day. Typically all teams from have team banners in some form or another.

THE BANNER

Once your team has selected a team name, the next step is to make or purchase a banner to include in your team photo and on the sidelines at each of your games. Typically there are three options for a banner and any of them :

- Vinyl Printing
- Airbrush
- Handmade (usually felt)

Going through a vendor for vinyl or airbrushed banners is the easiest and fastest way to go. Most vinyl banner companies have a gallery of predesigned banners you can select from or you can design your own using their artwork. Turnaround time is usually about 5 business days, so orders should be placed early enough to allow enough time to receive it before Picture Day on August 18.

Some vinyl banner companies include:

- BannersUSA.com
- ProBanners.com
- Grace Graphics (www.gracegraphicsdesign.com)
- TeamsBanner.com

You can also purchase the materials to make your own banner from a local craft or fabric store. Typically teams use felt or other fabric and decorate with paint, glitter, or cloth letters.

BANNER GUIDELINES

Whatever method you use for your team's banner, here are a few guidelines:

- You may put FIRST names only on the banner. DO NOT put first AND last names or uniform numbers. (Note: Just putting uniform numbers with NO NAME is okay too, but kids like to see their name.) This is done for the child's safety. If you are using a child's photo please do not associate their name directly with their photo or show any photos that associate a face with their number.
- Other than your team name and the players names, don't forget to include your coach, assistant coach, team parent, and sponsor if you have one. You can also include the Region, city, division, or team number if you wish.
- Team names should be fun and non-political. If there are any questions regarding appropriateness of your name, contact your Division Coordinator.
- Please note that banners that do not adhere to these guidelines will not be included in team photos or the yearbook, and may not be able to be displayed at your games.

THE STAND

Some vendors include the banner stand and carrying case with your purchase or as an additional purchase.

To create a banner stand, you can buy ¾" or 1" PVC tubing (used for garden sprinklers) and the fittings. You can use Velcro, zipties, snap rings, grommets or thin rope to mount the banner to your stand. Make sure it is easy to assemble and disassemble.

A NOTE ABOUT UNIFORMS: Uniforms may not be altered in any way. This includes the printing of first or last names on jerseys.





ONE-LINERS

One-liners are short messages of encouragement to players or gratitude to coaches and other team personnel. These messages of up to 100 characters (including spaces) are printed in our region's Fall yearbook. The cost of a one-liner is \$1 for up to 100 characters; \$2 for 101-200 characters; \$3 for 201-300 characters, etc.

ONLINE SUBMISSION - DEADLINE SEPTEMBER 15, 2018

Effective for the Fall 2018 season, all one-liners must be submitted online through our Google form. A link will be emailed to all registered player's family accounts as well all registered volunteers.

This form should be fairly self-explanatory and anyone can submit a one-liner through this form. Be sure complete all fields as the one-liners will not go through if they are not all completed.

Team parents also still have the option to collect all one-liners and submit the entire team him/herself, if desired. A "worksheet" form similar to the old One-Liner forms has been included in Team Parent packets if they wish to collect the one-liners and submit the entire team themselves.

Once a message has been submitted, it cannot be edited. Be sure to carefully proofread your message and count the number of characters. Any message over the 100 character limit will be charged extra. (Character counts do not include the recipients name, but do include spaces, punctuation, and the sender). Emojis cannot be printed.

INVOICES & PAYMENT - DUE SEPTEMBER 29

Between September 15 and 19, our Yearbook Editor will create an invoice containing all the one-liners submitted by each team. The entire team will be emailed the invoice. Team Parents (or other designated team representative), will collect the payment for the entire team.

Team parents should submit a copy of the one-liner invoice with payment in an envelope to the Snack Shack no later than Saturday, September 29. Only team payments will be accepted. Individual players should submit payment to their team representative; not directly to the Snack Shack. Team payments may be made with exact cash or a check made out to AYSO Region 94 is preferred.

Any unpaid one-liners will not be printed in the yearbook.

ADDITIONAL INFORMATION

All one-liners are subject to review and may be rejected if they contain questionable content.

There is no limit on the number of one-liners submitted for a single player.

SOME EXAMPLES

Nicole Anderson: We are so proud of the incredible soccer star you've become this season. Love, Mom & Dad (88 characters)

Mark Alvarez: Go Green Dragons! Good job on a great season, Mark! Love Aunt Cathy (67 characters)



ACTION PHOTOS

One of the best parts of the yearbook are the action photos included. They capture the memories of the season much better than any team photo ever could. We need your help to submitted good quality, high-resolution images to include in our yearbook.

SOME PHOTOGRAPHY TIPS

When possible, use a camera, not your cell phone. In most cases, the action on the field is happening too far away to adequately capture with your cell phone.

Get in close or zoom in on the action. Obviously you can't be on the field with the players or in certain areas around the field, but do your best to get as close to the action as possible, and then, if you need do, zoom in closer.

Include the ball in your shot. Kids running are great, but we want to know what they're running after!

Get their faces. Only you know (and maybe your child's coach) know your child's number. We want to see their faces in photos!

If you do use your cell phone for pictures (our youngest divisions can get some decent quality photos with their cell phones because the field is so small), please send the original image. Do not send a screen shot as this is extremely low quality and will not print well.

WHAT SHOULD I TAKE PHOTOS OF?

Anything related to soccer this season!

- Action during the games as well as warming up, half time, after the game, etc.
- Team parties or other team activities
- Practices
- End of game rituals (running through "parent tunnels, hand shakes at the end of the game, etc.)
- Pep talks
- Eating snacks
- Players with coaches or other team personnel

PHOTO SUBMISSION

Please email all photos you wish to have considered for publication in the yearbook to Katie Julius, ayso94katiej@gmail.com no later than Saturday, September 22. Please be sure to include the division, team number and name, and coach's name in the subject line of your email. Please send only one team's photos per email. If you have multiple kids/teams, please send a separate email for each one.