



2018 – 2019

**PLAYER & PARENT
HANDBOOK**

www.fclakecounty.com

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PRESIDENT'S MESSAGE

F.C. Lake County is a soccer club with a rich history of developing kids of all ages to play the game of soccer. The club originated by combining the Warren United and Grayslake Galaxy soccer clubs in 2014. Both the Warren and Grayslake organizations successfully provided soccer development to local area players for many years. F.C. Lake County has grown into one of the largest soccer clubs in northern suburbs of Lake County, Illinois and provides a broad base of soccer development opportunities and competitive levels for our kids. The organization is built around a philosophy that matches player's skills with effective soccer development at the appropriate competitive level. We employ highly qualified full time Directors and licensed coaching staff to ensure that the soccer development goals we set for our kids are carried out each and every time they are on the field.

We welcome all local kids that are interested in competitive soccer to give us a try. Contact one of our Directors if you are interested in a working out with one of the F.C. Lake County teams.

MISSION STATEMENT

The mission of F.C. Lake County (the "Club") is to provide age and skill appropriate instruction to all soccer players through a tiered curriculum that addresses a variety of learning styles presented by highly qualified trainers to advance both technical and tactical skills. F.C. Lake County will help players develop a passion for soccer while cultivating positive relationships between players, trainers, and the greater soccer community.

CLUB PHILOSOPHY

FC Lake County offers the following Club philosophies:

- Believe in a learning environment, where players are the first priority.
- Believe in the necessity for a structured age and ability specific development plan for each team and player within our club.
- Believe training philosophies and methodologies are designed to help each and every player reach a level beyond their own expectations.
- Believe soccer education must be fostered in a FUN and CHALLENGING environment!
- Believe in building mutual respect across players, trainers, referees, and parents.

Player Development Philosophy

When children play soccer, we recognize they are primarily interested in four components:

- Action;
- Personal involvement within Action;
- Close scores and competitive opportunities;
- Opportunities to reaffirm their relationships with friends.

Through our “Reality Based” training methods, our goal is to develop creative, free-thinking players, who have an understanding of the game to recognize when, where, why and how to take each action and have the technical ability (and confidence) to execute these actions.

To this end, training sessions will be designed around the Four Pillars of the Game (Technical, Tactical, Physical, Psychological/Psychosocial), and will incorporate the following criteria

- Intelligence;
- Technique;
- Speed;
- Balance;
- Power.

PLAYING TIME

A primary goal of FC Lake County is to prepare each player to the best of their ability to contribute significantly towards a team role. A key step in meeting this goal is to give every player a chance to play in both league games and tournament environments. For all age groups, differences in playing time are determined by relative player commitment, work ethic/attitude, and skill. Players at the younger age groups may expect more equal playing time to focus on building a foundation, while playing time for the older age groups will be geared more closely to player ability, team and opposition tactics, and score-line.

PLAYER DEVELOPMENT, EXTRA TRAINING, AND GOALKEEPING

The Club believes that players should receive training and playing time in more than one position during their development of both individual skills and knowledge of strategies. This will help to ensure that players become more versatile and better prepared to compliment the needs of the team. Teams with versatile players are capable of remaining competitive in spite of unavoidable injuries, illnesses, and absences as they occur during the season.

FC Lake County proudly boasts FIVE main curriculums:

1. Academy – (2011 to 2013)
2. U9 & U10 (2009 & 2010)
3. U11 & U12 (2008 & 2008)
4. U13 to U15 (2004 to 2006)
5. U16 to U19 (2000 to 2003)

These curriculums offer a progressive training concept, graduating players through the main development ages within our competitive soccer environment.

FC Lake County also offers all players additional developmental sessions to enhance their technical capabilities. These sessions are typically conducted on Friday's and are open to all players currently registered within the Club.

Specialized goalkeeping training is offered to players once a week during the fall and spring seasons, with a focus on the following topics: handling, diving, positioning, and distribution. The goalkeeping training dates and times are posted on the Club website.

TRAINERS AND TEAM MANAGERS

All FC Lake County teams are trained and coached on game days by our professional training staff licensed through US Soccer and / or UEFA.

In addition to prior playing and training experience, targeted hiring criteria includes nationally recognized qualifications for various age levels as follows:

All training staff, board members and team managers undergo a background check, complete a concussion course, and commit to furthering their personal education. (Biographies of each trainer can be found on the website).

Each team will aim to have an assigned "volunteer" Team Manager ("TM") to support the head trainer. The TM's primary roles are to: help manage game schedules and communicate any logistical information (i.e. tournament play, field directions, player availability etc.).

Any individuals related to the team should promote teamwork, sportsmanship, fair play, and communicate effectively with parents, players, trainers, and the Club.

TRYOUTS

Tryouts are held at the beginning of May for our High School Girls (U16 to U19) and mid-May for all U8 to U19 Boys and U8 to U15 Girls) each year to determine the teams for the subsequent soccer year, which runs from mid-August through mid-June of the following year as follows:

- Fall – 13 Weeks;
- Winter – 10 Weeks;
- Spring – 10 Weeks.

FC Lake County training staff determines player selection based on a set tryout rationale/methodology, in conjunction with a specific age/ability rating system. Consideration will be given to various factors in evaluating player abilities, including an existing player's performance during the prior season, player performance during tryouts, and player's commitment, attitude, and coach-ability.

Tryouts and player selection are run by the clubs professional training staff and overseen by the club's age group Technical Directors.

TEAMS

Teams are categorized into packages by using levels of play: Elite, Black and White. You can find the exact breakdown of each package and their associated costs in our club websites "**Documents**" page and download our "**2018 - 2019 Team Packages**"

ALL players are REQUIRED to participate in all seasons in which the team will be competing. Any player who wishes NOT to participate in a season (for any reason other than injury), must request approval in advance from the Club's Technical Director and Executive Board. Parents and players should understand that a request of this nature will require the player to still pay the full amount for the 2018-19 season and to possibly be moved to a lower competitive level team because of any prolonged absence.

COMMITMENT

A youth player and respective family is committed to FC Lake County for the entire soccer-playing year (August 1 through July 31) from the time the Club receives a player's acceptance on a roster until the end of the soccer-playing year for which the team is being rostered (current year). Notwithstanding the previous information, it is every player's right to be released from the Club at any time except where the player owes debts and/or dues to the Club and/or has equipment belonging to the Club.

In order for a player to be released with regards to the aforementioned scenarios, a player must have paid to the Club the entire amount of dues/debts for the current soccer-playing year as outlined prior to the player's roster acceptance, as well as return to the Club any equipment that they may be using. All fees must be paid before initiating the release of the player and their associated player pass.

The only exceptions to the above are:

(a) Where a player is injured at an FC Lake County sponsored game or training session that causes the player to miss 75% or more of the training sessions and games for the remainder of that season (Fall, Winter or Spring), or

(b) Where a player's home address has changed, and is at least **40** miles further from the Club's primary practice location and home game field, or

(c) When the club had made the decision that the player's team will not play.

All refund requests should be made in writing to the Club President, Treasurer, and Technical Directors.

PLAYERS CODE OF CONDUCT

1. FC Lake County stands for creative, competitive soccer and good sportsmanship. Your behavior during a training session, in victory or defeat in a game will be "sporting" and dignified.
2. You represent FC Lake County first and foremost and your team second.
3. Your language toward referees and officials will always be respectful. You will also recognize that the referee is the sole and final authority on the field.
4. You will strive to be a team player and must be willing to contribute where the team needs your talent and skill.
5. You will work hard and strive to improve your technical skills and athletic ability.

PARENTS CODE OF CONDUCT

1. You represent FC Lake County during a training session and at each game, any you will respect and abide by the decisions and requests of the coach, trainer and referee.
2. You will not coach your child or any other child during a training session or in any game situations.
3. You will not address the referee or linesman, before, during or after the game.
4. While at training sessions or during a game, your comments will be positive and encouraging. You will not publicly criticize trainers, coaches or players, even if the player is your child.
5. If you have concerns about training, coaching tactics, or ethics, take the concerns up with your coach. Schedule a conference with the coach, giving yourself at least 24-hours to think about your concerns. If the coach and you cannot resolve the differences, follow the grievance procedure.

IMPORTANT DATES

Many of our teams play in tournaments at various stages of the season, including many holiday weekends such as Labor Day, Memorial Day and Columbus Day. At the start of the season, your team coach will send you the specific tournaments your team has been assigned so that you can plan ahead. Please check with your team manager (TM) or administrator throughout the year and during each season regarding upcoming events/tournaments, as well as changes to the team's training schedule and game days.

For the fall season, training begins the week of August 13 and runs until the week of November 5. Teams play an 8-game fall league schedule (6 or 7 games in State Premiership) and usually participate in one or two tournaments. (The YSSL and IWSL leagues changed to this format from the prior 10 game season new for this year)

Winter indoor training and game play runs from January through mid-March. All U9 to U12 teams will play "Development games" at the Round Lake Sports Center each Sunday. Play will consist of ten "in-house" games scheduled against teams of similar age and/or competition from within our club. (We may also invite some teams from other clubs in to play). U11 and U12 Black teams will have the "option" of entering an "additional" league at the Libertyville Sports Complex. (Similar to a second tournament in the fall or spring, a team's entry and coaching fees must be paid for by the parents. (A team must have a min. of 10 rostered players and entry must be approved by the clubs Technical Director prior to registration) All U15 to U19 teams or Elite or Black level will play in either the Libertyville or Barrington indoor leagues.

Please note: There are at times exceptions to the typical indoor schedule based on the skill level of team and the best interest of the players.

Spring training begins in April and the 8-game league play (6 or 7 game State Premiership) begins in Early-April through mid-June. Teams usually participate in one or two tournaments during the spring session.

Fall and spring season games can be played on either a Saturday or Sunday but may also be played any day of the week if they are rescheduled. Team managers will actively work with both the trainer and parents to try and avoid as many conflicts as possible.

During the course of the soccer-playing year, teams from FC Lake County may attend one or more of the following tournaments:

- State Cup
- Presidents Cup
- Puma Cup, Rockford
- Crystal Lake
- Libertyville Cup
- Palatine Cup
- Schaumburg Soccer Fest
- Grove United

VOLUNTEERING

FC Lake County is a 501(c)3 organization that relies on volunteers to fill a number of roles on teams or for the club. Parent volunteers allow us to keep our fees competitive while providing a quality soccer experience to our children. Each soccer family is expected to volunteer five hours during the soccer year (August – July) in any one of the areas listed below. The Club's Board of Directors has decided at this point to not charge our parents a refundable fee to make sure that the volunteer commitment is kept. However, we reserve the right to do so if we have difficulty in filling volunteer positions throughout the year.

The following are the volunteer positions available within the Club:

Club Positions

Club Board Member

- President
- Treasurer
- Club Administrator
- Girls Administrator
- Boys Administrator

Coordinator Positions

- Tournaments
- Tryouts
- Fundraising & Social Event
- Promotion / Marketing
- Web Site
- Assistant Referee Assignor
- Spirit Wear

Field Operations / Crew / Equipment

- Woodland and Grayslake fields

Team Positions

Team Manager – Team Communications and scheduling (with Technical Director & age group Director of Coaching approval)

Please contact any FCLC Board member if you are interested in a volunteer position with the club. (Contact details can be found on our club website under the “Contact Us” menu.

FUNDRAISING AND SPONSORSHIP

FC Lake County has various fundraising efforts throughout the year. The club is currently attempting to obtain sponsorships to keep player fees from increasing. We are looking for volunteers to help spearhead this effort with creative ideas (i.e. golf outings, 3 v 3 tournaments, end of season team parties, etc.). Please contact Board member or Technical Director if you are interested.

CHICAGO FIRE PREMIER PARTNERSHIP

Over the recent years, our organization has partnered with our local Major League soccer team the Chicago Fire. The goal of the partnership is to expose to our players of professional soccer in THIS country in a cost-efficient way. Each season our goal is to get each team to attend at least one game per season. This has brought us a number of fundraising opportunities, which includes the sale of over 250 tickets at a discounted rate to any home games.

PLAYER FEE BREAKDOWN

Club fees are:

U8 Academy Team - \$450.00 (Year-round)

U9 - \$1000.00

U10 to U15 \$1,400.00

U16 to U19 \$1,000.00.

Our Elite level package (U12 to U19) has an additional \$200.00 per year fee. This includes; additional tournaments, Indoor training at a turf facility and an advanced indoor league option.

The Club now offers three distinct payment plans as follows:

1. Pay in Full – pay the entire amount in full;
2. Incremental Payment Plan - traditional travel club payment schedule of four payments;
3. Customized Plan - those who wish to extend their payments over a number of months.

Please note that payments received after the above stated dates may be subject to late fees.

A sibling discount for families with three or more players in the club is available and will be refunded after your last payment is made. Please contact our Club Treasurer for more information.

FC Lake County fees include:

- Professional training sessions in the fall and spring season: (3 hours per week)
13 week fall & 10-week spring seasons
- Additional skills clinics and Goalkeeping sessions in the fall and spring
- Winter Indoor training (1 hour per week) 10-week season
- Tournaments: One per outdoor season.
Other high-level tournaments including college showcase events will be also available for high level teams.
- U8 fees DO NOT include tournaments or indoor game play.
- U9 Fees ONLY include one spring tournaments.
- Each team is assigned a professional trainer. This trainer leads ALL training sessions, league, and tournament games
- YSSL/IWSL league, referee and linesman fees
- Field equipment, field rentals, and administrative costs – Club, Coach and Trainer Licensing

BOARD MEMBERS AND CLUB

VOLUNTEERS

If there are any questions or concerns regarding FC Lake County, please use the following lines of communications:

1. Contact your team's head coach
2. Age Group Director of Coaching
3. Technical Director
3. Club President

FC Lake County volunteers are as follows:

- President – Lisa Clausen – president@flakecounty.com
- Treasurer – Amy Cole – treasurer@flakecounty.com
- Club Administrator – Ron Stanciak – adminclub@flakecounty.com
- Boys Administrator – Scott Pfeiffer – adminboys@flakecounty.com
- Girls Administrator – Rob Schrader – admingirls@flakecounty.com
- Technical Director – Jamie Martin – jmartin@flakecounty.com
- Director of Coaching (Academy to U12) – Matt Bohmann – mbohmann@flakecounty.com
- Director of Coaching (U13 to U19) – Steve Mason – smason@flakecounty.com
- Scheduling – Ron Stanciak / Lisa Clausen – scheduler@flakecounty.com
- A/R Assigner – Lisa Clausen – assignor@flakecounty.com
- Field Coordinator – Jason Samulak jasosam@cdw.com
- Field Coordinators – Michael Hueser – / michael.hueser@grainger.com
- Brad Lazar – Web Master – admin@flakecounty.com
- Referee Assignor – Carrie Schinkowsky – csocref2@gmail.com

CONTACT INFORMATION SHEET

FC LAKE COUNTY
PO Box 523
Grayslake, IL 60030
www.flakecounty.com

European Sports (Uniform and Spirit Wear Vendor)
830a E. Golf Road Schaumburg, IL 60173
847-490-9000 / customerservice@europeansports.com /
europeansports.com/soccer_clubs/flake

I.Y.S.A. (Illinois Youth Soccer Association)
1655 S. Arlington Heights Rd. Suite 201
Arlington Heights, IL 60005
847-290-1577 / <http://www.illinoisyouthsoccer.org>

Y.S.S.L. (Youth Sportsmen's Soccer League)
PO Box 724
Arlington Heights, IL 60006-0724
(847) 818-1440 / info@yssl.org / www.yssl.org

I.W.S.L. (Illinois Women's Soccer League)
PO Box 68907
Schaumburg, IL 60168
847-985-4975 / office@iwsf.com / www.iwsf.com