



***SHSC*REVOLUTION**

2010 Player Handbook

South Hill Revolution Soccer Club
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SHSC *REVOLUTION*

PUYALLUP, WASHINGTON

To all players,

This booklet is an informational guide to introduce you to the standards that the coaches of the South Hill Revolution Soccer Club and I expect from both the parents and players. All of the aspects included here have been thought through carefully, have been researched thoroughly, and are in place to assist players in becoming both a better player and person. For parents it is a guide to ensure that the environment is a positive one for each and every player.

It is important that you read this booklet and take all of the topics into consideration when you put on the SHRSC uniform or attend a game or training session as a spectator.

Have fun and enjoy your year,

Greg Howes
Director of Coaching

**South Hill Revolution Soccer Club
Player Affiliation Manual
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1. Introduction

Our goal is to provide a top quality soccer organization. We believe that with quality players and coaches we will be able to put a very competitive product out to face other teams from the region. This manual is a working document. It will give you guidelines as to what the staff of the SHRSC expects at all times from you as a person and player. We are not just looking for soccer players, but rather young men and women who are well rounded individuals. At the SHRSC we are on the cutting edge of youth soccer in the United States and with that comes a commitment to do our best for every player.

2. Organizational Structure

The current organizational structure of South Hill Soccer Club can be found on our website at:

www.SHSCSoccer.com

3. Conduct

As a person and a player we demand the highest of expectations on and off the field. At all times you are representing the SHRSC and yourself. We expect players to respect all participants in the soccer world including, but not limited to, coaches, officials, referees, players, and parents whether they are from the SHRSC or an opposing club. At all times we expect players to use good common sense and exhibit sportsmanlike behavior. Any violation of these expectations will be dealt with on a case by case basis. The club has a zero tolerance policy for abuse of all coaches, officials, referees, players, and parents and is grounds for immediate termination without refund.

4. Commitment and Attendance

We understand that at times there may be conflicts with training or on game days. It is our expectation that each player will do their best to commit to all sessions. However, if that is not possible you will be expected to contact your coach via email or phone at least 24 hours prior to the session. This is especially important for games. The majority of coaching occurs during training and all players have intricate parts in each session. Commitment and attendance will be handled

5. Development Philosophy of the SHRSC

Player development is our number one concern. The ultimate goal of the SHRSC is to develop players to be able to move on to the next level, whether it is to play in high school, college, in a professional setting, or to play for the US National Team. We have a commitment to our players to provide an environment that is challenging and demanding. Technical, tactical, psychological, and physical aspects of the game will all be taught within the structure of the curriculum.

6. Communication

Communication is primarily through email and the SHRSC website. You are strongly encouraged to read your email on a daily basis. This is how your team manager or coach will distribute all team information such as practice and game schedules or changes as well as driving directions or addresses for away games. They will not be phoning individual players with this information. Club information and updates are available on the SHRSC website at www.shscsoccer.com.

7. Training and Preseason

During the regular season there will be a minimum of two training sessions per week.

1. Players should arrive at training 15 minutes prior to the designated start time with cleats and shin guards on and ready to play.
2. Do not wear your SHRSC game kit to train in.
3. Training with another SHRSC team is permitted at any time. Players must not, however, miss their own team training to attend another training session. Players must inform the coach that they would like to attend.
4. Players should bring a ball to training.
5. Players are required to wear SHSC gear to all game, practices, tournaments and meetings.
6. All Players are required to wear the appropriate practice T to all training sessions.

We ask that all parents respect that the players are training and to stay a good distance from the fields during all training sessions. If everyone adheres to the rules, players will enjoy an environment that is conducive to playing, coaching, and learning. The type of environment that is envisioned is one that is quiet and without excessive pressure. It is an environment in which coaches can be easily heard and understood. Most importantly, it is one in which a player's every move is not being scrutinized by parents.

8. Game Day Procedures

Schedules and directions for all SHRSC teams will be distributed via email by the team manager or coach. Many teams also have websites that contain this information. For both home and away games players need to arrive 60 minutes prior to the start time. There will be a 45 minute warm up session. Players should not bring a ball to the games.

9. Dress Code For All Games

Players may wear their SHRSC warm-ups and uniforms to the games with a good pair of shoes (running / tennis shoes are fine). Players should bring both color jerseys/shorts/socks/ to all games.

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10. Team Uniforms and Equipment

Take pride and care of your uniform kit, you may wear it to games or change at the fields if appropriate. It is encouraged that SHRSC gear is worn proudly in the community and abroad. All balls, cones, pennies, and training equipment are the property of the South Hill Revolution Soccer Club.

11. South Hill Revolution Soccer Club and Diadora

The South Hill Revolution Soccer Club is proud to have had a relationship with Diadora for the past six years. It is important that we maintain our part of the agreement. SHRSC players and coaches must wear the Diadora product. Under no circumstances will players be allowed to play in games wearing a competitor's equipment (this does not include cleats).

12. Coaches

The SHRSC offers a highly qualified coaching and training staff. A complete list of coaches and their individual credentials can be found at www.shscsoccer.com. Coaches or trainers may assist any SHRSC team during the season by either coaching teams or scouting players.

13. Cost

The cost to participate with a SHRSC team is fixed annually by the Board of Directors. In 2010 the cost is \$1495. The cost is 1195 for a playing season. Uniforms for new players are required. Variable expenses not included in the fee are post season fees for fields, travel for teams that travel, tournaments above and beyond the limit that the club pays for per team. In 2010 the limit per team is \$1500.

Scholarship money is available to those players who qualify for financial assistance. Teams are also responsible for coaches' travel (flight) and lodging for any out of town tournament as well as a \$40 Per Deim per day.

14. The Role of SHRSC Parent

The role of each parent is important for all young athletes. During training we ask that all parents respect that the players are training and to stay a good distance from the fields during all training sessions. If parents plan on attending games we will be happy to have you at the games applauding good play. **There is, however, to be no coaching by parents from the sidelines during games or at training. Referees are not to be abused in any way. Please do not berate or shout at the referees. The clubs has a zero tolerance policy for abuse of all referees and e specially youth referees.**

15. The Role of the Team Manager / Treasurer

The role of the manager for each team is very important. Communication flows from the manager to players and parents. Managers use email to correspond with the team and to keep all participants informed on a regular basis. The manager is a volunteer and is there to administrate the team. The manager is not there to field coaching questions. The team treasurer is responsible for collecting payments and submitting deposits and check requests to the club treasurer. Deposits and check requests are processed by the club treasurer who manages all team accounts and submits all payments on behalf of the teams.

16. Sponsors

The South Hill Revolution Soccer Club has numerous sponsors. These sponsors have generously donated money, merchandise, or services to the club. Through these sponsors costs are off set and this in turn is passed on to the players and families. For a full list of sponsors please go to www.shscsoccer.com. Players and parents should be supportive of our sponsors at all times. If you know someone who is interested in becoming a sponsor please contact Greg Howes at docshsc@yahoo.com.

17. Fundraising

Any team can hold individual fundraisers. All fundraising ideas should be submitted to the President and DOC. Any funds raised should be distributed among the participants, not necessarily the entire team. All

funds raised must be reported to the SHRSC treasurer at the conclusion of the fundraising activity.

18. Tryouts

There are two tryout sessions for each age group and players are expected to attend both sessions. Once tryouts are complete players are chosen for teams to compete in the following season. Even though there is a specific open tryout time for all players, the SHRSC players are continually evaluated throughout the year and players may be moved up or down during the season as needed.

19. Guest Playing

If a player would like to guest play for another SHRSC team or an outside team the player must go through both their own coach and the Director of Coaching, Greg Howes. Players and parents should not contact other coaches directly.

20. Preseason Parent Meetings

At the onset of the season each team will have an individual team meeting with parents and players to outline the year and answer questions. A general club meeting will be held once all tryouts are complete.

21. Player and Parent Consultations

Players are encouraged to keep open channels of communication with their coach at all times. There is also an "open door" policy with Greg Howes, Director of Coaching. If parents wish to consult with a coach concerning their child they should call or email to arrange a time that is convenient for the coach. Coaches are not to be approached by parents at training or games either before or afterwards concerning players. This is a time for both the coach and the players to be focused on the task at hand. If you have a coaching concern please direct it to the coach at the appropriate time. If it cannot be resolved at that level please contact Greg Howes at docshsc@yahoo.com, who will in turn discuss your concern with the individuals involved.

22. Scouting SHRSC Players

In order for the Director of Coaching and coaches to know all the players and their abilities, a scouting effort has been put into place. At any time there may be a coach, coaches, or Greg Howes scouting SHRSC games. They will observe players and confer during and after games. This is important in order to continue evaluating players within the club throughout the year.

23. Recruiting

The club does not condone recruiting in any fashion. If a player or parent contacts a SHRSC coach about moving to a SHRSC team dialogue can continue, but should be directed to Greg Howes. This should never be initiated by a SHRSC coach or parent to a player or parent from another club.

24. Game / Tournament Procedures

The evening prior to a game between 6-7 pm, players should eat a balanced dinner with plenty of complex carbohydrates. Good examples include: pastas and potatoes. Avoid fried and fast food.

. Drink plenty of juice and water. Do not drink soda.

. Between 9:30 to 10:30 pm players should be in bed attempting to fall asleep.

- . Players should awake 3-4 hours prior to the game time as it takes awhile for the body and mind to get going.
- . Approximately 2 ½ to 3 hours prior to the game players should eat a good size breakfast of mainly fruits and grains. Drink juice, water, or possibly milk. Again, avoid fried or fast food and soda.
- . Bring water, both color jerseys/shorts/socks, and dress and / or pack appropriately for the weather.
- . Sixty minutes prior to the game players should arrive at the field. All equipment should be on and players should be ready to begin warming up.
- . At game time be both physically and mentally ready to play in a highly competitive game.

Between tournament Games:

- . Take off your shoes, socks and shin guards. Wear sandals if possible. Do not go bare footed under any circumstances.
- . Put on a dry shirt and dress appropriately for the weather.
- . Eat lightly. There is usually not much time between games. Make sure you stay well hydrated. No fast or fried food or soda.
- . Stay out of the sun and heat. If you can get inside, do so. If you can not get inside, stay in the shade.
- . If it is cold or wet change into dry clothing, bundle up, and find someplace to stay warm and dry.
- . Rest. Do not run around.

25. Volunteerism

South Hill Soccer Club relies heavily on its volunteers. This is a great way to get to know other parents, players, and staff and to give back to the program. There are several volunteer opportunities available at the team and club level. In July we will be hosting the King of the Hill Classic tournament at Heritage Recreation Center for boys and girls U11-U15. More information will follow regarding volunteer opportunities for this event.



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26. Agreement Contract

I, _____ (player) and I (we) _____ (parent)
_____ (parent) have read the South Hill Revolution Soccer Club Player
Affiliation Manual. (PAM). We understand all aspects of the PAM and agree to abide by all facets.
I _____ (player) understand that only the highest expectations of myself as a
person and player are acceptable. I also understand that any deviation from any aspects of the
PAM will be handled on a case-by-case basis.

Printed Player name

Player Signature / Date

Printed Parent Name

Parent Signature / Date

Printed Parent Name

Parent Signature / Date

The PAM should be read by both the player and parent and then signed and dated. Once the form is signed and dated please remove this form and return it to each individual coach. Families should keep the PAM for further reference.