

2010 Spring Coaches' Packet



West Seattle Soccer Club

3/15/2010

The WSSC is part of the



Don Matulis/Medway, HSA Eagles, HSA Trojans, Seattle Soccer Club, West Highline Soccer Club, West Seattle Soccer Club.

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Introduction

This spring coaches' packet is a supplement to the fall coaches' packet you can find on WSSC's Web site – www.westseattlesoccer.org. That information won't be repeated here. This is specific to the spring season and the rules and differences from the fall season. We hope that you find this useful. Feel free to copy and share any information with your players and their families.

The West Seattle Soccer Club wishes you a wonderful, fun, and healthy season of soccer. As always, if you have any questions, please contact one of our board member volunteers. Have fun!

Current Board Roster (2009/2010)

President	Bill Fry	FryWDAJR@comcast.net
VP of Admin	Jamie Foulk	jamesfoulk@gmail.com
VP of Coaches	Howard Chilcott	hchilcott@gmail.com
VP of Players	Timber Hirano	timberhi@hotmail.com
Treasurer	Clydene Evans-Wenzel	mcevan@comcast.net
Secretary	Beth Dwyer	bdwyer@gglo.com
Commissioner 1	Julie Irwin	e-j-irwin@comcast.net
Commissioner 2	Tom Gass	gassman_1@comcast.net
Commissioner 3	Risa Foster	risamfoster@gmail.com
Commissioner 4	Tim McMonigle	timpatmc@comcast.net
Commissioner 5	David Nichols	DavidWNichols@eaton.com

Other Volunteer Positions

Volunteer Coordinator	David Nichols	DavidWNichols@eaton.com
Full-Sided (U-12 to U-18) Coordinator	Bill Fry	FryWDAJR@comcast.net
Mod (U-10 to U-11) Coordinator	Tom Gass	gassman_1@comcast.net
Mod (U-8 to U-9) Coordinator	Risa Foster	risamfoster@gmail.com
Coed U-7 Coordinator	Risa Foster	risamfoster@gmail.com
Equipment Coordinator	Julie Irwin	e-j-irwin@comcast.net
Club Registrar	Sandy Watkins	wssc.registrar@gmail.com
Referee Assignor	Tim McMonigle	timpatmc@comcast.net
Game Schedules	Tim McMonigle	timpatmc@comcast.net
Picture Coordinator	Rennie Dennehy	wsscboard@gmail.com
Web Administrator	Jamie Foulk	jamesfoulk@gmail.com

WSSC Board email: wsscboard@gmail.com

Rules of Play

You can check out the full rules of play on the Rules page of our website. But here are some of the main changes that you as coaches need to be aware of as you move up an age bracket for spring play. You will be playing the same age this fall, so this will give you a good chance to play with the new rules or format.

Coed U-6 Coed U-7	plays 3v3, no referees, 20 min. halves
U-8	plays 4v4, and with a goalie for the first time, referees are now assigned, 25 min. halves
U-9	plays 5v5, 25 min. halves
U-10	plays 6v6, direct kicks and calling offsides now applies, 25 min. halves
U-11	plays 6v6, slide tackling now applies (in the fall, you will be playing 9v9; and penalty kicks* will apply), 30 min. halves
U-12	plays 6v6, full FIFA rules apply* (in the fall, you will be playing 11v11), 30 min. halves

*Note: no penalty kicks during spring play.

Upcoming Events

Here are some upcoming events you as coaches should know about:

- **WSSC Coaches Game** – Sat., March 20, Sealth Stadium at 1–3:00pm – open to all WSSC coaches (regardless of skill) from last fall or this spring (coaches from other clubs participating in our spring season are welcome). Plan to have a blast!
- **Spring games** – April 11, 18, 25, May 2, 16, 23
All games at 1:00, 2:30, 4:00 or 5:15pm
- **Coaches Training Available** –
 - **Observe Player Academy training by HPFC coaches on Friday nights** (March-April) at Starfire Sports Complex, Fields 9&10, next to Sounders FC practice fields. 14800 Starfire Way, Seattle, WA 98188
 - 5pm-6.30pm: U7-U8 Boys & Girls
 - 6.30pm-8pm: U9-U10 Boys & Girls
 - **HPFC Coaching Seminar and Practical Session**, Monday, March 29
 - 6-7:30pm - Starfire Upstairs Meeting Room: 'Communication for Coaches: Are you a conscious communicator'?
 - 8-9.30pm - Starfire Field #1: Coaching to Improve: Dominating The Opponent At The Side & In Front (Technical to Tactical)
 - Fee (to help with field & room hire): NON-HPFC coaches/members: \$5 per person (five);
 - To reserve spot, please email hpfc.doc@gmail.com
 - Other coaching education opportunities will be posted on the web site
- **June 1 – Fall registration opens**
- **June 30 – Fall registration closes** (Aug. 15 for Coed U-6 and U-7)

Schedules

Schedules will be posted on the WSSC web site at least one week prior to the first game (April 11).

Practices

In the spring session, WSSC does not reserve fields for practices. There are no standings kept, and the purpose of playing in the spring is to allow a fun, low level of competition for players just to enjoy themselves without the pressure of being at the top of the standings. This is also a time when some players are trying soccer out for the first time, at all ages, so putting together competitive teams is discouraged.

Having said that, coaches may decide to put together a session or two before the season starts to get to know the new players as well as go over any new rules that apply to the age bracket the team is moving in to this year.

Medical Release Forms

All coaches should have a signed Medical release form for every player before allowing them to participate. A signed release will enable emergency personnel to treat an injured player in the parent's absence. Without a signed release, emergency workers can only perform life-saving measures until a parent arrives to authorize care. As a coach, you have access to print out individual medical release forms from your Team Pages. This will have each player's information pre-populated on it.

It is your responsibility to have these printed out and signed, and with you for all practices and games!

RMA Clearance!!!!

RMA (Risk Management Application) clearance is required by WSYSA. This insures that we are providing the safest possible environment for our kids. We highly encourage two RMA cleared adults to be registered for each team. Any person associated with the team (Coach, Asst Coach, Manager, etc) must get an RMA Card. Also, if your card is expired, you must apply for a new card. It is not valid after the expiration date.

By registering as a coach or manager on WSSC's website, an RMA request is automatically submitted for you. You can then monitor it until you are cleared. It will automatically renew every time you register as a coach again.

Referees

Please remember that the referee has the final say during your game. There is a place to evaluate a referee on our referee web site Trias (www.triassoccercentral.org) if a coach wishes to submit one for a specific game/referee. You will need to register on Trias, log in and then click on Coach—Evaluate Referee.

It is also policy that a game must still be played in the event that a referee does not show up to officiate. Please be prepared in case this happens. In the event that no

officials show up for the game, it is recommended that each team have a volunteer officiate the game for each half.

Also, it is not acceptable for a coach or parent to attack a referee in any way (verbally or physically) or question their calls. In such cases, the club will back the referee and the person that committed the attack will be disciplined. Verbal attacks against referees are considered abuse. It is a bad example to parents, players and spectators.

Referees Needed!

The WSSC can always use new referees, and coaches should be some of the first folks to sign up! We can always use more youth refs, but we especially need adult referees to help cover our games this spring and fall.

Referee clinics are a great place to boost your knowledge of the game in ways you never imagine, even if you've played the game all your life. You can also get licensed with your kids so you can cover games together.

Here are some upcoming referee clinics, all being held at the Starfire Sports Complex in Tukwila:

Grade 8 Entry Level Clinic	March 26-28 Entry Level Clinic (16 hours) – will allow you to ref all youth games, depending on your age.
Grade 9 Recreational Clinic	March 20 Recreational clinic (8 hours) – will allow you to ref up to U14, depending on your age

Grade 8 and 9 does not refer to the grade you are in...it refers to the level of license you are obtaining. Grade 8 is a 16 hour class (100 question test) and means you can ref older youth games (depending on your age). Grade 9 is an eight hour class (50 question test) and means you can ref up to U14 games (also depending on your age). The Grade 8 clinic is highly recommended over the Grade 9 clinic because it covers the FIFA rules of soccer (full-sided) in more depth. The Grade 9 clinic focuses more on mod rules for U8-U11 games. If you have any questions, please send a note to Tim McMonigle (timpatmc@comcast.net).

Team Pages

With our online registration system, coaches can set up team pages to communicate practice and game information to their team families. When you register as a coach using your username and password, you can use this same username and password to log into www.westseattlesoccer.org/sam to activate your team pages and view your roster. This is your Admin view.

On this page, you can create a separate username and password for your team parents to use to communicate practice and game times and any other information. This is also where you can email everyone on your roster and print out medical release forms for each player. **If you need more information on this feature of WSSC's website**, please contact the WSSC Board at wsscboard@gmail.com.

WSSC Game Fields by Age Group – Spring 2010 (*Tentative*)

<u>Age group</u>	<u>Field</u>	<u>Address</u>
Coed U-6, U-7; U-8 Girls	Roxhill South	South - 2850 SW Roxbury Street
U-8 Boys	Roxhill North	North – 29 th SW & SW Barton
All U-9	Boren School	5950 Delridge Way SW
All U-10	Fairmount	5400 Fautleroy Way SW
All U-11	EC Hughes	2805 SW Holden St
U-12 Girls	Denny Utility Field	2801 Southwest Thistle Street
U-12 Boys	Alki	3010 59th Ave SW, Seattle

Appendices

COACH'S CONCUSSION RESOURCES FACT SHEET

On May 14, 2009 the Governor of Washington Christine Gregoire signed the **Zackery Lystedt Law**. **Effective July 26, 2009**, the Lystedt Law directly affects youth sports and head injury policies particularly how you, as a coach, need to respond to player injuries. The new law requires that:

1. An informed consent must be signed by parents and youth athletes acknowledging the risk of head injury prior to practice or competition
2. A youth athlete who is suspected of sustaining a concussion or head injury must be removed from play – “when in doubt, sit them out”
3. A youth athlete who has been removed from play **must receive written clearance from a licensed health care provider prior to returning to play**

THE FACTS

- A concussion is a **brain injury**.
- All concussions are **serious**.
- Concussions can occur **without** loss of consciousness.
- Concussions can occur **in any sport**.
- Recognition and proper management of concussions when they **first occur** can help prevent further injury or even death.

WHAT IS A CONCUSSION?

A concussion is an injury that changes how the cells in the brain normally work. A concussion is caused by a blow to the head or body that causes the brain to move rapidly inside the skull. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious. Concussions can also result from a fall or from players colliding with each other or with obstacles, such as a goalpost, even if they do not directly hit their head.

The potential for concussions is greatest in athletic environments where collisions are common. Concussions can occur, however, in **any** organized or unorganized sport or recreational activity. As many as 3.8 million sports and recreation-related concussions occur in the United States each year.

RECOGNIZING A POSSIBLE CONCUSSION

To help recognize a concussion, you should watch for the following two things among your athletes:

1. A forceful blow to the head or body that results in rapid movement of the head.
-and-
2. Any change in the athlete's behavior, thinking, or physical functioning. (See the signs and symptoms of concussion.)

SIGNS AND SYMPTOMS

SIGNS OBSERVED BY COACHING STAFF
<ul style="list-style-type: none">▪ Appears dazed or stunned▪ Is confused about assignment or position▪ Forgets sports plays▪ Is unsure of game, score, or opponent▪ Moves clumsily▪ Answers questions slowly▪ Loses consciousness (even briefly)▪ Shows behavior or personality changes▪ Can't recall events prior to hit or fall▪ Can't recall events after hit or fall
SYMPTOMS REPORTED BY ATHLETE
<ul style="list-style-type: none">▪ Headache or "pressure" in head▪ Nausea or vomiting▪ Balance problems or dizziness▪ Double or blurry vision▪ Sensitivity to light▪ Sensitivity to noise▪ Feeling sluggish, hazy, foggy, or groggy▪ Concentration or memory problems▪ Confusion▪ Does not "feel right"

Adapted from Lovell et al. 2004

Athletes who experience any of these signs or symptoms after a bump or blow to the head should be kept from play until given permission to return to play by a **health care professional** (see Licensed Health Care Provided list below) with experience in evaluating for concussions. Signs and symptoms of concussion can last from several minutes to days, weeks, months, or even longer in some cases.

Remember, you can't see a concussion and some athletes may not experience and/or report symptoms until hours or days after the injury. If you have any suspicion that your athlete has a concussion, you should keep the athlete out of the game or practice.

PREVENTION AND PREPARATION

As a coach, you can play a key role in preventing concussions and responding to them properly when they occur. Here are some steps you can take to ensure the best outcome for your athletes and the team:

- **Educate athletes and parents about concussion.** Talk with athletes and their parents about the dangers and potential long-term consequences of concussion. For more information on long-term effects of concussion, view the following online video clip: http://www.cdc.gov/ncipc/tbi/Coaches_Tool_Kit.htm#Video. Explain your concerns about concussion and your expectations of safe play to athletes, parents, and assistant coaches. Pass out the concussion fact sheets for athletes and for parents at the beginning of the season and again if a concussion occurs.
- **Insist that safety comes first.**
 - o Teach athletes safe playing techniques and encourage them to follow the rules of play.
 - o Encourage athletes to practice good sportsmanship at all times.
 - o Make sure athletes wear the right protective equipment for their activity (such as shin guards). Protective equipment should fit properly, be well maintained, and be worn consistently and correctly.
 - o Review the athlete fact sheet with your team to help them recognize the signs and symptoms of a concussion.
- **Teach athletes and parents that it's not smart to play with a concussion.** Sometimes players and parents wrongly believe that it shows strength and courage to play injured. Discourage others from pressuring injured athletes to play. Don't let athletes persuade you that they're "just fine" after they have sustained any bump or blow to the head. Ask if players have ever had a concussion.
- **Prevent long-term problems.** A repeat concussion that occurs before the brain recovers from the first—usually within a short period of time (hours, days, or weeks)—can slow recovery or increase the likelihood of having long-term problems. In rare cases, repeat concussions can result in brain swelling, permanent brain damage, and even death. This more serious condition is called second impact syndrome.^{4,5} Keep athletes with known or suspected concussion from play until they have been evaluated and given permission to return to play by a health care professional with experience in evaluating for concussion. Remind your athletes: "It's better to miss one game than the whole season."

ACTION PLAN

WHAT SHOULD A COACH DO WHEN A CONCUSSION IS SUSPECTED?

1. Remove the athlete from play. Look for the signs and symptoms of a concussion if your athlete has experienced a bump or blow to the head. Athletes who experience signs or symptoms of concussion should not be allowed to return to play. When in doubt, keep the athlete out of play.
2. Ensure that the athlete is evaluated right away by an appropriate health care professional. Do not try to judge the severity of the injury yourself. Health care professionals have a number of methods that they can use to assess the severity of concussions. As a coach, recording the following information can help health care professionals in assessing the athlete after the injury:
 - Cause of the injury and force of the hit or blow to the head
 - Any loss of consciousness (passed out/knocked out) and if so, for how long
 - Any memory loss immediately following the injury
 - Any seizures immediately following the injury
 - Number of previous concussions (if any)

3. Inform the athlete's parents or guardians about the possible concussion and give them the fact sheet on concussion. Make sure they know that the athlete should be seen by a health care professional experienced in evaluating for concussion.
4. Allow the athlete to return to play only with permission from a health care professional with experience in evaluating for concussion. A repeat concussion that occurs before the brain recovers from the first can slow recovery or increase the likelihood of having long-term problems. Prevent common long-term problems and the rare second impact syndrome by delaying the athlete's return to the activity until the player receives appropriate medical evaluation and approval for return to play.

Licensed Health Care Providers

What licensed health care providers are trained in the evaluation and treatment of concussions/brain injuries and authorized to allow the athlete to return to play?

Medical Doctors (MD)

Doctor of Osteopathy (DO)

Advanced Registered Nurse Practitioner (ARNP)

Physicians Assistant (PA)

Licensed Certified Athletic Trainers (ATC)

Research is currently being done to determine which other licensed health care providers may have sufficient training to qualify to authorize return to play. Washington Youth Soccer will update clubs/associations and the wsya.com website as this information becomes available.

If you think your athlete has sustained a concussion...take him/her out of play, and seek the advice of a health care professional experienced in evaluating for concussion.