

PARENT/PLAYER HANDBOOK

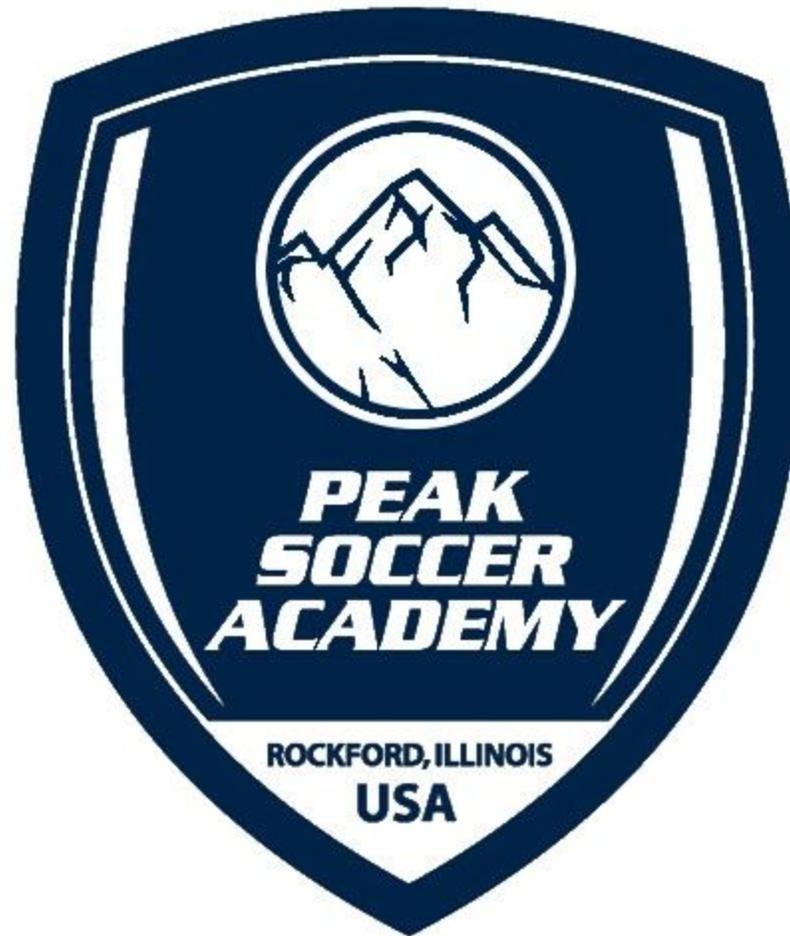


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Dear Parents and Peak Soccer Academy Players:

Our staff would like to take this opportunity to welcome you to the Peak Soccer Academy. We are pleased that you have made the commitment to be a part of our soccer program. We are working hard to build tradition and to be the best we can be. As you already know, the key to such continued success for any program is the relentless drive for improvement. It takes a special athlete to meet these demands. We are looking for:

1. Players who work very hard, both throughout the season and out of season.
2. A high level of expectations from coaches and players.
3. A commitment to excellence in the 4 core components of the game* (technical, tactical, physical, psychological)

The Peak Soccer Academy program manual is an outline of our program's expectations for your athlete. It was created to help clarify what it means and takes to play soccer for PSA.

Please take the time to read through the manual with your player(s). If you have any questions, please call your coach and discuss your questions. After reading through the manual, please sign and date the form at the end, and return it to your coach.

The coaching staff of the Peak Soccer Academy is looking forward to an exciting and rewarding season this year. We would like to express our deep appreciation for your support and dedication in helping us to achieve our goals. Thank you, and, once again, congratulations!

Yours in Soccer,
The 2018 Peak Board and Coaches

*Four components of the game:

- a. Technical -- skill with the ball
- b. Tactical -- field situational awareness
- c. Physical -- strength and conditioning
- d. Psychological -- mental maturity

DIRECTORY

BOARD

President- Jim Ehrlich
Coordinator of Girls - Elena Henry
Coordinator of Boys - Dave Hendrickson
Director of Coaching - Radu Giurgiu
Treasurer - Tarrah Hawes
Secretary - Linda Akiyama

COACHING STAFF

Radu Giurgiu
Jean-Pierre Tokoto
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PEAK General Contact Information

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<http://www.peaksocceracademy.com>

Facebook: PeakSoccerAcademy

Twitter: @PeakSoccer

Instagram: @PeakSoccerAcademy

Mailing Address:

Peak Soccer Academy

P.O. Box 1127

Roscoe, IL 61073

LEAGUE RULES AND REGULATIONS

Boys

www.yssl.org

Girls

www.iwsl.com

TEAM SELECTION

Tryouts

Annual tryouts begin in May and typically finish in June. Two to three tryout dates are usually scheduled for each age group. Players for all levels will be evaluated based on their technique, fitness level, tactical ability, field sense, and attitude through a variety of drills, skills tests, and games or game-related activities. If overall numbers are excessive or players do not meet the necessary requirements upon evaluation, players may not make a team and are encouraged to continue their development via the club. Please refer to www.peaksocceracademy.com for specific tryout dates.

During Season

A season is defined as August 1 - July 31. This includes fall league games/training/tournaments, winter training, and spring league games/training/tournaments. On some occasions, a player may be rostered on two teams in order to maximize roster size where necessary. During the season, players may be moved to fill vacancies due to vacations, illnesses, injuries, or disciplinary action. Players may also be moved to an older team in order to (a) be given an opportunity to perform at that level, or (b) maximize roster size to provide depth for a tournament or game. The expectation is the player should take this as a positive developmental experience and an opportunity to play at a higher level.

Showcase Team

The showcase teams are designed for players U15 and above who are looking to play at college level. This entails additional tournaments to provide exposure to college-level coaches. There is a responsibility to meet additional financial obligations as well as training and game commitments.

Fees

A financial agreement is published annually. All players/parents are required to sign the current financial agreement to indicate commitment to Peak Soccer Academy. All fees must be paid ON TIME, as scheduled in the player's contract. All payments received after the due date will incur an additional 10% late fee. Additionally, delinquent status may result in a player's card being pulled until the account is in good standing. Please be aware that Peak will not release a player's card until the season's fees are paid IN FULL. For exact information on financial arrangements for the upcoming season, please see the Registration Form at www.peaksocceracademy.com

DISCIPLINE

Absences and Lateness

A team only exists if each player understands how an individual's actions affect everyone else on the team. By missing practice, a player not only hurts him/herself, but the team as well.

Excused - By definition, excused absences are any of the following:

- family (death or sudden illness)
- emergency medical treatment
- religious commitments
- school functions
- academics
- illness/serious injury

Players must notify the coach beforehand about excused absences or lateness. Otherwise, it is considered unexcused. Communication and personal responsibility are essential. It is the coach's discretion as to how absences and tardies will be handled. If situations with extenuating circumstances arise, the coaching staff will handle each case on an individual basis.

Suspensions

Peak Soccer Academy follows the YSSL and IWSL guidelines regarding codes of conduct for players, coaches, managers, and parents. This may include removal from field, suspensions, and/or monetary fines. Please refer to the league websites provided on the first page of the directory for further information.

GENERAL INFORMATION

Practices

All practices are closed to the public unless invited or previously approved by a member of the practicing soccer staff.

Roles in the Peak Soccer Academy

There are **four basic roles** in the Peak Soccer Academy. Each role has a certain set of responsibilities. It is your personal responsibility to understand these roles and stay true to them. These roles are:

- 1) The **players**- Their responsibility is to be in attendance, add positively to the chemistry of the team, and perform in practice and games to the best of their abilities. Players should seek answers from their coaches if there is a misunderstanding and not look for others to blame for their own shortcomings.
- 2) The **coaches**- Their responsibility is to facilitate, teach, and nurture the player throughout the course of the season and throughout the year, as necessary. The coach must maintain good chemistry amongst the team, as well as come to understand the personal needs of each player to the best of his/her abilities.
- 3) The **referees**- Their responsibility is to ensure that the laws of the game are upheld and enforced throughout the contest. He/she has the final say in all matters on the field. The referee should never be approached without permission and should always be treated with respect, regardless of one's opinion. The referee should never be blamed for the outcome of a game.
- 4) The **parents**- Their responsibility is to be supportive, interested, and involved, yet not interfering. This is not always the easiest thing to do... it takes a special parent. Their support and involvement in the program makes an important difference.
 - Bear in mind, in a competitive program, not all athletes receive the same amount of playing time. Please remember, PSA coaches have many years of experience in their field. The decisions they make are centered around the principle of building a team.
 - When the timing is appropriate, the coaches will be more than willing to talk with parents concerning their athlete's needs.

In order for our teams to have the greatest opportunity for success, these roles ***must never become confused***. Players will not be allowed to referee, parents will not be allowed to coach, and coaches will not just come to cheer. One cannot and will not be allowed to perform the other's role.

Individual Conference with Coach

The following protocol will be used regarding meetings:

- Arrange a time for the meeting with the coach. (Director of Coaching or board member may be present if requested by the coaching staff.)
- Wait 24 hours following a game, tournament, or incident to meet. This is a necessary cooling off period that results in better communication.
- Do not engage before or during practice time or game.
- Have player present, if requested by the coaching staff.

Player Expectations for Training and Games

- Be punctual.
- Arrive at practice with appropriate equipment, including the correct size ball, shin guards, water bottles, etc.
- Be appropriately dressed for the season. Come prepared for any type of weather conditions, especially during unpredictable weather periods.
- Give 100% participation and effort, including jogging to and from activities.
- Pay careful attention to all instructions. Ask questions. Understand the topic.
- Pick up equipment and litter after every session and game.
- Treat each game as a learning experience, whether on or off the field.
- Address officials and coaches respectfully.
- Refrain from using inappropriate language; it is a cardable offense.
- Remember you represent the club at all times. Maturity means controlling your emotions on the field.
- Plan on a cool-down period and post-game meeting, at the discretion of the coach.

Player Expectations off the Field

Taking Care of Your Body--Your body is the most important utensil you have in playing the game. Taking care of it through proper nutrition and conditioning is mandatory in order to excel at the highest level.

- Eat healthy. Refrain from “junk” food, carbonated beverages, and excessive sweets.
- Take the extra time necessary to stretch and strengthen your body. Agility and strength are two components of the game that are directly within your control as an individual player.
- Allow ample time for rest each night and especially on the nights prior to a game. Getting your body proper rest is essential to both your physical and mental well-being.

PSA PLAYER/PARENT/COACH CODE OF CONDUCT

Players:

- 1) Players will refrain from using profanity during matches and training sessions.
- 2) Players will not take part in disparaging dialogue with referees, teammates, coaches, opponents, or spectators.
- 3) Players will not exhibit or participate in aggressive behaviors during any game or training sessions. Bullying will not be tolerated.
- 4) Players are prohibited from using illegal drugs, alcohol, or tobacco products while on the roster of a Peak Soccer Academy team.
- 5) When traveling, players will be held financially responsible for paying all property damages they incur. Property damage will result in the player being suspended from the team.
- 6) Players are expected to attend all training sessions and games. Players must give sufficient notice to their team coach/team manager that they will be missing. Missed training sessions or games may result in reduced playing time.

Parents:

- 1) Parents agree to support the club and oversee that the players abide by the PSA Player Code of Conduct.
- 2) Parents will ensure that rides to and from practices and games are PUNCTUAL. Being late to pick up an athlete from the field is a safety issue, and out of courtesy to our coaches and their families, it is imperative rides be on time.
- 3) Parents will refrain from approaching the coaches with concerns following a game and will abide by the 24-hour cooling-off period.

- 4) Parents will refrain from verbal abuse of referees, coaches, players, opponents, and spectators.
- 5) Parents will agree to pay for any property damage that is attributed to their children.
- 6) If a parent has an issue with a coach, player, or PSA policy, he/she will discuss it with the team coach first. If it still cannot be resolved, then the issue may be discussed with the Director of Coaching (DOC) and/or appropriate board member.
- 7) Parents agree to pay all fines imposed by a league or tournament as a result of improper conduct by themselves or their child.

Player and Parents:

- 1) While on a club trip away from our Home Fields, a player will immediately be suspended from the team for the remainder of the trip if the player's misconduct warrants such action. This will be decided at the sole discretion of the club representative.
- 2) The player and parents/guardians understand they shall be responsible for making arrangements for the player's immediate return in the event of suspension and shall be responsible for all costs associated with the suspension, including possible forfeiture of all costs and fees relative to the balance of the trip for the player.

Coaches:

- 1) Coaches will lead by example by abiding to the same code of conduct.
- 2) Coaches will be on time for all team and club events.
- 3) Coaches will be ultimately responsible for the team regarding the enforcement of all club and team policies, procedures, rules, regulations, and philosophy of the club.

This document must be signed by the player and parent and returned to Director of Coaching prior to the player participating in any club training sessions or games.

I have read the Player/Parent Code of Conduct and agree to abide by it. I understand that breaching this contract may result in suspension or removal from the club and/or forfeiture of all costs and fees relative to the balance of the season.

Player signature: X _____ Date: _____

Parent signature: X _____ Date: _____