



CYA Soccer Player/Parent Handbook



CYA Soccer Player/Parent Handbook



Welcome to CYA Soccer! We have been involved in the Chantilly area community since 1971. Chantilly Youth Association (CYA) operated continuously from its inception as Battlefield Little League in 1971 until November 1976 when we legally changed our name to the Chantilly Youth Association, Inc. As the community grew and new needs were identified, other sports programs have been added. Presently, CYA administers 13 different sports programs with a CYA Sport Coordinator for each program. With over 14,000 registrants annually, the all-volunteer organization successfully supports the youth of the greater Chantilly area community.



CYA Soccer is able to provide an exceptional experience at a reasonable cost through the volunteer support of our membership. We are staffed with coaches who have diverse experiences at the player, collegiate coaching levels. We strive to meet the needs of those soccer athletes and their families who desire a competitive travel soccer experience combined with comprehensive player- focused soccer training



Table of Contents

- 1) Club Mission
- 2) Club Vision
- 3) CYA Soccer Philosophy
- 4) Contact Information
- 5) Club Organization
- 6) Communication
- 7) Teams
 - a) Designation
 - b) Selection Criteria
 - c) Timeline
 - d) Management
 - e) Tryouts
 - f) Coaching Assignments
 - g) Player Movement
- 8) Programs
- 9) Financial Policies
 - a) Payment
 - b) Refund
- 10) Facilities and Fields
- 11) Weather Conditions
- 12) Uniforms
- 13) Codes of Conduct & Responsibilities
 - a) Players
 - b) Families
 - c) Coaches and Staff



Club Mission

CYA Soccer's mission is to provide the highest quality learning environment in the greater metro DC area. We focus on developing and motivating our players to achieve their maximum potential as athletes, and as people. We achieve this mission through a series of structured programs that are tailored to address the needs of our players at the various stages of their development.

Club Vision

Our vision is to:

- Create skilled and very smart soccer players
- Create players who are willing to play and give everything for the team
- Include the following as developmental components for each player: ethics/habits, technical, tactical, physical and psychosocial development

Club Vision

To create an enjoyable, technically-based, pressure-free learning environment with a high degree of professional and ethical standards.

Contact Information

Chantilly Youth Association
13996 Park Center Rd
Herndon, VA 20171
Office Phone: (703) 376-8337



CYA Soccer Player/Parent Handbook



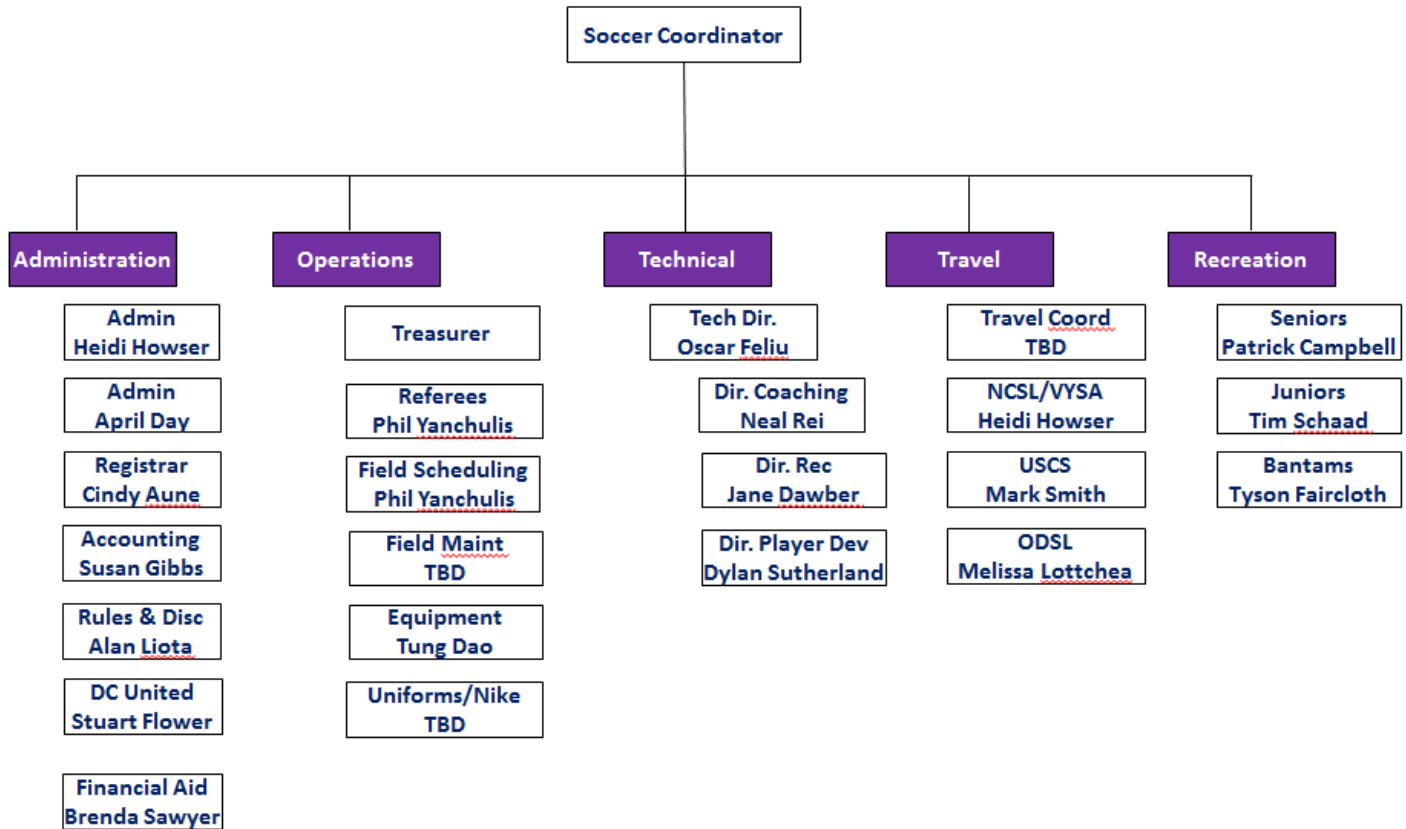
Club Contacts

Technical Staff	
Technical Director – Oscar Feliu	cyaoscar@gmail.com
Director of Coaching U11-U18 – Neal Rei	cyaneal@gmail.com
Director of Coaching U5-U10 – Jane Dawber	cyadawber@gmail.com
Player Development – Dylan Sutherland	cyadylan@gmail.com
Volunteer Staff	
Soccer Chairman – Mark Smith	cyasoccer@outlook.com
Travel Coordinator	
Senior/SFL Coordinator – Chris Roberts	proberts8@cox.net
NCSL Representative – Heidi Howser	cyahaidi@gmail.com
ODSL Representative – Melissa Lottchea	lottchea4@gmail.com
Junior Coordinator – Andy Birch	akbirch@verizon.net
Bantam Coordinator – Tyson Faircloth	sports@thefaircloths.com
Administrator – Rich Schwarzkopf	administrator@chantillyyouth.org
Field Scheduling – Phil Yanchulis	pyanchulis@natcad.org
Referee Assignor – Alan Liotta	cyasoceref@aol.com
Quartermaster – Tung Dao	cytung@hotmail.com
Field Development – Dylan Sutherland	cyadylan@gmail.com
Registrar – Cindy Aune	registrar@chantillyyouth.org
Accountant – Susan Gibbs	accounting@chantillyyouth.org
DC United Liason – Stuart Flowers	lightningcoach@cox.net
Nike Liason	

Contact information for coaches and individual teams are provided by the coach and/or team manager once teams have been formed. Details are also available on the CYA Soccer web site.



CYA Soccer Organization



Communication

We feel it is important to have open and clear communication related to all aspects of your club. There are two main tiers of communication:

Chains of Communication

Chains of communication are established so that on the field and off the field questions and issues can be handled and responded to in a responsive manner at the lowest level possible. There may be situations where a question or issue may need to be elevated; the chain of communication defines how that elevation will take place. Please follow these lines of communication for any item or issue you have that needs to be addressed.



CYA Soccer Player/Parent Handbook



Technical Line of Communication

The line of communication for technical issues (coaching, team, training, issues, etc.) is as follows:

Parent → Coach → Age Group Coordinator → Director of Coaching → Technical Director → Soccer Coordinator

Administrative Line of Communication

The line of communication for administrative items (financial, registration, uniforms, issues, etc.) is as follows:

Parent → Team Manager → Travel Coordinator → Soccer Coordinator

Additionally, there are two types of communication parents and players can expect, those related to club news or information affecting the entire soccer program, and those communications that are specifically team-focused. These are described below.

Club Communication

Club Communication - We have a number of resources used to communicate with our membership:

- Our web site (www.cyasoccer.org) is one of many good sources of information. The site provides team information, schedules, travel information, and many other useful items of information. We make every attempt to keep the site up-to-date. However, we can't catch it all. If you notice anything on our website that needs to be reviewed, please let us know about it! We also want to know about team or player accomplishments! Please share digital photos, including a brief caption, with us and we'll be sure to get it posted on the web site.
- **Facebook** - CYA Soccer news, updates, and pictures of CYA Soccer players. Be sure to "like" us to get our Facebook feed!
- **Twitter** - " @CYASoccer" - Be sure to follow us to get all the latest CYA Soccer news!
- **Club Email** - Over the course of the season we will email club newsletters, and from time to time we may contact you directly. We use the email information you provided at tryouts. If you need to update your email information, please log into our [registration system](#).
- **Club Meetings** - At least once per year the club holds a general meeting. This is a great event to attend as you will have an opportunity to hear about our program.



CYA Soccer Player/Parent Handbook



Team Communication

Team/Coach Communication - Each team prefers different methods of communication. Once you have joined a team, your team manager and coach will be in contact with you regarding their methods.

- **Email** - Please ensure your team manager, coaches and other team members have the email addresses you would like to be used.
- **Team Web Page** - Teams may elect to set up a web page, either on the CYA Soccer web site, or elsewhere, to use for scheduling, planning, and team communications.
- **Team Meetings** - Teams may occasionally have team meetings. These meetings are to update the team members on important information for the upcoming season.

If you have any questions, please don't hesitate to contact your team manager or coach.

Teams

Teams are made up of members born after a specific date (e.g., U-14 players in the 2014-15 season must have been born between 8/1/2000-7/31/2001). The number of teams for any particular age group will be dependent upon the number of qualified players identified. These teams may be of equal competitive status or be designated at differing levels of competition such as Purple, Gold, Black, or White. Placement on teams within an age group is also at the coach's discretion. The size and make up of a roster for the team or particular league, tournament or state cup venue is determined by the regulations of that venue and the coach.

Designation

Purple – Most Competitive

Gold

Black

White



Black/White teams may be evenly matched



CYA Soccer Player/Parent Handbook



Selection Criteria

Players will be considered for a place on a team roster based on several factors including:

- Technical Ability
- Conceptual Knowledge
- Speed
- Personality
- Attitude
- Player development and potential

Timeline

- May/June: Initial tryouts to determine players who will be rostered for our teams.
- June – August: Super Y, targeted training, skills camps
- August - November - Fall season
- December – March: Winter season
- March – June: Spring season

Management

- Team Manager

Coaches are responsible for player selection, coaching players at practices and games, decisions about playing time, on-field decisions including playing style and positions, the conduct of practices, changes to team rosters, appropriate level of competition and any necessary disciplinary action. In conjunction with technical staff coaches may assist in the selection of tournaments.

The team manager serves as the general manager for the team, coordinating all the tasks that need to be done, making sure communications are clear to all affected individuals. It is important that the team manager sits down early and often with the coach to ensure expectations are clear and that any outstanding issues are clarified on a timely basis. Many responsibilities have specific deadlines by which tasks must be accomplished so that the team can play. The manager can design additional roles outside those listed here to assist in other aspects of team management (e.g., social coordinator, etc.). Everyone must play an active role for the team to be successful. Everyone must understand the importance of the tasks they take on.

- Team Treasurer

The team treasurer plays an important role in the functioning of a team within the CYA travel soccer program. They are instrumental in assisting the coach and team manager develop and implement a team budget, collecting and tracking team payments, and handling reimbursements for team expenses.



CYA Soccer Player/Parent Handbook



- **Equipment Manager**

The team equipment manager is responsible for managing any team equipment beyond the coach's equipment. This routinely consists of the team bench, tent, and any other items the team or coach wish to have. The equipment manager is responsible for making sure equipment is brought to all games and is set up beforehand and taken down after the game.

Tryouts

Players for each age group will be selected at annual tryouts in May/June based on the assessment of the staff and coaches for each team in that age-group. CYA Soccer will commit to players for places on a team within 48-72 hours after last tryout/player identification session. Players will not be guaranteed a certain field position but will be placed based on the coach's discretion. In fact, a player's field position may change from time to time.

Once accepted into CYA Soccer and onto a team, the player's commitment must be received, along with their registration for the fall season. All players are invited to contact coaching staff for feedback concerning tryout performance and evaluation.

Players will be evaluated every year, making the team one year does not ensure a place on the team the following year. Difficult decisions will have to be made in order to place players on the team best fitted for their developmental stage. With the support of their coach, players will self-evaluate and set goals in the areas of tactical, technical and physical ability. They will learn to identify and communicate to coaches their strength's, areas in need of improvement, goals and action plan for achieving these goals.

Generally, the rosters are built based on the following formula:

Age Group	Game Format	Roster Size
U9 – U10	7 v 7	12 players maximum
U11-U12	8 v 8	14 players maximum
U13-U14	11 v 11	18 players maximum
U15 – U18	11 v 11	22 players maximum

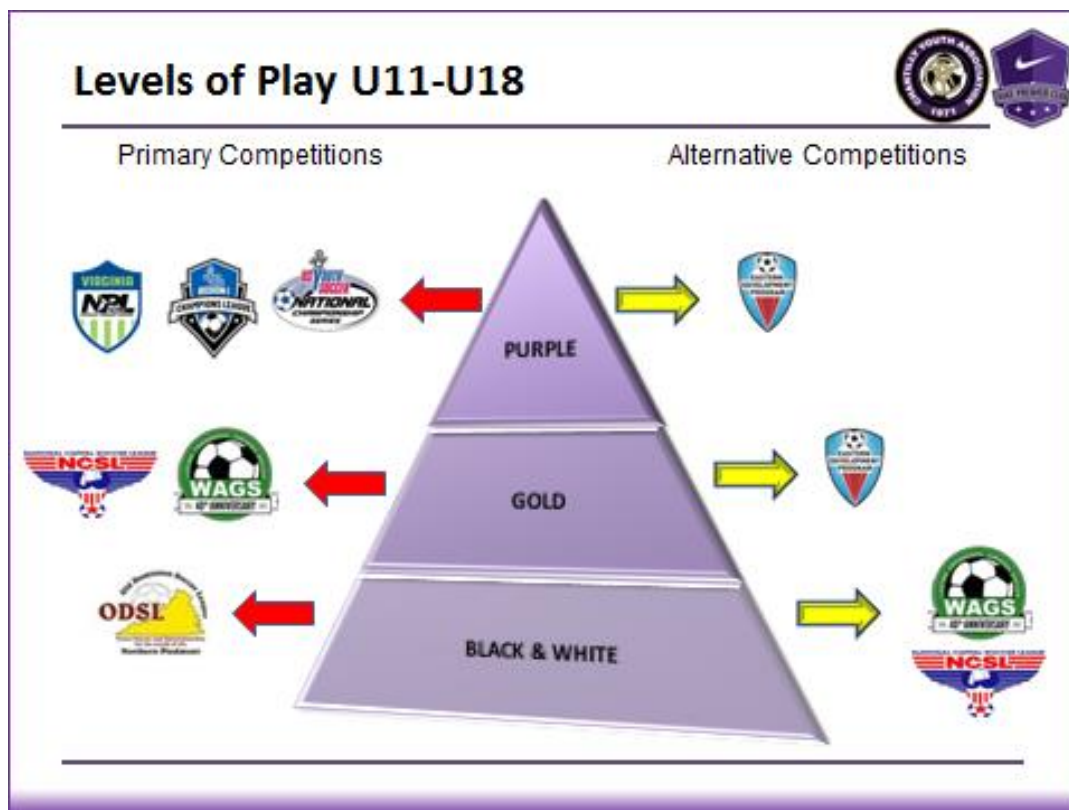
Coaching Assignments

CYA Soccer reserves the right to also make coaching changes. Unless circumstances warrant (e.g., a coach resigns), all coaching changes are made at the end of the spring season, and never between seasons. Coaching changes may be made when the club feels it's beneficial to a particular team or an age group, and the input of the affected team(s) will be sought before a final decision is made.

Player Movement

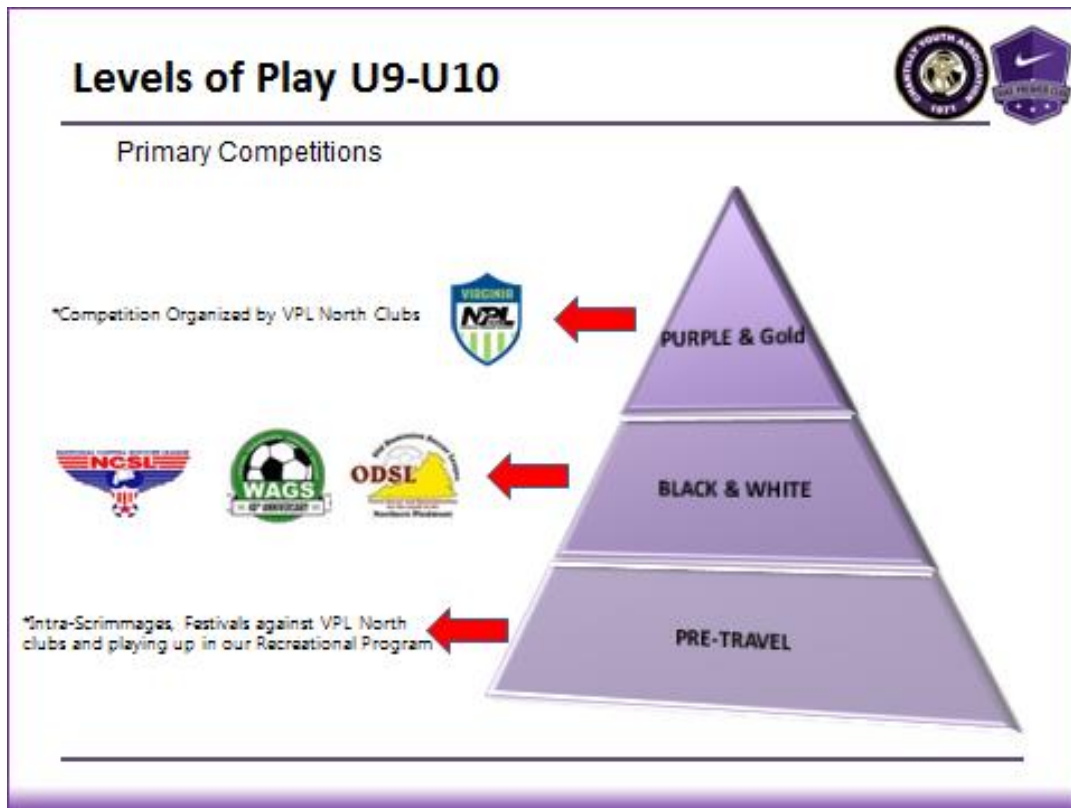
Players may be moved between teams during the seasonal year, depending on his/her skill-level and progress, as well as the skill level of the teams within his/her age group. CYA Soccer always strives to place a player on a team that will most benefit the player and their team. Any movement of players is always discussed with the parents first. This invitation is an offer to play for CYA Soccer, and not necessarily for a specific coach or on a specific team.

Competitions





CYA Soccer Player/Parent Handbook



Game Day Objectives/Playing time

- Playing time:
 - U9-U10 players must play at least 50%
 - U11-U12 players must play at least 40%
 - U13+ players must play at least 35%
- Players must try all positions during their U9-U10 playing years.
- U11+ players will progressively start specifying in roles and positions on the field.
- Players will be encouraged to play an offensive and creative style of soccer, focused on keeping possession of the ball and building the attacking plays from the back.
- Players will be encouraged to take risks on the field without having fear of making a mistake.
- Players always play with a purpose and learn to think on the field.
- We try to win every game applying the concepts learned, playing good soccer and with fair play.

Training Sessions Objectives

- Players master technical-tactical skills.
- Players learn tactical responses to the changing game situations.
- Players acquire an age appropriate soccer specific fitness level and motor development.
- Players train with as much intensity as possible.
- Players follow / learn team's rules and habits set by the coach.
- Players enjoy every session!



Financial Policies

CYA Soccer strives to offer a high quality program at a very competitive cost. Our training facilities are among the best in Northern Virginia, with a majority of our training taking place on turf surfaces. A significant number of our coaches have either international playing, training and/or educational experience. With an experienced training staff, exceptional facilities, and our status as a Nike Premiere Club, CYA Soccer offers a compelling place to play.

In order to be on an active roster and play for CYA Soccer, you are responsible for keeping up with the required payments for your son/daughter, as determined by the club and their team, through the end of the spring 2016 season.

CYA Soccer fees consist of both club fees and team fees. Below are the estimated costs for the 2016-2017 seasonal year.

A. Club Fees

The CYA registration fee is the only club fee, and is \$165/season (fall & spring), or **\$330 for the full year**.

The CYA registration fee is required for all participants in CYA sports. Registration fees must be paid before your son/daughter will be permitted to begin practices or be placed on a roster. The registration fees cover county field costs, insurance, and liability for both CYA and its athletes.

B. Team Fees

Team fees are based on the coaching fee, league fees, the number of tournaments the team wishes to participate in, and any other miscellaneous expenses. The fees per player are determined by dividing the total team fees by the number of players on the roster. The table below gives an example of the various components of a team fee. It is for illustrative purposes only; each team will create a budget that more accurately outlines their team's exact fees.



CYA Soccer Player/Parent Handbook



Estimated 2016 - 2017 Team Costs (varies by team)	
Coaching fee	\$12,500
State & league fees, other fees (STARs)	\$2,000
Tournaments (estimate 2/season @ \$700 each) (fall & spring)	\$2,800
Miscellaneous team expenses (est. \$200/season, fall & spring)	\$400
Winter Program (indoor play)	\$625
Total Team Cost for Season	\$18,325
Players on roster (est)	12
Cost per player (est. 12)	\$1,527

Total Estimated Cost per Player for 2015 - 2016 Seasonal Year:

- Club fees per player: \$330
- Team fees per player: \$1,527
- **Total fees per player: \$1,857 (estimated)**

a. Payment

Fees are paid to CYA through the team treasurer. Currently, we are only equipped to handle payment by check. Checks should be made out to "CYA"

Fees will be paid according to the following schedule.

Payment Amount	Payment Due Date
\$300	July 1, 2016
\$300	August 1, 2016
\$300	September 1, 2016
\$300	October 1, 2016
\$300	November 1, 2016
\$300	December 1, 2016 (if necessary)
\$300	January 1, 2017 (if necessary)
\$300	February 1, 2017 (if necessary)
\$300	Additional payments of \$300 each month until all team fees paid



CYA Soccer Player/Parent Handbook



b. Refunds

Refunds are not issued to players who leave during the soccer seasonal year. Should a player decide to leave for any reason during the soccer seasonal year, that player is still responsible for any monies owed to the team and/or club. If those fees are not paid, CYA Soccer may withhold a release until all fees are paid. In special cases where a player departs due to a season-ending injury, those will be evaluated on a case-by-case basis.

The rationale for this is that each team's budget is a division of costs -- total fees divided by the number of players with a small percentage included to cover unexpected expenses. For this reason teams must collect all player fees in total. Refunds would cause a team to lose money, driving the yearly fee for other players to be higher. We commit to the player for the year, therefore the player must commit to the club for a year as well. All parents are required to sign a CYA Soccer Invitation Letter when accepting a spot within CYA Soccer. Once a player agrees to play for CYA Soccer, the player's family is obligated to pay the entire team fee so as to fully cover costs associated with the team.



CYA Soccer Player/Parent Handbook



Facilities and Fields

As the largest soccer club in the Chantilly Area, we work closely with the county government and school systems to help develop and maintain some of the best facilities in the area. In return, the county allocates us ample time on these outstanding facilities.

County Park Fields: Arrowhead Park, Franklin Farm Park, Franklin Glen Park, Greenbriar Park, Poplar Tree Park, Stringfellow Park, Sully Highlands

School Fields: Brookfield Elementary School, Franklin Middle School, Greenbriar East Elementary School, Greenbriar West Elementary School, Lees Corner Elementary School, Poplar Tree Elementary School, Rachel Carson Middle School, Rocky Run Middle School

Private Fields: Word Of Grace Christian Athletic Center

Status

To check the status of a field, refer to:

- General Status: [Chantilly Youth Association](#)
- Field-Specific: [CYA Field Directory](#)
- [Fairfax County Field Closings](#)
- Fairfax County field hotline: [\(703\) 324-5264](#)

For SFL and Travel teams with an away game, check with your coach.



CYA Soccer Player/Parent Handbook



Policies

Goals

All goals must be anchored to the ground. Acceptable anchors for goals that are not permanently installed include sand bags, stakes, and hooks. Net stakes will never be used to anchor a goal to the ground. Unanchored goals pose a serious safety risk that can cause injury and/or death to players on the field.

- a. At the beginning of each season, goals will be anchored. If a goal is found not to be anchored, report it immediately to your division coordinator.
- b. Do not use the goals and field unless the goals are anchored. Each coach shall inspect the goals prior to their practice/game to ensure that the goals are safe.
- c. Bantam Pop Up Goals (PUGs) must be anchored with spikes or a counter-weight on the back of the goal. Blown over PUGs could present a hazard to the younger players.
- d. Players are not allowed to play on the goal or the nets. The coach shall instruct players at the beginning of the season that they must stay off the goals. Coaches and parents shall remind players to stay off the goals if players are hanging on the goals or nets.
- e. Other than PUGs, goals shall NEVER be moved by Chantilly Youth Association coaches, parents, or participants unless permission has been given by a soccer board member. If a goal has been found to be moved, report it immediately and leave it where it is.

Word of Grace (WoG) Practice Allocations

Travel teams may be allocated specific practice and/or game time at the Word Of Grace Christian Athletic Center. This facility is private and requires payment to use the field space.

- a. Each team will practice only on their designated field at their designated time slot
- b. Teams will NOT begin their practice early or end their practice late
- c. Teams will NOT take the field or any part of the field until their designated time. This includes:
 - i. Warm-up drills on a corner of the field
 - ii. Jogging on the field
 - iii. Errant balls kicked onto the field
 - iv. Warming-up so close to the field that it causes a disruption for the team(s) practicing
- d. No spectators or chairs are allowed on the artificial turf field. All spectators and chairs must remain in the area between the fields.



CYA Soccer Player/Parent Handbook



Trash Pickup

All Chantilly Youth Association Teams are responsible for picking up all trash on or around the field at the conclusion of their game or practice regardless of whether the trash was there when they first took the field.

Field Policy Violation Sanctions

- a. Inclement Weather Policy Violations - If a coach or assistant coach violates the Inclement Weather Policy, immediate expulsion from the program shall be the penalty. Weather hazards are not to be taken lightly and CYA Soccer will not tolerate any violations
- b. Dangerous Field Conditions -- If a coach or assistant violates any of the Dangerous Field Conditions, as stated above, CYA Soccer will take appropriate action including suspension of practice privileges, fines (for Travel Teams), and program expulsion. Any fine levied on CYA by Fairfax County will be passed on to the offending parties.
- c. Goals – If a coach fails to inspect goals, moves goals without permission, or fails to report issues with the goals, CYA soccer will take appropriate action, including suspension of practice privileges, fines (for travel teams), and program expulsion.
- d. Word of Grace – If a coach or team violates the Word of Grace rules, the following sanctions are in effect:
 - First Violation – a team fine equivalent to the amount necessary to reserve the slot at Word of Grace (currently \$150 without lights for 1 ½ hours). Should this fine not be paid, all remaining practice slots at Word of Grace will be forfeit.
 - Second Violation - loss of the next two practice slots at Word of Grace.
 - Third Violation - loss of the remaining practice slots at Word of Grace and a letter of censure
 - Fourth violation – program expulsion

Weather Conditions

1. Inclement Weather

It is our policy to hold games and practices whenever it is safely possible to do so. Weather related situations cause a great deal of inconvenience but this is a temporary scenario as opposed to the alternative. There is no reasonable justification for jeopardizing the safety of our children. For the safety of the players and spectators, activities will be cancelled for the following weather-related reasons:

- a. Thunder and Lightning: In the event of lightning/thunder, all activities will be halted immediately and cannot be resuming until 30 minutes after the last lightning/thunder occurrence. When a thunderstorm is brewing and lightning has been spotted, it is



CYA Soccer Player/Parent Handbook



imperative that our coaches take it upon themselves to play it safe and clear the field right away. That includes getting children out of the parking lot and into cars.

- b. National Weather Service Severe Weather Warnings: All activities will be cancelled/postponed during an active warning for our area from the National Weather Service for severe weather (Tornados, Severe Thunderstorms, Hurricanes, etc.).
- c. Other Dangerous Weather Conditions: In the event there are weather conditions, such as hail, that may present a danger to players and spectators, all activities will be cancelled or postponed while the dangerous weather conditions are present.

2. Dangerous Field Conditions

If the fields are in a condition that presents a dangerous playing environment for players or where play may cause significant damage to the fields, practices/games will be cancelled or postponed for that day. This may occur on days of nice weather if rain has occurred on prior day.

- a. Teams may not practice on grass fields when it is raining or when fields are wet.
- b. Fairfax County Department of Community and Recreation Services controls county fields and directs which fields will be open or closed on a given day.
- c. CYA will update the Field Status portion of the web site and/or update the Field Status Phone line by 4pm when fields will be closed.
- d. According to county guidelines, fields shall be closed when the following conditions occur:
 - i. There is standing water present on the pitch.
 - ii. There is standing water present in the infield mix areas that cannot be removed without causing damage to the field.
 - iii. There are muddy conditions present that will not dry by the start of the game.
 - iv. While walking on the field, water can be seen or heard with any footstep.
 - v. While walking on pitch, any impression of your footprint is left in the soil surface.
- e. Fairfax County Field Closure Signs: Field closed signs take precedence over the website and/or hotlines. For example, if fields are shown as open on the website and the sign on the field indicates that the field is closed to play, the field is closed. However, the opposite is not true. If the website or hotline states that a field is closed and the sign states that it is open, the field is close
- f. The decision to open or close a field is made by either Fairfax County or CYA. Individual Coaches or Managers may not make this decision and must abide by the county and/or leagues decision. Should you choose to practice/play when fields are closed, you are subject to the sanctions as outlined below, are trespassing either on County property and/or private property and are subject to misdemeanor prosecution
- g. Foreign substances such as mulch, kitty litter, sand, etc. will not be used by CYA to attempt to improve field conditions



CYA Soccer Player/Parent Handbook



Uniforms

CYA Travel Soccer strives to project a professional image. The club uniform plays an integral part in the forging of club identity and in building both a sense of community and of pride in the organization. This can only be accomplished if all CYA travel teams wear the designated club uniform so that no matter what the age group, no matter what the occasion, the team can be readily identified as representing CYA. This underscores the fact that we are a single club that exists to support and encourage its members. The following outlines the CYA travel team uniform policies.

All CYA travel team players and coaches must adhere to this program at all times.

- Effective March 2012, the official CYA uniform supplier is Nike. CYA maintains a two-year purchase agreement for our boys and girls travel teams that is compliant with the existing sponsorship agreement between the club and Nike. All travel teams are required to purchase a new uniform kit every two years. Uniforms must be purchased and used in league/tournament play immediately following the uniform launch.

-- Exception to the above for competitive teams in their final season:

For teams that are playing in their final year in the Club's travel program, if that year coincides with the launch of a new Nike uniform kit, then they will not be required to purchase the new kit and will be permitted to finish their CYA tenure in their current kit.

- All CYA players and coaching staff must wear Nike gear on game day. Exception: Players may wear footwear, shin guards, and compression/under tops/shorts from a different vendor.
- Teams may also use the CYA uniforms for indoor league play and various tournaments as long as the team is registered as a "Chantilly Youth Association" team. A CYA team playing in an event where they are not registered as a CYA team may not wear the CYA uniform.
- Effective March 2012 the official CYA uniform supplier is Eurosport (soccer.com). All travel teams must obtain uniforms through Eurosport, and do so in accordance with the CYA/Eurosport agreement. Team uniform coordinators will set up on-line team rosters in the Eurosport ordering system and families will purchase their uniforms online via a credit card. Uniforms, and other purchased items, are shipped directly to the family. Families that are Eurosport "Goal Club" members will receive Goal Club points for their uniform kit purchase.
- The club does not make any money on uniform kit sales. CYA negotiated the best possible pricing for our members, and the cost savings are passed on to our member families. There is no mark-up, rebate, or kick-back that CYA will receive from uniform kit sales. CYA, as a Goal Club Member with
- Eurosport, will receive Goal Club points from uniform sales. Any family that is also a Goal Club Member will also receive the same Goal Club points as the Club



CYA Soccer Player/Parent Handbook



Travel Team Uniform Kit Fall 2015 - Spring 2017

Effective August 2015, the official CYA travel team uniform consists of the following items. All travel teams must wear this uniform at all times (all league and tournament matches, etc. – anytime that the team is playing under the club affiliation).

Required Uniform Items

- Home jersey, Nike Tiempo II, purple
- Home shorts, Nike Equaliser, black
- Home socks, Nike Classic III, black
- Away jersey, Nike Tiempo II, white
- Away shorts, Nike Equaliser, black
- Away socks, Nike Classic III, black
- Training jersey, Nike Tiempo II, gold
- Training shorts, Nike Equaliser, black
- Training socks, Nike Classic III, black
- Nike Academy 14 Sideline Knit jacket, gold
- Nike Team Sideline rain jacket, black
- Nike Libero 14 Knit pants, black

Optional Uniform Items

- Nike Club Fleece Hoodie, purple
- Nike Alliance Parka II, black
- Nike Club Team Backpack, black
- Nike LS Park II Goalkeeper Jersey, green
- Nike Team ball

More details on the uniform kit and ordering can be found on our web site.



Codes of Conduct and Responsibilities

Player Responsibilities

As a member of a CYA Soccer team, you are representing your team, our club, and our community. This honor carries with it significant time commitments, responsibilities, and expectations. The following is a list of expectations that you should review and be prepared to take seriously.

- *Play for the good of the game.*
- *Maintain high academic standards.* Education is more important than soccer and a disciplined student is an asset to the team.
- *Show respect for all people and demonstrate good manners and sportsmanship on and off the field.*
- *Attend all tryouts, practices and games.* Typically teams practice three times a week and play one weekend league game. Tournaments are the exception where 3 or 4 games are played on a weekend.
- *Place your team and commitment to soccer at a high priority.* When signing on with CYA Soccer, you are making a serious commitment. You are expected to attend and be punctual for all games and practices. This level of commitment helps the team form into a cohesive and competitive unit. Players who expect to routinely miss league games or practices during a season should discuss this with their coach and manager and perhaps reconsider their participation.
- *Come to each practice and game ready to play.* You must be physically and mentally prepared on game day with all necessary equipment and uniform(s) as well as being in top form. Examples of game and practice readiness include: hydrating before and during the game, monitoring physical activity on game day, eating nutritious, sports-healthy meals two hours or more prior to the game or practice, engaging in activities that help you to be mentally focused, taking proper care of injuries and making sure you are well rested and stretched. You and your parents are encouraged to learn as much as you can about proper nutrition, exercise and rest for young athletes. Having the basic knowledge of how to care for and recover from minor injuries is also important.
- *Take pride in your equipment.* Equipment is limited in soccer and therefore it is easy to excel in this area. Brush your boots off if they are covered in mud. Make sure they are dry and the laces are in good shape. Learn to tie your laces tightly so that they remain tied throughout a game. Your shin guards should be clean, dry and in good shape. During games and practices, player bags and other property such as water bottles and uniforms should be neatly stowed in the designated spot.



CYA Soccer Player/Parent Handbook



- *Practice on your own in order to reinforce concepts and skills taught by your coach.*
Juggle with your ball often. Watch soccer on TV or live to enhance your understanding of the game.

***“Not everyone who practices every day is a champion.
But everyone who is a champion practices every day.” Anonymous***

- *Talk with your coaches.* The coaches are there to help you. If you do not understand something the coach does or says, do not hesitate to ask for more information or help. If you are nervous about talking with your coach, it may be helpful to practice with your parents or another adult ahead of time.
- *Inform the coach or manager when you will be absent prior to the practice or game to allow him/her to prepare the appropriate practice or game plan.*
- *Immediately inform the coach of injuries or other concerns that will impact play.*
- *Show respect for all property.* We ask that you and your parents assist coaches in gathering equipment, setting up the practice or game field, picking up the fields/practice area and facilities after use, reminding teammates of items being left behind and returning borrowed equipment. Fields should be left in better shape than when we arrived.

We would like to emphasize again that your first responsibility is to your team. If you commit to another activity or a different sport, it is expected that practices and games will take first priority and consideration. A player who is frequently absent, tired or injured will not get the same playing time that a healthy, committed player will.

Player Code of Conduct

- Be fair always no matter what the outcome.
- Know and obey the laws of the game.
- Work for the good of the team.
- Accept the decisions of the officials with good grace.
- Be generous when your team wins.
- Be graceful when your team loses.
- Believe in the honesty of your opponents.
- Never encourage, condone or participate in any activities that may intentionally injury players/spectators, or damage soccer facilities.
- Develop and encourage an appreciation of the game of Soccer.



CYA Soccer Player/Parent Handbook



Parent/Adult Responsibilities

Parents as members of CYA Soccer are expected to be courteous in all soccer situations and maintain the same high standards expected of the players. In appropriate actions taken by a player, coach or parent will be subject to review by the board with potential fines and/or suspensions a possible outcome.

Parent/Coach unity and communication are important to a player's development. CYA Soccer values the opinions of our parents as well as those of our coaches. We accept that sometimes a parent may disagree with a coach's decision or would like to have a more in-depth understanding of a particular decision. We ask that you respect the coach, CYA Soccer and the relationship your child has with the coach by keeping discussions constructive and confidential. Scheduling a time to meet with the coach to address the issue rather than doing so during a game/practice or right after would be an effective way to build a positive mutual relationship and to air concerns. ***Parents should encourage players, but not coach from the sidelines; this is the responsibility of the coaching staff. When there is more than one "coach", players become confused. Your child and other players can also become distracted when you give direction or criticism. In addition, if you are always telling your player what to do, they will not learn how to make the many split second decisions that soccer requires. Parents are spectators and supporters. You are encouraged to cheer not only for your child but also for all of his/her teammates.***

The passion, commitment, and support of parents are an asset to children playing competitive soccer. Research has shown that parents are crucial to an elite, young athlete's success. We know that parents are seeking the best for their children and have made a considerable time and financial commitment to help their children succeed. Your child, and CYA Soccer could not be successful without that commitment. We also understand that sports competition sometimes arouses strong emotions. When negative emotions are running high during a game, we ask that you use self-control and refrain from disrespectful or injurious behaviors towards officials, coaches, players, and spectators, whether on or off the field. In addition, we ask that parents assist each other in maintaining positive conduct so that officials, coaches and players can maintain their focus on the activities at hand. **Parents can help their player and his/her coach by modeling good sportsmanship.**

Parents are essential to player preparedness. A review of the player's commitment will help parents to understand what is expected of the player. In addition, parents are encouraged to teach their player the skills needed to be game and practice ready; helping the player to become gradually more independent. Parental support in teaching and encouraging (and reminding) players about their obligations is crucial. Parents are responsible for the transportation of players to practices and games at the time specified by the coach with prompt pick up at the end of the event. It is customary to be early to games and your coach and manager will let you know what is expected in this area. Carpooling with other players may ease the burden of multiple practices and games in a week. CYA Soccer is not formally involved nor does it help in making these arrangements but recognizes its advantages to parents. If you are interested in carpooling, we suggest that you begin by talking with other parents on your team and in your area.

During practices and games, we ask that a small contingent of parents always stay at hand to help in case of an emergency. If you are unable to stay, please make sure that you ask one parent to keep an eye on



CYA Soccer Player/Parent Handbook



your child and that you give them your emergency contact information. Coaches should also be informed when possible.

Finally, parents are expected to attend all team meetings and club events in order to ensure effective communication. Parents who wish to organize and implement activities that help to build team spirit and friendships are encouraged to do so. Please contact the manager for the necessary information and to ensure that there is no overlap.

Parents Code of Conduct

- Conduct yourself with honor and dignity at all times. (Your actions reflect on the team, club, community association, and soccer)
- Be fair always no matter what the outcome.
- Know and obey the laws of the game.
- Work for the good of the team.
- Accept the decisions of the officials with good grace.
- Be generous when your team wins.
- Be graceful when your team loses.
- Believe in the honesty of your opponents.
- Let them play, remember that you are not a player on this team.
- Support your team, coaches and representatives. (Discuss issues in private)
- Never encourage, condone or participate in any activities that may result in injuries to players and spectators, or result in damage to soccer facilities.
- Develop and encourage an appreciation of the game of Soccer.
- Support the soccer community.



Coach and Staff Responsibilities

- To plan and implement training sessions in accordance with the format developed by the Technical Director and DoC's to fit CYA's culture, vision and philosophy.
- To follow CYA's policies regarding player selection, target roster size, training style, game day expectations and player evaluation for each age group and level of team.
- To work with the DoCs, Age Group Coordinator and Technical Director during tryouts in selecting players and making playing up decisions.
- To be committed to the big picture of the club regarding player development and age group objectives.
- To develop the individual and collective talents of the players.
- To strive to advance player's growth as young adults by developing life skills that can be carried on and off the field.
- To provide individual written player evaluations annually (winter season) to their DoC and Families of the team.
- To wear club provided gear whenever representing CYA, i.e. games, practices and other club sponsored events.
- To select tournaments in which the team will play, in conjunction with the DoC and the Age Group Coordinator.
- To select a team manager and approve any parental support.
- To keep a good communication with the TD, DoC, AGC and Travel Coordinator.
- To keep parents informed well in advance of all the logistics involving the team (schedules, game logistics, tournaments, etc...). Tournaments should be selected no later than a month prior to start each season.
- To provide team parents with weekly feedback about the team progression, needs and strengths.
- To be available to parents to discuss players' evolution, team progress and team expectations.
- Attend all scheduled club coaches meetings, including special meetings called by Technical Director, Travel Coordinator or Executive Board.

Game day expectations

- To arrive at least between 30 - 60 minutes (depending on age group).
- To have a well-rounded, age appropriate, warm-up that properly prepares players for the game.
- To coordinate with team manager to have STARS ready to work as assistant referees if they are called upon by the center referee.
- To know what the field set-up and break-down procedures are if it is a home game.
- To conduct oneself in a professional manner showing the upmost respect/sportsmanship to the opposing team, families and officials as a representative of CYA.
- To be a model for the players to conduct themselves
- To give coaching points that are constructive and follow the philosophy and style of play established by CYA.
- To ensure that each player meets CYA's "Minimum playing time policy."



CYA Soccer Player/Parent Handbook



- To be familiar with all necessary available emergency numbers or contacts in case of an accident.

Training Sessions expectations

- To arrive 15 minutes early.
- To work as a team member during Academy / clinics sessions, following instructions from the assigned lead trainer.
- To have CYA lesson plan written out ahead of time (CYA Session Plan).
- To have all equipment (cones, vests, etc.) prepared. If field schedule allows it, set up sessions ahead of time (putting out cones if the field is not being used)
- To be appropriately dressed including:
 - Cleats/indoors/turf shoes
 - CYA gear
 - A WATCH, no cell phones
- To minimize distractions: minimal talking with the other coaches during training, no cell phone usage unless absolutely necessary.

The coach/trainer will:

- Motivate, teach and give positive feedback to players about her needs and strengths.
- Lead by example.
- Coach for developmental success which leads to game success.
- Understand that respect and sportsmanship are the cornerstones of character building.
- Fulfill all Club expectations
- Be ultimately responsible for the team regarding the enforcement of all club, team, league and CYA, VYSA, and USCS policies, procedures, rules, regulations, including the philosophy of the Club
- Retain a high level of professionalism not only on the field and while in CYA gear, but in everyday life in the community as they will be constant standard bearers for CYA Soccer staff.
- Know the rules and procedures of the league and/or potential tournament.
- Greet families and parents in a professional manner.