

## **Introduction**

Welcome to the San Luis Obispo Soccer Club's (SLOSC) Player Manual. Our intent is to make clear the policies and procedures for our club so that everyone gets consistent information. We have divided the manual into major sections. The table of contents is intended to help you navigate the document. When you accept your roster spot in a SLOSC team, you are agreeing to abide by the policies and procedures described here.

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# 1. MISSION STATEMENT

The San Luis Obispo Soccer Club:

- Is committed to providing a high quality soccer experience for those players who have demonstrated that they have a talent and dedication for the sport.
- Primary concern is for the long-term growth and development of your son/daughter as a person as well as their growth in soccer skills.
- Takes the soccer we play seriously, however, we recognize there are things more important in life than soccer and in terms of priorities, family and school come first.
- Believes that a player's development is more important than winning and that winning is a result of successful player and team development.  
As a competitive club, places an emphasis on competing for tournament, league and State Cup championships.
- Believes that the success of this organization is measured by its excellence both on and off the field.

# 2. CLUB OPERATIONS

## ***2A - CLUB OVERVIEW***

The San Luis Obispo Soccer Club (SLOSC) is a 501-c3 non-profit organization dedicated to organizing and training youth soccer players, currently from the U9-U18 age groups, with boys and girls teams. The San Luis Obispo Soccer Club is dual registered with the California Youth Soccer Association (CYSA) and US Club Soccer. Within Cal South, SLOSC is in District 7.

Day to Day Management and operations - The club is managed by a Board of Directors, Director of Operations (DOO) and Director of Coaching (DOC). There is also a Tournament Director in charge of the North v South Tournament.

Coaching Oversight - The club employs Bob Galarneau as Director of Coaching for the Club. Bob recruits, trains and oversees all of the coaches in the Club. He conducts monthly trainings with the coaches, develops club-wide curriculum for all of the teams and oversees the training sessions.

Coaches - All of the head coaches in the club are paid coaches hired on a season-by-season basis. We strive to hire coaches with good soccer skills, good teaching skills and people who will be good role models for your children. In addition, there are assistant coaches for many of the teams. Some of those assistants are paid and some are volunteer.

Board of Directors - Oversight for the Club is provided by the SLOSC Board of Directors. The board meets on a monthly basis (second Tuesday of each month, specific information can be found on the slosoccer.com web site). The meetings are open to the public.

Staff and BOD Names – see website

## **2B – COMMUNICATION**

In general, much of the club business is conducted via email and our club web site. If there is a change in a schedule that occurs within 24 hours of an event, we will use the phone as our primary communications tool. If the change occurs more than 24 hours prior to an event, we will probably use email.

“Chain of command”. We have established a process for communication.

1. If you have any issues, or concerns, those should first be communicated to your coach.
2. If you are unable to resolve those problems, then you should speak to the Director of Coaching, Bob Galarneau.
3. If you feel that your problem has still not been resolved, then you should contact the SLOSC Board

Please bring any health and safety issues directly to the attention of the Director of Coaching.

News/Newsletters – The club will post news on the home page of our web site.

Email Correspondence – The club will periodically email messages to members of the club. We will try and do that as infrequently as possible.

## **2C – VOLUNTEER EXPECTATIONS**

Responsibilities other than paying team fees: The club requires some volunteerism from families to enable the club to operate in an organized, productive manner (committee and Board positions) and to keep each team’s overall costs down.

North vs. South Tournament - The North vs. South Summer Classic tournament is a fun event that spans two weekends in August: U15-U18 August 7 & 8, 2010 and U9-U14 August 14 & 15, 2010. All SLOSC teams will play in the SLOSC North v South tournament. **Each family is required to work a minimum of 8 hours per club player at this tournament as part of your “Club commitment”.** Any member(s) of the family can volunteer to work a portion of these hours. The family will have tournament duties such as working snack bar, registration, etc. Many families/parents choose to put in their volunteer time during the weekend their child does NOT play, allowing them to watch their child’s matches. Or they may choose to spread their volunteer time over the course of both weekends.

Teams contributing their time and energy are a key component to our club’s financial stability, and we ask all families keep the August dates (7,8 and 15,16) and their club commitment in mind as they make summer plans. Families with conflicts can contribute their hours in a variety of ways prior to or following the tournament. Communication with the team-assigned tournament representative is necessary to ensure hours are met.

Our teams play for free, but the other 160-170 teams that come to town pay to enter. The tournament usually contributes between \$20,000 and \$25,000 to our club operating budget.

Parents and friends provide the work force to staff the event for the 6,000-8,000 participants and fans that attend over the two weekends.

Team Manager/Tournament Rep/Hotel Coordinator - Each coach selects a manager and a tournament representative to the North vs. South Tournament Committee from their parents. In addition, many teams also have a tournament room reservations/organization person and a treasurer.

Board of Directors - The operations of the Club are overseen by a volunteer Board of Directors made up of parent and community volunteers. Board elections are held in January of each year.

Drive-Through Barbeque – There are 2 Drive-Through Barbeque dates scheduled: May 12<sup>th</sup> and October 6<sup>th</sup>. Each family will be asked to sell a minimum of 5 tickets for each barbeque, priced at \$40 each. A total of about 40 volunteers will be needed on the day of each of these events. The DOO will ask for volunteers as the event nears.

## ***2D – EXPECTATIONS***

Player Expectations - You are part of a team and club and your actions reflect not only upon yourself, but on the rest of your team and the San Luis Obispo Soccer Club. You are expected to:

- Play the game for the game's sake, for the fun of it
- Attempt to win through your skill, effort, tactics and fair play
- Maintain a positive team attitude, good sportsmanship and fair play
- Be positive in fulfilling the role that you are asked to perform for the team at any moment, even if that role is not playing, not being in the starting lineup, not playing your desired amount or playing a different position
- Be ethical and honest and to honor your commitments both verbal and written.
- Commit to full participation and support for the entire soccer season
- Conform to the rules established by your team and the club
- Be responsible for your own performance and conduct
- Adhere to the laws of the game
- Treat teammates, opponents, coaches, referees and other officials with respect
- Not argue with referees or assistant referees
- Avoid inappropriate behaviors during practices, games team or club sponsored events, tournaments and travel
- To eat nutritious, healthful food in a timely manner so as to not interfere with performance
- Take constructive criticism along with praise for a job well done and be able to deal with both
- Commit to the sport of soccer and make the team your first recreational priority during the team's season
- In addition, players are encouraged to work on technical aspects and conditioning outside the realm of two trainings per week.

Coach Expectations - Coaches are expected to serve as teachers and leaders whose attitudes and behavior will set the tone for the players and the touchline. In addition to the above applicable standards, Coaches are expected to:

- Set high standards for their players conduct and attendance, as well as their own conduct and attendance
- Treat all players honestly, fairly and with respect
- Be committed to help all players reach their highest potential
- Not cut players from the team during a soccer season unless it is for disciplinary reasons or non-payment of team fees
- Conduct themselves as positive role models and display appropriate behavior at all team/club functions
- Be responsible for the conduct of the team on and off the field when the team is together as part of a team event
- Conform to the rules established by your team and the club

Manager Expectations - Managers are expected to manage the affairs of the team including uniforms and equipment, tournaments, league play, finances, etc. and create an atmosphere of open communication among all those associated with the team. In addition to the above applicable standards, managers are expected to:

- Provide a timely periodic schedule of activities and events to allow time for planning and hold at least one parent meeting per year, within 30 days of the conclusion of club tryouts
- Conduct themselves as positive role models and display appropriate behavior at all team/club functions
- Facilitate the flow of information between the club, league, coaches, etc. and the parents of the players
- Represent the team in voting at the annual SLOSC elections and annual CCSL elections

Parent Expectations - Parents are not only a supporter of their son/daughter, but also a role model whose actions reflect upon the player, the team and the club. In addition to the above applicable standards, parents are expected to:

- Remember that the game is for your son or daughter, not for you
- See to it that players attend all possible team functions (practices, games, meetings, etc.) and encourage and support your son or daughter in meeting his/her obligations
- Set a good example by your conduct and good sportsmanship
- Allow the coach to direct the play of the game
- Be your child's biggest fan. Win, lose or draw, we all want to support the team.
- Remember that in five years no one will remember the score or who won the game
- Remember that your son's/daughter's career is a long-term growth process and not an end unto itself.
- Contribute quality communication, planning and understanding so conflicts are minimized.
- Take the initiative to teach your son/daughter to speak up and communicate for themselves whenever possible
- Conform to the rules established by your team and the club

**It is not a parent or family choice whether or not to participate in tournaments or not to attend a schedule team or club event. Families need to commit to the entire schedule. Families with legitimate conflicts will be excused.**

Club Official Expectations - Club Officials are responsible for providing the direction and organization for the club, and whose decisions and actions will set the tone for the rest of the members. In addition to the above applicable standards, Club officials are expected to:

- Remember that we exist for the benefit of the youth and not the egos of adults
- Conduct the business of the club with honesty, integrity and openness
- Ensure the club conforms to the rules established by itself, the Central Coast or Coast leagues, CYSA South, USYSA and FIFA
- Make decisions for the good of the club and not one's personal agenda
- Actively pursue ways to minimize costs for players and parents while providing an environment that enables the development of high quality, competitive soccer teams
- Prepare a line item financial statement of Club finances within 45 days of the close of the fiscal year

*SLOSC is unique with our Positive Fitness Policy*

*SLOSC prides itself in establishing the first known club soccer "positive fitness policy". The policy is as follows:*

*Whereas, several aspects of fitness (including, but not limited to muscular strength and endurance, cardio endurance, speed, agility, and flexibility) are necessary in soccer,*

*And whereas, young athletes are becoming more knowledgeable of their bodies' needs and recuperation principles,*

*And whereas, attitudes toward lifelong fitness and exercise are established early in life,*

*And whereas, SLOSC aims to promote not only the technical and tactical aspects of a player, but the physical development as well,*

SLOSC coaches, assistant coaches and support staff will always promote fitness in a positive and developmentally appropriate manner (ie. SLOSC staff will not use fitness as a punishment for poor skill, poor behavior, or for being on a losing team in any game or drill. SLOSC coaches positively incorporate appropriate fitness principles into their practice plans and overall periodization to enhance the player's performance and promote it as so.)

## ***2E – DISCIPLINARY ACTION***

If there is an incident that occurs where someone's (player, parent, or coach) behavior is inappropriate the club will take disciplinary action. In addition, both the league and Cal South have disciplinary committees as well.

During a match, the coach is responsible for their sideline (players and spectators). The referee has the right to eject players and spectators for bad behavior, and the coach for bad behavior or not controlling the touchlines. The Club has given our coaches the authority to require any of our spectators to leave the field if it is in the best interest of the team.

## 3 – TEAM OVERVIEW

### 3A – TEAM ORGANIZATION

Teams are selected after tryouts each March. These teams play soccer for 6-7 months of the next 12 months. The months vary depending on the teams. SLOSC is divided into the following academies: Youth Development Academy – YDA – (Boys and Girls U9-U10), Youth Competitive Academy (Boys and Girls U11-U13) and Advanced Youth Competitive Academy (Boys and Girls U14-U18). Refer to the Player Information Sheets for calendars for each academy. All roster spots are open and players must earn their spot each year.

Each team has a paid coach that is selected by the Director of Coaching. In addition, each team elects a manager and a tournament representative to the North vs. South Tournament Committee from their parents. In addition, many teams also have a tournament reservations/organization person.

Team Meetings - Teams are required to hold a minimum of one parent meeting each year, within 30 days after tryouts. At that meeting parents and coaches will be introduced, a manager and tournament representative will be selected, and the season’s expectations will be discussed.

### 3B - TRYOUTS

Open tryouts are held each March for all teams in the club. Multiple sessions are offered and the teams will be selected by the team coach and the Director of Coaching. Selections will be based on skills, attitude, commitment, and willingness to be coached. Once tryouts are complete, families will have the opportunity to apply for financial assistance. Financial assistance is based on need.

#### Roster Specifications

Teams	Cal South USSF Maximum Allowed Registered/Competition	US Club Soccer Maximum Allowed Registered/Competition	SLO Soccer Club Maximum Allowed Registered/Competition*
U9	14/14	26/14	14/14
U10	14/14	26/14	14/14
U11	18/18	26/18	18/18
U12	18/18	26/18	18/18
U13	18/18	26/18	18/18
U14	18/18	26/18	18/18
U15	18/18	26/18	18/18
U16	22/18	26/18	22/18
U17	22/18	26/18	22/18
U18	22/18	26/18	24/18

\*SLOSC Director of Coaching and Team Head Coach control discretion to travel to competitions or compete in league with less than maximum allowable players. The team and individual players would be notified accordingly of player status for travel and league competition. Any revisions to travel or league rosters would be on a competition to competition basis, and would occur with proper notice.

Individual Tryouts - After initial team selection, individual tryouts (aka "spot tryouts") can be arranged by team coaches with prior approval from the DOC. A spot tryout is two training sessions, but can be extended to a maximum of four with DOC approval. Spot tryouts are available to anyone who is age appropriate, even if that player has tried out and not made the roster before. A team does not have to hold spot tryouts even if there is available roster space and players who wish to try out. It is possible that no players will be selected from spot tryouts. It is up to the coach to invite players to spot tryouts. Interested parents/players should express their interest to the coach.

**Roster Cuts** - No player on a team will lose their spot unless they:

1. fail to meet team financial obligations
2. fail to live up to the commitments as outlined in this parents and players manual. Failure to live up to commitments will include not making the majority of matches and trainings, or not making SLOSC your highest recreational commitment.

### Training Players

- Players exhibiting potential for growth and development can be designated as training players at the coach's discretion.
- Participation is limited to Training, Play Days, Scrimmages and Friendly Matches. Level of involvement is at the coach's discretion.
- Players are required to register with state or national associations governing SLOSC. Current registration associations are Cal South (CYSA) and US Club Soccer
- Players are required to purchase club training kits consisting of two red shirts, one black shirt, one black short and two pair black socks.
- Players are asked to maintain ongoing communication with the team coach and manager regarding attendance, punctuality, team rules and player expectations.
- Players will be responsible for one-half annual club dues.
- Players are not required to purchase a team uniform, but can, if they so choose.

## ***3C - PRACTICES***

Each of our teams is scheduled for two training sessions per week. Coaches may offer a third optional training session if they like. Players are expected to make all required training sessions and matches.

Training gear – Red practice shirt, black shorts and black socks. These can be purchased from SLOCO Soccer Store.

Times and locations – see website or your coach

### Training Expectations:

- Arrive 10 minutes early with all equipment and training uniform
- Pay Attention - Your behavior will affect your participation
- Be respectful
- Be aware of your coach's team rules
- Be sure to learn something new every day
- Be a better player when you leave practice

Need to miss practice? – notify your coach and talk with them about a make-up training with another team in the club. Our focus is on development of our players and teams once rosters are established. Coaches will foster a strong and healthy competitive nature within the team, which will in turn benefit everyone.

Competition Play Time – Each player will compete according to the appropriate level of “Match Pressure”. Variables affecting match play include, but are not restricted to: Attendance, Attitude, Ability, Commitment, and Effort. Play time is at the discretion of the coach. The coach should be delivering clearly defined expectations to the players.

Expectations of Coaching Staff

- Arrival at training 15 minutes and matches 60 minutes prior to scheduled start time
- Professional attire and manner at all club functions
- Ongoing, open communication with players and parents
- Coaches will treat players and parents with honesty, fairness and integrity
- Coaches will hold high standards, but use support and encouragement as the prime factors in fostering player growth
- Coaches will be responsible and accountable for their actions and follow club policy

### ***3D – COMPETITIONS***

There are four types of possible competitions:

- League Circuit
- Club Sponsored Tournaments
- Friendly Matches or Mini Tournaments
- State and National Cups

League Circuit – Regular Season

The league season is September through mid-November with 1-2 games played most every Friday and/or Saturday for 10 weeks. High school age players will culminate their league play prior to the beginning of the fall high school season in late October/early November.

Our local league, the Central Coast Soccer League (CCSL) consists of teams from Paso Robles to Santa Maria. SLOSC’s home field is Damon-Garcia sport fields located on Broad St. in San Luis Obispo. Games may be played on a Friday evening or a Saturday, sometimes both. The fall game schedule is released in late August.

The Coast Soccer League (CSL) consists of teams from the Central Valley through Southern California. Home games for SLOSC teams in this league will be played at either UCSB or Oxnard College. Away games will likely be played between Santa Barbara and Thousand Oaks. Team will play 1-2 games per weekend for 10 weeks, with a possible “Bye” weekend. Games will be played on a Saturday or a Sunday, or both.

All teams are designated to play in the CCSL unless otherwise approved by the DOC.

Club Sponsored Tournaments – We will play in weekend tournaments throughout the year culminating in state cup for most teams. Tournaments are almost always Saturday and Sunday play. We generally play in tournaments that are within a 3-4 hour drive of San Luis Obispo.

Friendly Matches or Mini-Tournaments – Practice games against another club or organization.

State and National Cups – Competitions provided by State and National Associations, ie. Cal South and US Club Soccer. Participation in these tournaments will be decided on a team by team basis, at the discretion of the Team Coach and the DOC. Teams participating in State and National Cups will incur additional expenses and have their training and competitive calendars extended beyond other teams.

The possible State and National Cups available to SLOSC teams are Cal South State and National Cup and US Club Soccer State and National Cup. Cal South tournaments run in Jan/Feb for U11-U13 and in April/May for U14-U18. US Club Soccer tournaments run in Feb. for U11-U13 and in June/July for U14-U18.

A typical commitment for a state/national cup team would be as follows: Training starting Jan 1<sup>st</sup>, one prep tournament in mid-Jan, State Cup tournament weekends starting the last weekend in Jan. and continuing for the next three weekends. Teams compete over 1-3 weekends, depending on their results. If they continue to win, they keep playing. If they lose, they are out.

Families can expect the following expenses for each tournament played in State/National Cup Competition (including the prep tournament): tournament entry fees, coaches training fees and coaches travel expenses. This past season, the cost for one of these types of tournaments was approximately \$100. On top of this expense, families must also factor in their own personal expenses, such as travel, hotel and food costs.

Match Expectations for Players:

*Game Attire* – Black game day shirt worn to field, transition to jersey at coaches direction. Leave field either in jersey or game day shirt.

*Arrival time* – 60 minutes prior to scheduled kick off (coach has discretion to change for each match and communicate to players). Check in with coach immediately after arriving. Fully dressed and ready to go 30 minutes prior to kick-off

*Focus* – Know your coach's rules regarding interaction with players and parents.

*Touchline* – Remain in the "Team Bench Area" while off the pitch. This area is for players and coaches only.

*After the Match* – Remain with the team under coach's supervision until dismissed.

Match Expectations for Parents:

*Arrival Time* – Arrive at the match site 45 minutes prior to kickoff. Turn your child over to the coach's supervision upon arrival.

*Touchline* – Familiarize yourself with the "Team Bench Area" and the "Spectator Area" and respect team boundaries. Please ask questions of a coach at appropriate times (not during a competition). If there is something that needs to be communicated with the coach during a competition, speak to the manager, who will speak to the coach. We want spectators to be supportive and cheer for our teams in a positive manner. Do not coach, criticize officials or interact with opposing players.

*After the Match* – Coach will turn supervision back over to the parents at dismissal. Coach will inform parents of his/her availability for conferences/discussions.

## **4 – CALENDAR**

Please see the calendar on the website

## **5 – FINANCES**

### **5A – Player Fees**

Fees that are charged to players:

- Monthly Dues
- Uniform Fee
- Additional Tournaments

Dues (Your player will either be a or b)\*

- a. Annual Fee for Youth Development Academy (YDA) is \$400

**OR**

- b. Annual Fee for Youth Competitive Academy and Advanced Youth Competitive Academy is \$800

**SLOSC has a “pay to play” policy. Players must be current in payments in order to play.**

\*Go to [www.slosoccer.com](http://www.slosoccer.com) in the Tryout Section for Information sheets that describe exactly what is included in the dues.

#### Uniform Fee

Uniforms and training kits are required of all players. The total cost for a new uniform is around \$115 for youth and adult sizes. Training kits are about \$50. If you need just an item or two, you can purchase those individually. Warm-ups and bags are available to purchase, but are not required. Exact pricing is available at [www.slosoccer.com](http://www.slosoccer.com) in the registration section. Uniform jerseys will be replaced every other year (replace black one year, red the next year, etc.).

#### Additional Tournaments

Additional expenses will be incurred if your team goes to more than the number of tournaments that are covered by the dues. The cost of additional tournaments will be calculated based on actual expenses for each tournament. The cost per player will be determined by taking the total of tournament fees, coaches expenses and a 10% administrative fee and dividing by the number of players attending the tournament.

### **5B –Financial Assistance**

Our goal is to select competitive soccer teams and not have the cost of being on a team prohibit anyone from playing. To that end we will offer financial assistance for players. A financial aid application will be made available to families at the team meetings in mid to late March. Information will be made available at that time regarding what factors are considered when determining financial assistance. Any information collected will be confidential. Applications will be due by April 15<sup>th</sup>. The amounts we offer each year are based on the number of applicants and the pool of available money. Those families receiving financial assistance should be prepared to provide additional volunteer hours during the season.

### ***5C – Fundraising***

There are two club-wide fundraisers scheduled during the season: the North v South tournament and the drive-through barbeques. All families are expected to contribute volunteer hours for the tournament and volunteer hours and/or ticket sales for the drive-through barbeques. All proceeds from these events go to the club as a whole.

Individual teams may hold fundraising events on their own - with prior approval from the DOO. Proceeds from these events go directly to the individual team. Participating in an individual team fundraising event DOES NOT exclude any family from participating in the club-wide events.

### ***5D - Team Finances***

The team managers are responsible for collecting the dues from each player. Refer to the Player Information Sheets on our website for details about what is covered and not covered with these dues.

The payment schedule for all academies is as follows. At registration day – March 27<sup>th</sup> – the first payment of \$200 is due. Then starting in May, \$100 per month is due at the 1st of every month. June is the last payment for the YDA. October is the last payment for the Youth Competitive Academy and Advanced Youth Competitive Academy.

If you don't pay, you don't play. Anyone, of course, can pay in full at anytime.