

Region 121

Team Parent Manual

2011 Spring Season

Simi Valley - REGION 10/E/121
Regional Website: www.aysoregion121.org
Area 10E Website: www.area10e.org
National Website: www.ayso.org

Important Dates

February	04	Spring Season Practices Begin	Rancho Santa Susana #4&5
February	04	Coaches notify parents of team information	-----
February	01	25% registration refund	-----
February	18	U6/U8 Referee Class	Rancho Recreation Center
February	23	Team Parent Meeting	Rancho Recreation Center
February	25	No registration refund	-----
February	26	Game 1	Rancho Santa Susana
March	05	Game 2	Rancho Santa Susana
March	12	Game 3	Rancho Santa Susana
March	19	Game 4	Rancho Santa Susana
March	26	Game 5	Rancho Santa Susana
April	02	Game 6	Rancho Santa Susana
April	09	Game 7	Rancho Santa Susana
April	09	Fall Season Sign Up Starts	Rancho Santa Susana
April	16	Game 8	Rancho Santa Susana
April	16	Trophies presented to all teams	Rancho Santa Susana

Check our website at www.aysoregion121.org for any communication or updates
Check Website Calendar for all-important information by clicking on the event of the day

There will be no make up games during the spring season.

The AYSO Region 121 Regional Board reserves the right to change, alter, or discontinue any items in the coach manual as long as it is not contradictory to the rules and regulations of the American Youth Soccer Organization.

After February 1, 2011 there are no refunds due to injuries sustained while practicing or playing games or injuries a player sustains outside of soccer practices or games.

All participants in the soccer organization including, board members, referee's, coaches, assistant coaches, team parents, players, parents, guardians and spectators are responsible to know and follow the rules, regulations and philosophies of the American Youth Soccer Organization, AYSO Board of Directors, Section Staff, Area Staff and Regional Board rules and regulations. Any violation of the rules, regulations and philosophies mentioned in this paragraph by any of the mentioned individuals is subject to disciplinary actions.

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Welcome and Thank You for Volunteering

First, we would like to extend our THANKS to you for volunteering your time and energy on behalf of the kids of the American Youth Soccer Organization Region 121 in Simi Valley. We know the children and coaches will appreciate your unselfishness. Hopefully, their smiles will be your reward.

As for the Board, we could not get through the season without you. We will be available to assist you in any way we can. You are the VITAL link between the team and the Board members. Your role will be to keep the team and coaches informed of program activities and upcoming events. You are the right hand person of the coach. The Team Parent is a very important part of our program and is necessary for the smooth and efficient operation of our soccer season.

This handbook should answer most of your questions. If you have further questions please feel free to log onto the Regional Website at www.aysoregion121.org

Thanks again!!!

AYSO Vision Statement

To provide world-class youth soccer programs that enriches children's lives

AYSO Mission Statement

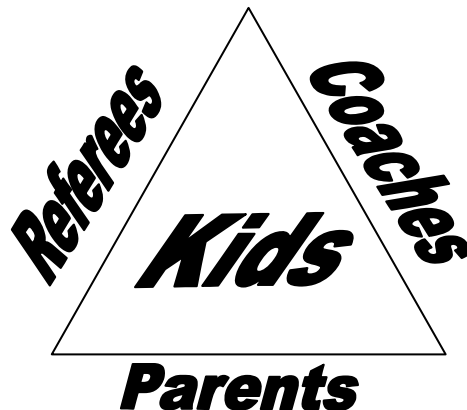
The AYSO Mission Statement is to develop and deliver quality youth soccer programs, which promote a fun, family environment based on our philosophies:

The six philosophies of the American Youth Soccer Organization are:

Everyone Plays - Balanced Teams - Open Registration - Positive Coaching
Good Sportsmanship - Player Development

AYSO Team

Coaches, Parents, and Referees. We are all here to support the kids, not only in what we do for them directly, but in modeling sporting behavior as well.



RESPONSIBILITIES OF THE TEAM PARENT

- ⚽ ADVISE, SUPPORT, and GUIDE your parents regarding AYSO philosophies. PROMOTE ENCOURAGEMENT TO THE PLAYERS AND COACH.
- ⚽ Promote community and intra-team friendship by introducing parents to each other throughout the season.
- ⚽ Encourage and promote team sportsmanship. Let's work hard to display courtesy towards ALL teams and referees. Remember, the REFEREES ARE VOLUNTEERS too, donating their time so the kids can play.
- ⚽ Delegate the responsibilities to other parents. Your job is crucial in helping the coach as a buffer between the parents and the coach. You are there to answer the everyday questions and help manage the team. The coach is there to coach and encourage the kids.
- ⚽ Please note that AYSO National policy is that NO LESS THAN TWO ADULTS MUST BE PRESENT AT ALL TEAM PRACTICES OR THE PRACTICE MUST BE POSTPONED, AND ONE OF THESE ADULTS MUST BE THE SAME GENDER AS THE TEAM. This rule is for the safety of the players. Work with your coach to schedule this if needed.
- ⚽ Carry a small first aid kit with you at all times. The coach is given one in his coach's bag, but sometimes it can get used up. Make sure you can provide a child a band-aid or ice pack, as needed.
- ⚽ The white registration copies are given to the coaches, which contains the parent/guardian signature for permission to treat a player that is injured. The coach must have the signed copies with them at all times during practice and games. The coach should make two extra copies, have parents sign the copies and then distribute a set to the assistant coach and keep a copy for you. If the white copies are forgotten players cannot participate unless the parent of the player is present.
- ⚽ Once you have met your entire team and you have all your information, use the list of the job duties, which are listed on page 20 & 21, to assign parents a specific task. Make the parents responsible for the job description and carrying it out. Most important is scheduling your parents to be early for the first game of the day. They must paint the fields and assemble the goals. As important is the last game of the day for parents to disassemble the goals, leaving the nets on the top bar, and empty the field trash cans.
- ⚽ Create a team roster and distribute it to your parents (make sure you confirm with the parents that they give you their permission to share their information with other parents). Most parents like having a roster to arrange carpools, exchange information, etc.
- ⚽ There are several ways to get information out to the other parents on your team: Find out which is the best way to get in touch with each parent. Some like phone calls and others are email readers. Verify all the phone numbers are correct.
- ⚽ All team parents must be registered with the National Organization. Please go on line to <https://www.eayso.org/> and fill out a registration form. Once completed print out two copies, sign and deliver the forms to a CVPA Board Representative. You will have to show a driver's license to the CVPA for approval of the form.

General Information for Team Parents

Drink & Snack Schedule

At each game, players should be provided with a half-time nourishment and after the game a drink & snack. The team parent should prepare a game-by-game schedule so all team family's share the responsibility of refreshments. Parents should bring enough refreshments for all players, coaches, and referees. **DON'T FORGET OUR REFEREES!!** They get mighty thirsty too. Remind the assigned family several days before their scheduled game.

IMPORTANT NOTE: PLEASE CHECK WITH PARENTS TO SEE IF THEIR CHILDREN HAVE ANY ALLERGIES TO FOOD OR DRINKS.

Half-time Refreshment Suggestions:

- Oranges sliced in quarters, fruit (apples or watermelon cut up), grapes
- Packaged juices, water, Gatorade-type drinks (no sodas)

After-Game Refreshment Suggestions:

- Packaged chips, cookies, donuts (if early morning game)
- Packaged, juices, water, Gatorade-type drinks

Good idea to bring spray bottles for cooling off the players on hot days and sunscreen.

Team Party

Every team should have a get-together at the end of the season. Ask a parent to handle the responsibility of the following:

- Confirm players and parents who wish to participate.
- Pitch in to share the cost.
- Organize the party setting, theme (if any), food, drinks, etc.
- Use this time to present awards to players and gifts to coaches, referees, etc. Below are some ideas for an end of the year team party:

PIZZA PARTY: - phone ahead & reserve a section of the facility. Some places will play videos that you supply. If the restaurant has video games, suggest players bring extra money so they can play. Decide whether you will collect just for the kids, or for the families also.

PICNIC/BBQ: have a potluck picnic or BBQ at a local park or a team member's home. Make a list of needed items and ask that everyone sign-up. Go over the sign-up sheet with the parents about a week before the party so everyone remembers what to bring.

Other ideas include laser tag, miniature golf party, hamburger place, anywhere the team can get together to end the season.

Coaches / Referee Gifts

A token of appreciation is a great way to say THANKS at the end of the season. Don't forget to include assistant coaches and referees too. This job responsibility should include:

- Talk with parents and decide on a gift. Decide on whether you will be purchasing or making a homemade gift.
- Collect money, if necessary or organize the gift.
- Some suggestions are plaques, scrapbooks, and mini soccer balls with kid's names on it, mini-photo albums, t-shirts with team picture and/or signatures of all the kids, sweatshirts, dinner gift certificate, etc.
- Nothing extravagant is needed – be creative! If you have a parent with talent, see if that can be used to create a unique gift. All team families should share this cost.

Referees

Always support the referee staff.

Protests of Referee calls and results of games thereon will not be entertained. Decisions of the Referee on the field are final and will not be overturned.

Important Information

Practice Schedule and Practice Fields

Practice fields are very limited at this time of the year. You can practice on the RSSP fields #4 and #5 during the week. These are the same fields you will be playing your games on Saturdays. You can also practice at parks but no scrimmages between teams are allowed and if the surrounding neighbors lodge a complaint you will be prohibited from that park. This year we are allowing coaches to practice on lighted fields. There is limited space and the coach must sign up for these times. This is not guaranteed to all coaches.

Practice for the U12, U14, U16, and U19 Divisions – 2 practices per week up to 1.5 hours each.

Practice for the U10 Division – 2 practices per week up to 1 hour.

Practice for the U8 Division – 1 practice per week up to 1 hour.

Practice for the U6 Divisions – there is no practice allowed except prior to Saturday's game, which is 1/2 hour of practice before the game.

There are no practices allowed at the public schools. Our permits expired on Jan. 31

Please learn to share with other AYSO soccer teams. Fields are at a minimum.

If you encounter a problem with an outside athletic team do not argue or create a conflict. Contact your division director and they will inform the commissioner.

Advise your parents to park legally and do not block the driveways of the surrounding residential homes. That means don't put any part of your vehicle in the driveway area.

Coach Pledge Agreement

As a volunteer and filling out your registration form you accepted and agreed to abide by the AYSO Bylaws, rules, regulations, policies, philosophies, and all decisions and directions of the Regional Board of Directors, Area and Section staff, and the National Board of Directors, and understood that you may be removed as an AYSO volunteer at any time with or without cause. (Printed on the back of your registration form)

Player Parent Notification

Coaches please call the parents of your players the first week you receive your player roster. February 1 is the official date you can practice with your team. Parents become aware of coaches practicing and when the coach of their child does not notify them they become worried their child was not assigned a team. The notification will help ease their fears and keep the phone calls from coming into the region. Your name, division and email will be listed on the website so parents will be able to contact you if you fail to contact them first.

Medical Authorization Release Forms In Case of Injury

The white registration copy is given to the coaches, which contains the parent/guardian signature for permission to treat a player that is injured. The coach must have the signed copies with them at all times during practice and games. Make two extra copies and have parents sign the copies and then distribute a set to the assistant coach and team parent. If you forget your copies, practice and games will be suspended unless the parent is present.

Dress Code and Protective Equipment

Region 121 provides uniforms (jersey, shorts and socks). All team members will be uniformed in the same color and style of jersey, shorts and socks, except that a goalkeeper may have a different uniform when in the goal. **Do not modify uniforms in any manner. No personal names or team names on jerseys or shorts.**

This is not a fashion statement of colors and styles. The only exception is the color of shoes. There is no restriction on the color. Any player not in proper uniform will not be allowed to play until the problem is corrected.

Parents provide proper running/soccer shoes, shin guards, a ball, water and sunscreen.

Practice: Wear comfortable clothing (no uniforms) and **PROPER SHIN GUARDS**; bring a ball, water and sunscreen.

Games: AYSO uniforms, **PROPER SHIN GUARDS** next to the skin, socks on top of the shin guards, and shoes.

Sportsmanship

Players must not taunt, tease or use profanity to other players.

When a player is injured, all players should stop playing but continue to move to prevent their muscles from tightening up.

At the end of the game all players high five and thank the referees.

Don't brag about winning, be proud and be supportive of the opposing team members.

Always continue to support your team when you have a loss.

Ask the Parents

Ask parents about their children in regard to any special needs or medical conditions such as Medications, Asthma, ADD, Fears, etc.

Communication and the Web – www.aysoregion121.org

The region website contains all the information you would need to know. To communicate with division directors and/or board members please use the email addresses listed on the website. In the same manner please be respectful and find out how your division director would like to be contacted and use the recommended tool. Remember our Webmaster is a non-paid volunteer and will make every attempt possible to keep the website updated.

We also have our Facebook page. Please advise your parents and players of this added communication tool. The address is on the front cover of the manual.

Adult to Child Supervision

The adult ratio of 1:8 or less is one adult for every eight or fewer children and two adults (one of whom may be the coach and one of whom should be of the same gender as the group) present at all times.

Team Parent

It is highly suggested you select one of your parents to fill this position. The team parent can take a lot of work off the coach in communicating with other parents on schedule changes, reminders and snacks for the players. This person also helps to get volunteers for the picture day, helping to remind you to complete your player ratings and most importantly planning the end of the year party for the players. **Team parents must be registered as volunteers.**

Dropping a Player After You Receive Your Team

Please note that a player is considered to be a “drop” only after a parent has confirmed with their respective coach and submitted the request in writing along with their phone number to the Registrar (by email ayso121_registrar@yahoo.com) that they wish to withdraw their child from the AYSO Fall season.

When the coach/parent confirms the withdrawal, the player’s coach must immediately complete the following:

Take the player’s white registration form and write the word **DROP** diagonally along the form. Contact the Registrar to make arrangements to get a replacement, if available, and to drop off the white registration form.

Have the parent/guardian fill out the Parent Drop Request Form and turn the form in with the white registration form. The form is below.

Once the Registrar receives the white registration form and parent drop request, the refund process will start and a check will be sent to the player’s parent(s) within 4-6 weeks at the address listed on the drop request form. Spring refunds are issued until February 1, 2011, after that you will receive a 25% refund until February 25. Once the season starts there are no refunds.

Replacement players will come from our waiting list and when the waiting list has no players left, there will be no replacements. We know when a coach loses a player a replacement is needed as soon as possible. We will make every attempt to assign a replacement as quickly as we can, however, we cannot take shortcuts to bypass the procedure as it may adversely affect our ability to account properly to AYSO National.

The Registrar will review the waiting list to find a replacement player with a similar rating to the dropped player. When a replacement player is identified, the registrar will notify the coach and will make arrangements to get the white registration form to him/her.

If you have any questions, please contact Registrar: Mary Morrissey at: ayso121_registrar@yahoo.com

Parent or Guardian: Please return the Parent Drop Request and Refund.

Parent Drop Request and Refund

I understand the region has a season preparation time and cost from February to the beginning of the season and incurs a considerable amount of that cost prior to the beginning of the season. The maximum refund allowed when I request to leave the team after the team has been formed and assigned to the coach is 25% of original cost. Once the season has started, I understand there are no refunds.

Date of Request: _____

Players Name: First _____ Last _____

Primary Parent Name: First _____ Last _____

Detailed explanation of reason for dropping _____

Address to send refund: _____

Email Address: _____

Authorized Participation on Practice Fields

A certified coach and/or a certified assistant coach are the **only persons** authorized to conduct practices during the week and at games on Saturdays. No **parent, legal guardian or spectator** is authorized to coach their child or any other child during practice or games.

Registered players are the only individuals allowed to participate during team practices and games. Certified coaches and/or certified assistant coaches are allowed to conduct, train and demonstrate soccer drills during practice.

No **Adult**, unregistered child or siblings are allowed to participate with the registered players during a practice or scrimmage of any type.

Insurance Coverage

AYSO supplies a Secondary Soccer Accident Insurance Policy on all registered players and volunteers. For information on the policy please visit the national website <http://www.ayso.org/resources/insurance.aspx> for detailed information and downloadable forms and instructions to assist you in attaining coverage. For questions contact the Regional Safety Director.

Injury Participation Release Form

A player returning from an AYSO injury or injury from other sport participation where medical assistance was needed (doctor or hospital) there is a Mandatory Requirement to fill out a Participation Release Form before the player is allowed to return to play. This form needs only to be filled out by a parent or legal guardian. There is no need for a doctor release. A coach is not authorized to release a player unless the coach is the parent of the player. If a player is absent from playing do to major illness such as hepatitis, pneumonia, etc. you must fill out the same form to return to play. You can download a copy of the form at:

: http://www.ayso.org/resources/insurance/insurance_forms.aspx

When you complete the form please deliver it to the Regional Safety Director.

AYSO Incident Report Form - Injuries, Physical Violence or Property Damage

The Incident Report Form is used whenever there is a personal injury requiring the assistance of a medical doctor or hospital, damaged property, or threats of or actual physical violence surrounding an AYSO game, event or practice. The form should be prepared by the coach and submitted to the Regional Safety Director within 72 hours. The form can be downloaded at: http://www.ayso.org/resources/insurance/insurance_forms.aspx. The form is necessary when filling out insurance forms for reimbursement.

Bleeding and Blood on Uniforms

Any player or official who is bleeding must leave the field immediately. No person can return until all the blood has been removed, disinfected and the bleeding stopped. Blood on uniforms must be disinfected with a neutralized disinfecting solution, (such as Hydrogen Peroxide), or the article of clothing must be removed from the person.

Casts, Splints, Leg Braces and Protective Headgear

Casts and splints of any type are not allowed. If the injury needs to have protection of a hard cast, soft cast or splint the player cannot play even with a doctors release form. No exceptions. Knee braces are not prohibited provided the brace is adequately covered and padded. Protective headgear is approved provided there are no metal parts in the gear.

First Aid Station and Emergency First Aid Box

The first aid station is located at the field tent on each playing field. There is an extensive first aid box available for all injuries and a first aid book to help with information on care and treatment, insurance information, hospital location, incident report forms and medical release forms.

Jewelry

No jewelry of any kind is allowed on players during any match. This includes, but is not limited to, earrings, necklaces, bracelets, rings, friendship bracelets, sting, or other ornaments used in decoration or piercing.

Putting band-aids or any other type of tape over freshly pierced ears is not allowed. **NO EXCEPTIONS.** Medical bracelets may be worn but must be covered with tape or a non-moving band.

No hair ornaments of any kind including pony tail bands with metal. A rubber band type item to place the hair in a ponytail is acceptable.

No hats or bandannas will be allowed.

Tobacco and Alcohol

In accordance with the American Youth Soccer Organization National Rules and Regulations the use of tobacco or alcohol, in any form, is prohibited on or around the soccer fields. If smoke is smelled by any individual near the soccer fields you are in the wrong area. Again, matches may be suspended and/or cancelled if these conditions are violated.

Goal Safety

It is recommended with the use of movable goals that anchors be checked before each game by coaches, referees and/or parents to make sure they are properly secured. Do not let children play on or around these goals as they might loosen the anchors, which could cause them to fall over.

PETS at Fields and Surrounding Areas **NO PETS OF ANY KIND OR SIZE**

Matches may be suspended and/or cancelled if this condition is violated.

Service animals and trainee service animals under the Americans with Disabilities Act and are individually trained to perform tasks for people with disabilities are exempt from this rule.

Rain, Inclement Weather, Fire, Smoke or Unplayable/Unhealthy Conditions

In the event of any of these mentioned items occurring before, during or after AYSO scheduled game events, the Recreation and Park District and/or the AYSO Region 121 Organization reserves the right to cancel any or all sanctioned games or event.

If any of these events occur within the time period mentioned above, it is the responsibility of the coach, team parent and/or parents to call the AYSO hotline at 805.527.5811. A message will be placed on the recorder by 6am the day of the event/game. In the event of rain during the week with practice time please call 805-584-4413 and press 4#.

Storm Conditions

Storm conditions with lightning – stop play immediately, calmly leave the fields and return to your vehicle. Stay away from standing by trees and metal objects or containers. There is a waiting period of twenty minutes before resuming games.

Unsupervised Player After Practice

No child shall be left unsupervised after a game or practice.

Parents who are unreasonably late or consistently tardy may be reported to the Regional Child and Volunteer Protection Advocate for action. Walking home is discouraged and neither AYSO nor the coach can be responsible for the child's safety.

Coaches are prohibited from driving a player home or to the coach's residence.

Sideline Information During Game for Coaches, Parents and Spectators

A maximum of one coach and one assistant coach is allowed per team.

Coaches are responsible to instruct players, parents and spectators of the rules, regulations and philosophies of the American Youth Soccer Organization.

The coaching area shall extend ten (10) yards on either side of the centerline.

All coaches, parents, and spectators must stay on their own team's side of the field.

Parents and spectators must be at least 4 feet from the touchline and no closer than 18 yards to the goal line or corner

No one is allowed behind the goal area from corner flag to corner flag for any reason including photography. Photographers that are sanctioned by the Region 121 Commissioner are exempt.

Coaches, parents and spectators shall not enter the field of play unless and until requested by the Referee, even for a player who is "down" and apparently injured.

No parent or spectator is allowed to coach their child or other players.

Coaches, parents and spectators must keep their comments positive in nature towards the players and no dissenting or derogatory comments shall be directed at the referees.

Failure to follow any of the above rules shall subject the person to ejection from the fields by the referee staff or authorized board members. Failure to leave the fields will forfeit the game.

Ejection of a Parent, Guardian, Player or Spectator

For disputes arising out of game conduct when a parent, guardian or player is ejected from the field during a game by the referee, field monitor or a designated board member it should first be addressed and resolved by the Regional Referee Administrator and/or then by the Regional Commissioner. If a game is being conducted in a public park, the person asked to leave the area can refuse to do so. If the person refuses to leave the game is then terminated and all parties are sent home.

The coach shall be responsible for attaining the information of the parent, guardian or the player ejected and submit the information to the Regional Referee Administrator and/or the Regional Commissioner so a report can be generated on the situation.

The Regional Commissioner will present the written report along with the recommendation to the parent, guardian or player ejected from the field at which time that person will be given a reasonable opportunity to explain why such action should not be taken.

These procedures apply in the same manner when a coach or assistant coach is ejected from the game but spectators are not granted any of these procedures.

Player Ejection

When a player, under the age of 18, is ejected from a game, the player must leave the surrounding area with a parent or legal guardian. If there is no parent or legal guardian the player must stay close to the playing field with adult supervision.

Referees

Always support the referee staff.

Protests of Referee calls and results of games thereon will not be entertained. Decisions of the Referee on the field are final and will not be overturned.

Your action toward the referees is an example to your players and parents.

Youth Referees

Youth referee volunteers are protected under a zero tolerance policy. Anyone at the game will be ejected for any type of negative verbal comments while the youth referee is performing their job duties. No person shall use his or her power as an adult to threaten, instruct, recommend, advise, insult or demean any youth referee. Advise your parents and spectators of this policy. Anyone failing to follow the strict zero tolerance policy will be disciplined in accordance with the recommendation of the Referee Administrator and/or Regional Commissioner. All decisions involving a youth referee are final.

Player Substitution

During substitution coaches must have their players ready to enter the field at the halfway line and know which players are coming off. Due to game schedules and the fact that time will not be stopped for substitutions, unorganized sideline habits will be subject to caution.

Game Cards

All Divisions except for U5 shall complete and turn in Game Cards for each game during the season. Game cards are checked for the proper calculation of the 3/4 rule of player substitution. All coaches are asked to check each game card at the end of the game to make sure the referee calculated the correct 3/4 play for your game.

Field Set Up and Take Down

This is a very important subject. Please inform your parents over and over.

The first match of the day, at all fields, require the parents to set up half the field for each team. This includes the goal and net, stakes, 2 corner flags and marking the fields (includes lines, circles, arcs and penalty marks). The parents must make sure they secure the goals properly with two stakes on the front and rear portion of the bottom legs and three stakes evenly placed on the back of the nets that touch the ground.

The second most important item is at the last match of the day; the parents must take the goal and net down. **DO NOT TAKE THE NET OFF THE CENTER TOP PORTION OF THE GOAL.** Slide the net to the center portion before taking any of the goal apart. Place the goal parts, net (still on the center top portion), all stakes, hammer and the corner flags (2) in the goal bag.

Noisemakers

Artificial noisemakers such as cow bells, horns, air horns, and megaphones are not allowed.

Awards

Every player participating in the spring season will receive a trophy.

Trash

Trash pick-up is the responsibility of the coaches, players, parents and spectators. Please pickup all the trash and put it in the trash receptacles. If the trashcans are full please find another one and don't try to build a mountain to the sky.

Parent Educational Seminar

Region 121 is proud to announce a new program called the Parent Educational Seminar. This program will be available to all parents with players attending the spring season.

The Seminar will be presented after the last game of each Saturdays play for March 5, 12, 19, 26, April 2 & 9.

The class will be given on the fields so your children can still be able to have some fun kicking the ball around while you attend the meeting.

The Seminar will last for approximately 1/2 hour and cover many aspects of the American Youth Soccer Organization and the inner workings of the region. Parents will learn how and why decisions are made in the region.

This valuable tool will give parents the ability to become more involved and better understand the workings of how the organization is able to give so much to the players.

Parents attending the seminar will receive a \$10 discount coupon good for the upcoming fall season.

Prior to the Game

At least 10 minutes prior to each game, the Coach of each team must make available to the referee(s) for that game a completed **"Game Card."** showing the names (Last, First) of the team's complete set of AYSO-registered players in numerical order of jersey/shirt number. The top and bottom portions of the front of the Game Card must also be filled out to show correct team and coach identification, division, date, kickoff time, field and other required information.

Any player(s) known to be absent for that game shall have the area to the right side of the name lined through and the word ABSENT or INJURED written as appropriate.

The captain(s) of the team shall be marked by a "C" to the left of the shirt number.

Player(s) not starting the game on the field (i.e. potential substitutes) shall be indicated by an "X" (or "O") in the first of the four columns used to indicate playing time.

The player starting the game as goalkeeper on the field shall be indicated by a "G" (or "GK") in the first of the four columns used to indicate playing time.

The Center Referee (CR) is responsible for the Game Cards once received from the Coach.

The CR shall verify the information provided for completeness and accuracy, and shall require the Coach to make any necessary completions or corrections. When the CR is satisfied with a Game Card, he or she may delegate responsibility for a game card to the appropriate Assistance Referee (AR) for the duration of the game.

At the End of the Game

The Center Ref will ensure that each AR.s name (first initial, last name) is legibly written on the reverse of the game card, with a signature, and shall add his/her similar information and signature.

The CR will ensure all information on the card is complete and accurate, and consistent with the other game card and AYSO requirements.

The CR will confer with both ARs and assign Sportsmanship ratings for each of the three categories (Players, Coaches and Spectators). These comments will be reviewed and may reflect the standings of Area League Playoffs.

Any person ejected from a game is suspended from at least the next game. It is the coaches' responsibility to inform that person of the suspension.

U-14 Division Rules

Good Sportsmanship and Positive Coaching is expected at all times.

- The game is played with 11 players on the field including a goalkeeper.
- Game length is two 35-minute halves. Substitutions will be at approximately 1/2 way through each half and the clock will continue to run. So please make your substitutions quickly. Players leaving the field should come to the touchline at the halfway point.
- Coaching will be done only from the Coaching boxes on the sidelines. The Coaches boxes will be marked as extending 10 yards either side of the halfway line and at least 1 yard back from the touchline.
- It is AYSO Region 121 policy for players to play 3/4 of each game. Due to some team sizes this will not be possible in every game. Players playing only 1/2 the game must be rotated from week to week with the same player not playing 1/2 the game until all other players present have also played only 1/2 the game previously during the season. If the coach deems it is necessary to play a player only half a game due to extenuating circumstances, the coach must fill out the 3/4 Game Play Reduction Form and obtain the approval of the Regional Commissioner.
- A referee or board member must approve a child who does not want to play the third quarter of his/her three quarters after discussion with the child and parents.
- Practice twice a week for 1 to 1-1/2 hours each practice.

U-12 Division Rules

Good Sportsmanship and Positive Coaching is expected at all times.

- The games will be played with a total of 9 players on the field including a goalkeeper.
- **A player may not play more than 2 quarters of any game as a goalkeeper.** If a player is in goal for 2 quarters in the same game they **MUST** play one quarter as a field player.
- Game length is two 30-minute halves. Substitutions will be at approximately 1/2 way through each half (quarter) and the clock will continue to run. So please make your substitutions quickly. Players leaving the field should come to the touchline at the halfway point.
- Coaching will be done only from the Coaching boxes on the sidelines. The Coach's boxes will be marked as extending 10 yards either side of the halfway line and at least 1 yard back from the touchline.
- It is AYSO Region 121 policy for players to play 3/4 of each game. Due to some team sizes this will not be possible in every game. Players playing only 1/2 the game must be rotated from week to week with the same player not playing 1/2 the game until all other players present have also played only 1/2 the game previously during the season. If the coach deems it is necessary to play a player only half a game due to extenuating circumstances, the coach must fill out the 3/4 Game Play Reduction Form and obtain the approval of the Regional Commissioner.
- A referee or board member must approve a child who does not want to play the third quarter of his/her three quarters after discussion with the child and parents.
- Practice twice a week for 1 to 1-1/2 hours each practice.

U-10 Division Rules

Good Sportsmanship and Positive Coaching is expected at all times.

- Main emphasis is to teach the player's soccer skills and sportsmanship.
- The games will be played with a total of 7 players on the field including a goalkeeper.
- **A player may not play more than 2 quarters of any game as a goalkeeper.** If a player is in goal for 2 quarters in the same game they **MUST** play one quarter as a field player.
- This age group we start to teach safe heading of the ball. AYSO does not recommend heading below the age of ten.
- Game length is two 25-minute halves. Substitutions will be at approximately 1/2 way through each half (quarter) and the clock will continue to run. So please make your substitutions quickly. Players leaving the field should come to the touchline at the halfway point.
- Coaching will be done only from the Coaching boxes on the sidelines. The Coaches boxes will be marked as extending 10 yards either side of the halfway line and at least 1 yard back from the touchline.
- It is AYSO Region 121 policy for players to play 3/4 of each game. Due to some team sizes this will not be possible in every game. Players playing only 1/2 the game must be rotated from week to week with the same player not playing 1/2 the game until all other players present have also played only 1/2 the game previously during the season. If the coach deems it is necessary to play a player only half a game due to extenuating circumstances, the coach must fill out the 3/4 Game Play Reduction Form and obtain the approval of the Regional Commissioner.
- A referee or a board member must approve a child who does not want to play the third quarter of his/her three quarters after discussion with the child and parents.

- Practice twice a week for 1 to 1-1/2 hours each practice.

U-8 Division Rules

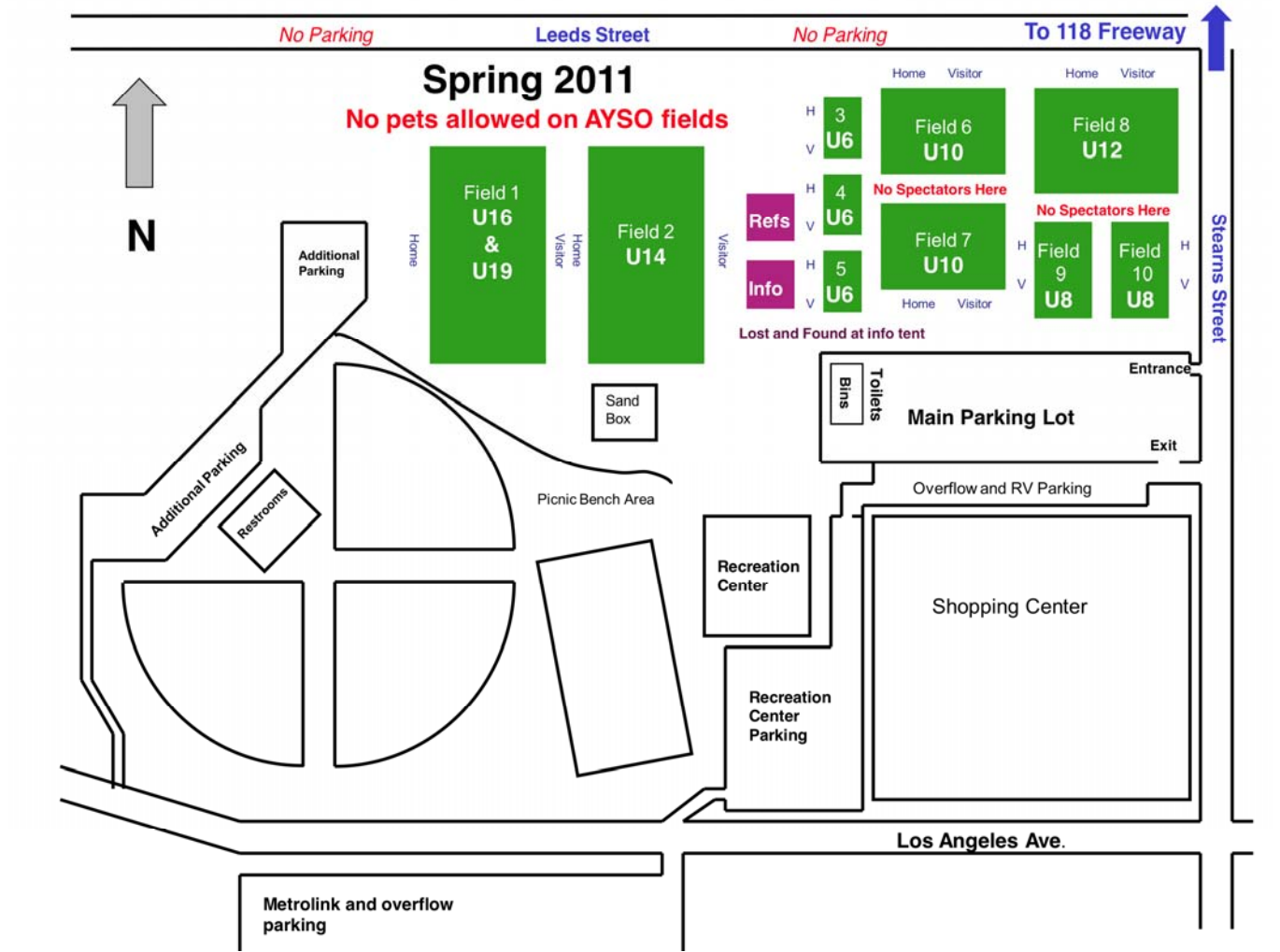
This is where we start to develop player positions and the reason for goalkeeper. Positive teaching and encouragement is extremely important in this division. Players at this age are beginning to understand parts of the game and negative loud pushing demands by parents or coaches will tend to discourage the players from wanting to continue to play soccer.

- Games will be played as two Twenty Minute halves. Approximately halfway through each half (quarter) the referee will stop play to allow substitutions. It is AYSO Region 121 policy for players to play 3/4 of each game. Due to team size this will not be possible in every game. **Players playing only 1/2 the game must be rotated from week to week with the same player not playing 1/2 the game until all other players present have also played only 1/2 the game previously during the season.**
- Games shall be played with no coaches on the field or behind the goal. Coaching will be done only from the Coaching boxes on the sidelines. The Coach's boxes will be marked as extending 10 yards either side of the halfway line and at least 1 yard back from the touchline.
- When a team is short-handed, the other team is encouraged to **“loan players”** in order to maximize everyone’s playing time.
- Offside will not be called unless in the judgment of the referee the offside was a deliberate attempt to take advantage (commonly called “cherry picking” or “goal hanging”).
- Interference by the field coaches will not be tolerated. Penalty for coach interference will be at the discretion of the referee. The referee's decision is final.
- A referee or a board member must approve a child who does not want to play the third quarter of his/her three quarters after discussion with the child and parents.
- **Each team must supply two volunteers to attend the Referee clinic (please visit www.aysoregion121.org for Referee clinic information).** Coaches are encouraged not to be one of these volunteers, but are strongly encouraged to attend to learn more about the Laws of the Game.
- Each team will provide a **Parent Referee** (one of the ones mentioned above) for 1/2 of the game, with the **Home team responsible for the 1st half** and the **Visiting team responsible for the 2nd half**.
- U-8 Specific rules include:
 - 1) There will be 5 players from each team on the field.
 - 2) Goalkeepers will be used in all games. Keepers must be rotated every quarter. (Different players each quarter)
 - 3) There is no heading the ball in the U8 Division
 - 4) Throw-Ins should be awarded twice if the first attempt is improper.
 - 5) Corner kicks are allowed.
 - 6) No goal may be scored directly from a kick-off
 - 7) All free kicks will be **“Indirect”**
 - 8) **No penalty kicks will be awarded.**
 - 9) If a foul occurs in penalty area and the free kick is awarded to the defenders (the attacking team committed the foul), the indirect free kick will be taken from where the foul occurred.
 - 10) If a foul occurs in penalty area and the free kick is awarded to the attackers (the defending team committed the foul), the indirect free kick will be taken from outside of the penalty area.
 - 11) Practice is for one day a week for one hour.

U-6 Division Rules

- The game will be made up of five (5) 6-minute periods. Halftime will occur after the 3rd period. Coaches may substitute at the end of each period. When all five (5) players are at the game, each player will sit out two (2) periods. No player shall sit out more than two (2) periods during a match unless due to injury, illness or at the request of the parent after discussion with the referee.
- There will be 3 players from each team on the field.
- No goalkeepers will be used
- No goal may be scored directly from a kick-off
- All free kicks will be “indirect”
- No goal tending
- Throw-ins not properly executed will not be retaken. Play will continue.
(This is so game time will not be taken up but continually redoing throw-ins)
- **No penalty kicks will be awarded.**
- If a foul occurs, opponents must be at least 3 yards from the ball for the free kick.
- **No corner kicks. All balls over end line result in a goal kick.**
- The games shall be played with no coaches on the field or behind the goal. Coaching will be done only from the coaching boxes on the sidelines. The Coaches boxes will be marked as extending 10 yards either side of the halfway line and at least 1 yard back from the touchline.
- All games will be played at equal advantage with a minimum of 3 players per team. When a team is short-handed, the other team is encouraged to “loan players” in order to maximize everyone’s playing time.
- Each team must supply two volunteers to attend a Referee Clinic (please visit the web-site for more information on the referee clinics). Coaches are encouraged not to be on one of these volunteers, but are strongly encouraged to attend to learn more about the Laws of the Game.
- Parent Referees will be used for all U-6 games. Each team will provide a Parent Referee for 1/2 of the game, with the Home team responsible for the 1st half and the Visiting team responsible for the 2nd half.
- Practice must take place before each game. It is **not** acceptable or allowed to forego practicing before the game.
- **No practice is allowed other than before each game.**
- **All spectators will sit on the same side of the field.**

FIELD MAP



Parent Volunteer Program/Raffle Rewards

Since 1964 AYSO has and will be a non-profit organization in need of volunteers to run each region. All participants are non-paid volunteers.

There have been numerous programs attempting to get parents to volunteer their time to help run the region for the players. Baseball found a system of charging the parents money if they do not volunteer. AYSO does not subscribe to that philosophy, hoping parents will be responsible and volunteer. To this date the solution is still unclear how to accomplish this feat.

AYSO Region 121 is launching a new program for volunteers. The new program is Raffle Rewards. It is easy and simple. No signing up on-line, no before hand scheduling and no volunteer tracking system.

Parents can show up and donate an hour of their time and then receive a raffle ticket for a 50% reduction in registration costs for the fall season. There will be ten prizes given away and parents can volunteer for as many raffle tickets as they want. The more hours donated, the more raffle tickets you earn.

The tickets are the same as you would buy for a raffle and the stub is placed in a sealed box. During the season volunteers place their tickets in the box and at the end of the year we pick ten recipients. You will have the choice of using the prize for the upcoming spring season or the next fall season. Easy, Simple and Quick.

The volunteer positions include the following duties:

- Field Set Up Supervisor – Must be at the fields by 7:15 am to make sure each team starting the game day is setting up the goals and painting the fields. Each team is responsible for one half of the field set up. The Supervisor is responsible to make sure the goals are properly secured with seven ground stakes. (Two on each ground bar, one in front and one in back. This stops the goal from tipping forward). Three stakes on the rear net area positioned equally between the goal posts.
- Field Tent Assistant – This volunteer position starts at 8 am and continues till the end of playing day. One hour requirement to assist board members at the field tent to answer and direct participants during the games. You will be advised upon arrival of the different requirements necessary to assist individuals.
- Field Monitor – Responsibilities include picking up an orange vest and radio from the informational tent and observing all individuals on the game sidelines to make sure there is no unnecessary disruptive or derogatory language or actions against the players, referees or other team spectators. If you observe any of these items please contact the information tent to report it to a regional board member.
- Parking Lot Painter – 7 am arrival to assist in painting the parking lines in the parking lot. At Rancho Santa Susanna field only.
- Field Painter Retrieval – At 9 am all field painters must be returned to the paint storage bin located in the storage area. Responsibilities include taking the painters from the game areas and returning them to the storage bin. When at the bin remove all empty paint cans and place them in the paint can trash can. Replace the empty cans in the box's with new cans. The painters can be stored in the storage bin.
- Field Breakdown Supervisor – At the end of the last game of the day at each field. Each team is responsible to breakdown one goal and make sure the fields are clean. The Supervisor is responsible to make sure when the parents are breaking down the goals they slide the netting along the poles to be left on the top single bar of the goal structure. **DO NOT REMOVE THE NET FROM THE GOAL COMPLETELY. YOU MUST LEAVE THE NET ON THE TOP BAR OF THE GOAL STRUCTURE.** The easiest way is to not take the goal apart until you remove the stakes, tip the goal forward and slide the net along the bars up to the top bar. Then you can start disassembling the goal parts. Make sure you place all parts in the goal bag along with the two corner flags. Don't forget the flags. The last item is to place the hammer and seven stakes in the black utility bag. Make sure you have accounted for all seven stakes as the park district lawnmowers do not like to have their blades broken and the replacement is in the hundreds of dollars. Be sure you collect both trash cans and walk them to the front entrance of the green storage container. We will take them from there.

Additional Volunteer Positions
Not Included in the Volunteer Raffle Rewards Program

The AYSO soccer program requires voluntary participation of each family. There are various jobs listed below requiring different time demands. If each family takes one job, the program will be off to great start!

Except for coaches, referees and board members, most of these jobs require only few hours of involvement during the whole season. Additional spaces are placed on the form to allow the coach to fill the volunteer needs of his or her team. Note that everyone participates in sideline clean up as well at practices.

- **Referee(s)** - Each team must supply at least one referee for the season. Referees in the lower divisions U6 & U8 officiate their own team's game when they are the home team. Referees in the upper divisions U10, U12, U14 do not officiate their own team.
- **Pre-season Field Painter** - This volunteer must be available to help mark out the fields in preparation for the start of the season.
- **Field Set Up/Take Down** - If your team is the first or last of the day, you are responsible for setting up or taking down the nets and corner flags and goals. Do not remove the netting from all the posts. Before disassembling the goal slide the netting to the center top bar and leave on the bar. You can then take the goal apart.
- **Team Parent Coordinator** - Will attend Team Parent Meeting. Responsible for keeping the rest of the team informed, usually via telephone and email. Organizes the contact list and snack list.
- **Team Party Coordinator** - Plans the end of season gathering (optional).
- **Banner Coordinator** - Collects money and orders banner. Brings banner to each game and displays on the sideline.
- **Banners** - Many of the teams choose to have banners for their team. These are *optional* and your team will need to decide if they want to have one or not. You may choose to purchase one or make one of your own – it is entirely up to you and your team.

Sign Up Volunteer Form for Coach Use

Coach Name _____ Div U___ B - G

Phone Number _____

Asst. Coach _____

Phone Number _____

Referee _____

Pre-Season Field _____

Net set-up/take down* _____

Team Parent Coordinator _____

Team Party Coordinator _____

Banner Coordinator _____

(coach may add additional positions) *first or last game of the day only

EVERYONE NEEDS TO VOLUNTEER TO MAKE THE PROGRAM WORK



The AYSO Extra program is a competitive soccer league designed to provide a higher level of play for those players who possess the appropriate skills, abilities, and drive. The Extra program is designed to enhance each player's experience and individual growth through the game of soccer while retaining the spirit, organization and six philosophies of AYSO:

1. Everyone Plays (3/4 rule)
2. Balanced Teams (balanced through competitive bracketing)
3. Open Registration
4. Positive Coaching
5. Good Sportsmanship
6. Player Development

Who do the teams play?

Teams will play other Extra Teams being formed in our neighboring regions as well as other regions outside of Area E. Games will be played on our home fields as well as other participating regions.

How long is the season?

The AYSO Extra League will begin in the Fall of 2011. There will be a regular league season beginning in September, followed by playoffs. After the playoffs, teams are free to attend as many tournaments as they wish. Tournament fees vary and the cost of the tournaments will be the responsibility of each individual team.

Who is coaching?

The volunteer coaches for this program have been selected based on their training, experience and other qualifications. Professional Trainers will be provided as part of the registration fee.

How are teams selected?

Participation in the Extra league will be determined by tryouts. Player tryouts will begin March 1 and end the week of March 25. A selection committee will choose players. All tryouts will be held on the Rancho Santa Susana Park Fields (Foundation fields – LA Ave and Stearns Ave, across from the Metrolink).

For detailed information on the Extra program please visit the AYSO Pacific Extra Soccer League Website: aysopacific.clubspaces.com or contact our Extra Program Director: Lisa Redding lisa.redding@sbcglobal.net

Pre-Season Checklist

- Go to <http://www.EAYSO.Org> and register as a Volunteer
- Take Safe Haven Course Online or at Coaching Clinic (If not already certified)
- Take Coach's Clinic for Division Coaching (If not already certified)
- Mark Calendar for specific League Meetings and attend (Coach's Meeting and Handout)
- Determine when and where to practice. (U-6 Does not have practice except before games)
- Schedule a team meeting with all parents and kids (can be first practice)
- Hand out information to parents (Game Schedules, Rules, Your expectations...etc.)
- Recruit Volunteers for the following positions: (A must for a successful season)
- Assistant Coach (Must be registered as a volunteer, take Safe Haven and Coaching Clinic)
- Have parents watch the Parent Orientation Video located on our Regional Website
- Team Parent (Must be registered as a volunteer and attend Team Parent Meeting)
- Team or League Referee (Must be registered attend Safe Haven for Refs and Referee Certification)
- Banner Parent (Order or make banner as soon as you can)
- Team helpers for setup and takedown of goals
- Verify Certifications
- Volunteer Forms submitted and signed by CVPA
- Safe Haven Certification completed
- Coach Certification Completed
- Ass't Coach has Coach Certification Completed & Safe Haven
- Ass't Coach has Volunteer Form Submitted and signed by CVPA
- Team Parent has Volunteer Form Submitted and Signed by CVPA
- Team or League Referee is certified Safe Haven and certified to referee in your division
- Make Second /Third copy of Release forms, have parents re-sign and give to Ass't Coach and Team Parent

Notes: _____

Pre-Game Checklist

- Team knows what time and where you are playing (schedules posted at aysoregion121.org)
- Team Helpers to arrive 30-45 minutes before game time to set up goals (first game of day only)
- Game Card filled out by Jersey Number, time of game, field number, Coach & Asst. Coach names
- Verify you or Assistant Coach is in possession of Release Forms
- Snacks and Drinks scheduled by Team Parents
- Verify Equipment (Shoes or Soccer Cleats, Shin Guards, Socks over Shin Guards)
- Check players for jewelry (Earrings, Necklaces, etc) Have them removed if present
- Check Players for Long Fingernails and Dangerous Hair binders
- Speak to Parents and Spectators about being positive and supportive of Players, Coaches and Referees. (Warn them about possible removal if they are not supportive)
- Plan Player Substitutions (Note: Not everything goes according to plan. Always keep yourself flexible and remember the 3/4 game rule)
 - Bring game ball
 - Bring ball pump
 - Bring goal keeper jersey and gloves

Notes: _____

Post-Game Checklist

- Thank Referees for volunteering
- Tell the kids they did a great job and be encouraging
- Thank Parents who where supportive
- Team Helpers to pick up trash in the area
- Team Helpers to take down goals if this is the last game of the day
- Thank any Board Members you see or any other volunteer on the fields for their help
- Pat yourself on the back, no matter what the outcome of the game was. You did it! You kept your cool

Notes: _____

Post-Season Checklist

- Pick Up Trophies
- Have Final Team Meeting or Party
- Tell the kids that they did well and are developing
- Thank Assistant Coach for Volunteering
- Thank Team Parent for Volunteering
- Thank Team Referee or League Referee
- Destroy all copies of Registration Forms (This is Sensitive Information)
- Pat Yourself on the back. You made a difference in the lives of the kids.

Notes: _____

Concussions in Sports

Fast Facts

- A concussion is a brain injury and all are serious
- Most concussions occur without loss of consciousness
- Recognition and proper response to concussions when they first occur can help prevent further injury or even death.

What is a Concussion?

A concussion is a type of traumatic brain injury ([TrumaticBrianInjury/index.html](#)), or TBI, caused by a bump, blow, or jolt to the head that can change the way your brain normally works.

Concussions can also occur from a blow to the body that causes the head to move rapidly back and forth. Even a “ding,” “getting your bell rung,” or what seems to be mild bump or blow to the head can be serious.

Concussions can occur in any sport or recreation activity. So, all coaches, parents and athletes need to learn concussion signs and symptoms and what to do if a concussion occurs.

For further information to protect the players and yourself as a coach in making the right call log onto:

<http://www.cdc.gov/concussion/sports/index.html>

How can I recognize a possible concussion?

- A forceful bump, blow, or jolt to the head or body that results in rapid movement of the head
- Any change in the athlete’s behavior, thinking, or physical functioning

Athletes who experience ANY of the signs and symptoms listed below after a bump, blow, or jolt to the head or body should be kept out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says they are symptom-free and it’s OK to return to play.

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
- Can’t recall events after hit or fall

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
- Does not “feel right” or is “feeling down”

Care and Treatment of Injuries or Conditions

Each coach is required to have a first aid kit at all practices and games. Most injuries are minor, such as cuts and scrapes. Make sure you keep a good supply of ice or a cold pack, band-aids, and elastic bandages. If it is more serious, call for professional medical assistance immediately and administer only first aid as necessary. Make sure you have a copy of the white medical release with a wet signature (not a photo copy) at ALL TIMES.

Sprain (ankle, knee, wrist, elbow): Pressure wrap, ice for 20 minutes per hour during first 48 hours. Elevate when possible. (RICE: Rest, Ice, Compression, Elevation)

Muscle strain (pull): Same as for sprain

Contusion: Same as for sprain

Cramp: Apply light pressure with hand. Stretch muscle with steady pressure. Assure player is well hydrated.

Nose Bleed: Direct pressure (pinch nostrils for about 10 minutes). Sit player up and lean slightly forward. Do not blow nose. Apply ice pack to bridge of nose.

Cut or Abrasion: Stop bleeding with direct pressure. Wash with antiseptic. Close with adhesive strip or butterfly. Cover with dry sterile dressing.

Remember a player who is bleeding will not be allowed to play until attended to, and all bleeding has stopped. Also player cannot return to play until blood is properly disinfected from uniform or uniform is replaced. (disinfectant – hydrogen peroxide)

Wind knocked Out: Lie on side or back. Encourage slow relaxed breathing. Try to reduce anxiety.

Heat Exhaustion: player feels cool, clammy, and damp. Move to shade. Douse with cool water. Give fluids.

Heat Stroke: Player feels hot and dry. Hospital NOW!

Unconsciousness: Check airway, breathing, and pulse. Do not move (risk of spinal injury). Get help!

Concussion: (possible with or without consciousness)

Look for loss of memory, confusion, headache, dilated pupils and nausea. If any doubt, get help. Do not send player back in to game.

Fracture/Dislocation: Immobilize area. Get help!

Choking: object blocking wind passage. Use Heimlich Maneuver and get help.

FACEBOOK ON LINE PRECAUTIONS AND RECOMMENDATIONS

In today's world of communication we face many challenges of privacy and confidentiality. Facebook is a must with many young people and they sometimes forget that other people find ways to hack into sites to retrieve information.

As a coach I ask you to advise your players and parents of the following safety precautions they should follow to protect the identity and location of our players.

- Pictures of players should never be associated with their names or jersey numbers.
- Never post an address or phone number
- Never post your practice location, time or field

With on-line communication it is safer to use a secure site such as Shutterfly to communicate your needs and information.

SPRING CONTACTS

Executive Staff – Spring Season

Regional Commissioner	Russell Platamone	121rc@sbcglobal.net
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Assistant Commissioner	Mike Greenup	greenup0420@sbcglobal.net
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Referee Staff

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Pro Coordinator	Ryan Holcombe	

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Asst. Coach Trainer	Mary Morrissey	ayso121_registrar@yahoo.com
Asst. Coach Trainer	Cameron Hardy	cameron_hardy@yahoo.com

SPRING CONTACTS cont.

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U8 Girls	John Tone	jtone@roadrunner.com
U10 Boys	Kim Fortuna	kfortunarn@gmail.com
U10 Girls	Reggie Barnard	reggie.barnard@yahoo.com
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U16 / U19 Coed	Scott Taylor	staylor105@gmail.com
U16 / U19 Coed	John Meeker	jmeeker@cefcu.org

Team Balancing

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Staff	Crystal Barlow	crystaluz@gmail.com
Staff	Cameron Hardy	cameron_hardy@yahoo.com

Technical and Support Staff

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Scheduler	Open	
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Uniform Director	Michael Carter	carternation7@sbcglobal.net
Volunteer Director	Jennifer Lang	jenincal@aol.com
Team Parent Director	Jamie Carter	jamianneandmike@sbcglobal.net
Trophy Director	Cheryl Platamone	cplatamone@sbcglobal.net
Public Relations Director	Russell Platamone	121rc@sbcglobal.net

Flex Extra Side by Side Staff

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