



# CALCASIEU SOCCER CLUB

## EAGLES

### PARENT HANDBOOK



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## **INTRODUCTION**

This handbook has been produced to introduce parents and players to the Calcasieu SC Eagles soccer program. It will continue to evolve alongside the program and will not cover every single aspect of the program but we hope it will be helpful to families as they get involved and hopefully return from season to season. We believe everyone plays a part in making a program successful and desire a united front as we strive to provide a fantastic experience for everyone, most importantly the players.

## **PURPOSE, VALUES & VISION OF CSC**

### **CORE PURPOSE**

*Our Mission Statement*

To provide and promote outstanding soccer programs to people of all ages and abilities.

### **CORE VALUES**

*The principles that bind our organization together and guide our decisions*

#### **Enjoyment**

Enhance love for the game in all we do

#### **Respect**

Model respect in everyday activities and interactions

#### **Inclusivity**

Provide fair & reasonable opportunities to play regardless of age or ability

## **VISION & STRATEGY**

Calcasieu Soccer Club will advocate within Calcasieu Parish for the good of the game of soccer. By promoting and working for soccer, we hope to nurture a love of the game in the children and adults of our club and enrich the community of Calcasieu. We hope the skills and knowledge our members learn will endure, allowing our players to continue to enjoy and participate in this global sport throughout their lives. We will strive to operate based on the concepts outlined below:

### **Respect For All Persons**

All of our members are equally important and will be treated with respect and fairness without regard for age, ethnicity, gender or social status.

### **Safety For All Participants**

We will provide a physically and emotionally safe environment for our members.

### **Long Player Development & Enjoyment**

Player development within a fun and age-appropriate environment is essential. Our younger groups are taught primarily individual skills, with less emphasis on tactics or winning. Our club employees and will continually refine a set of learning goals for all ages.

### **Coach Development**

Coaches play an instrumental part as both teachers and role models. We offer our parent and professional coaches continuing education so they can attain their fullest potential.

### **Family Involvement**

We believe membership in CSC is a family affair. We rely on our members to volunteer in order to provide quality programs for our kids. We hope that our families will enjoy their membership in our soccer community

### **Good Conduct by All**

We endorse the Louisiana Soccer Association's codes of conduct for players, coaches, parents and referees so every member can enjoy the game without fear or intimidation.

### **Competent Governance**

Calcasieu Soccer Club is governed in a fair, open and inclusive manner. Club business is conducted according to our bylaws by a volunteer board, and by providing numerous opportunities for all members to actively participate.

### **Affiliations**

The development of the game of soccer in our community is best accomplished through our alliances with fellow clubs and affiliations with soccer's governing bodies, including the Louisiana Soccer Association, United States Youth Soccer Association and the United States Soccer Federation. We continuously build relationships to serve the greater good.

# HOW WE COACH

## THE EAGLES PLAYER DEVELOPMENT MODEL

The purpose of the Eagles Player Development Model is to guide coaches when training teams and provide players with a progressive pathway of development through the age groups. It has been created using information from the US Soccer Curriculum and USC Player Development Diploma Course with the intention of creating consistent, dependable training methods throughout Calcasieu Soccer Club.

By following this Player Development Pathway and the CSC Framework for Development, we aim to allow players to develop to their full potential, in a safe & structured, challenging & enjoyable environment.

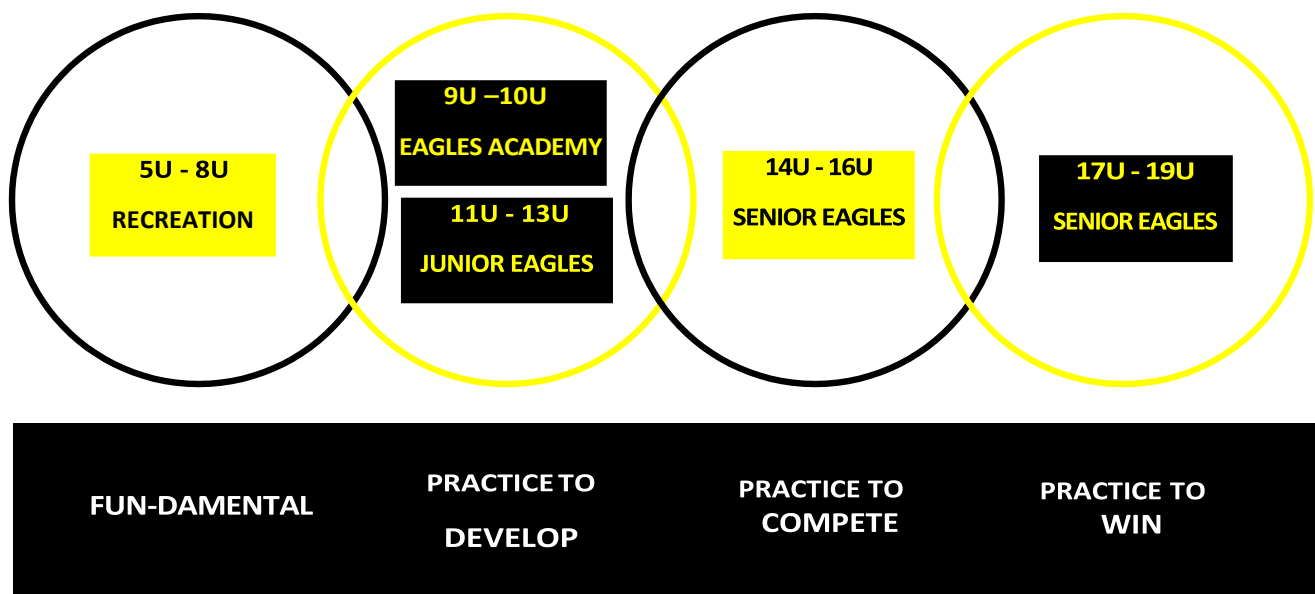
## COACHING PHILOSOPHY & METHODOLOGY

- Follow the basic Principles of Coaching
- Create a clear and simple pathway for players to follow
- Keep the player at the center of the development process
- Provide players with as much active ball time as possible
- Allow players to learn and develop at different speeds
- Teach the principles of the game
- Expect commitment, respect, and accountability from all
- Create a deep and underlying passion for soccer at all ages

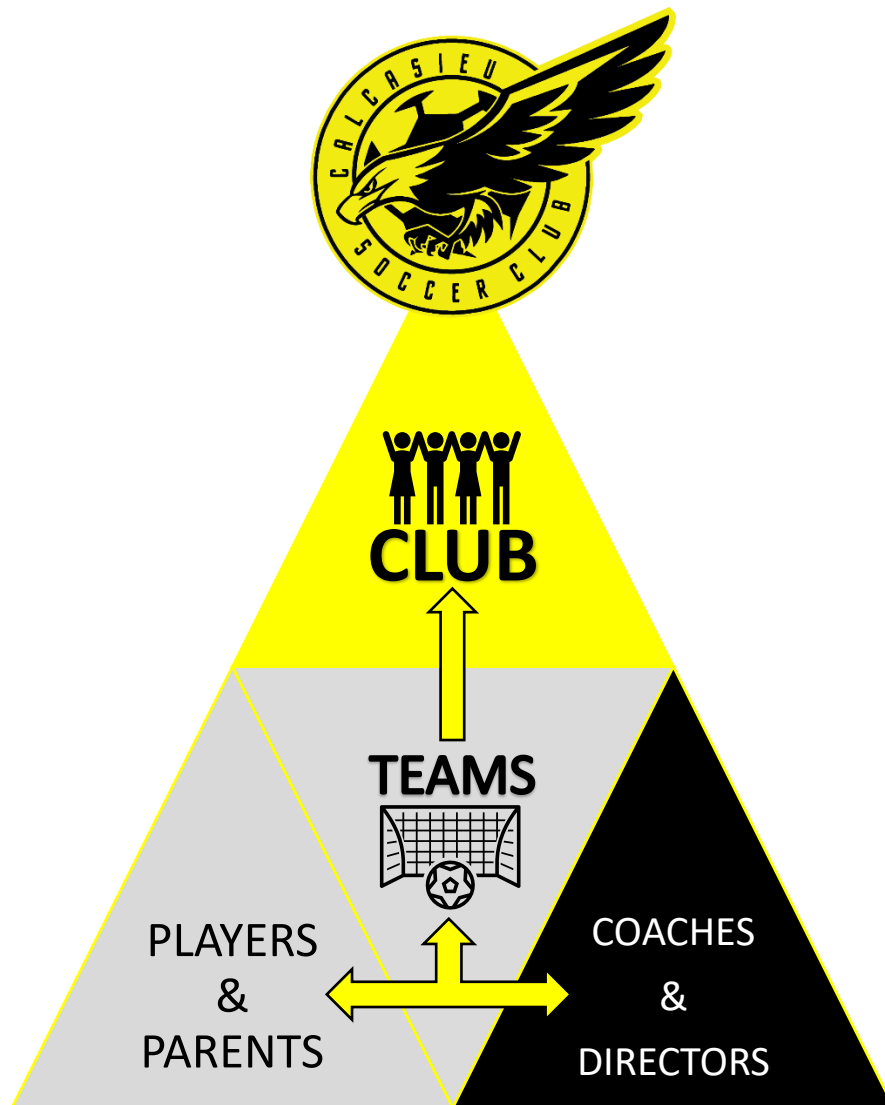
### THE PRINCIPLES OF COACHING

Developmentally Appropriate  
Clear, Concise, Correct  
Simple to Complex  
Safe & Appropriate  
Decision Making Opportunities  
Game Implications

## THE PLAYER DEVELOPMENT PATHWAY



# COLLABORATION FOR THE GREATER GOOD



In all things we should always work together. Players & parents, and coaches & directors should collaborate to create the most positive environment where EVERYONE has the same opportunity to succeed!

When making decisions we should always consider how they may affect all players & teams, and ultimately the **GREATER GOOD OF THE CLUB.**

## GENERAL INFORMATION & EXPECTATIONS FOR ALL

Please help us create and maintain an enjoyable, professional and positive environment for the players, families and staff of CSC along with all the clubs we meet by familiarizing yourself with and respecting the expectations set forth.

### PRACTICE & ATTENDANCE

Fall practice begins the first week of August every year and is preceded by pre-season workouts the week before. Commencement of spring practice will vary by age group. Pre-high school age teams will begin early February and high school age teams will begin after the completion of the local high school soccer season.

Practice and game schedule information will be provided at the first team meeting after tryouts. In addition to regular team practice, there will be skills training, goalkeeper training, strength & conditioning training and team building activities provided throughout the season and occasionally during the off-season.

Parents and players should strive to punctually attend as many team practices and games as possible. Coaches have club support to sit out players who consistently miss team activities. Should missing practice be unavoidable from time to time, players may make up practice with other Eagles team one age group up or down. Coaches of both teams should be informed of this in advance.

### EQUIPMENT & DRESS CODE

Players will not be permitted to practice without shin guards or cleats and should be responsible for bringing their own inflated ball and water to practice.

All players are expected to dress appropriately in the correct uniform for all Eagles soccer activities. Game uniforms are renewed every 2 years. When the team is designated as Home the light colored jersey will be worn and when Away, the dark colored jersey will be worn.



Players receive two practice jerseys at the start of each season are expected to wear the correct Eagles practice uniform for all practices:

**Jersey: Grey**

**Shorts: Black**

**Socks: White**

\*Extra practice jerseys can be purchased for \$12 each.

Information on sizing, ordering and purchase of game uniforms will be provided at the team meeting after tryouts.

## TOURNAMENTS & GAMES

We strive to have tournament schedule available as early as possible each year. The schedule will be decided on by the team coach, CSC Competitive Director of Coaching and CSC Executive Director. When selecting tournaments, consideration will be given to the current ability of the team and what would provide the most appropriate challenge and opportunity for growth. Where possible Junior CSC Eagles teams will travel to the same tournaments, however Senior Eagles teams may require different challenges as the teams develop.

In general Junior Eagles teams will not enter the Louisiana Competitive Soccer League until at least the 13U age. All other Eagles teams will enter and play the schedule set by the Louisiana Soccer Association which is typically released each August.

## PLAYING TIME

As this is a competitive soccer program, there is **no guarantee of minimum playing time during games**. However, we recognize a key part of the development process requires that players experience the actual game. Our coaches will provide players with reasonable time on the field based on merit, conduct, effort and attendance at practice and games.

## OUT OF TOWN TRAVEL



When teams travel to out of town events requiring overnight accommodation, the team manager will reserve a block of rooms for the whole team. As much as possible we encourage all families to stay in the same hotel to develop team chemistry between both players and parents.

Parents should ensure that their children represent CSC in an appropriate manner at all times. Parents unable to attend an out of town event may arrange to send their child with the family of another team members. **HOWEVER**, this must be arranged between the families and CSC cannot be held responsible for behavior of the children the absence of parents.

## TEAM MANAGER

To help with general team operations, a volunteer team manager or co-team managers will be appointed. These parent/s will work closely with the coach and Eagles Competitive Director of Coaching to handle administrative tasks such as team communications, tournament registration, hotel reservations, team budget and finances, etc. It is recommended that each team sets up a convenient communication system such as Team Snap. The team manager will provide information on joining this group. Please help by responding to all team communications and deadlines in a timely manner.



## SUPPORTING THE CLUB & COMMUNITY

There is an expectation that all players and families will participate in events organized or supported by CSC. Pre-season Parent Education and Eagles Family Night are annual events that we hope bring members closer together. Events such as Buddy Ball Soccer, TOPS and Screamin' Eagles provide an opportunity for everyone to give something back to the club and community.



## 24-HOUR RULE

Parents or family members and coaches should refrain from discussing potentially conflicting issues until 24 hours after any concern arises or incident occurs. Meetings with the potential for tension should take place in the presence of a neutral third party and NEVER in the presence of children. Team issues or concerns should be calmly and respectfully addressed in the following order:

1. Direct communication with the team coach
2. Communication with the Competitive Director of Coaching
3. Communication with the Executive Director

## SIDELINE BEHAVIOR

Sideline behavior refers to conduct at team practices as well as during games. We encourage positive support and praise but parents, family members or fans should refrain from coaching and distracting players during all Eagles soccer activities so as not to distract or confuse players.

## GENERAL BEHAVIOR

Foul and abusive language or behavior at or around the soccer environment will not be tolerated. This includes inappropriate behavior and comments directed towards players, coaches, game officials or spectators. Persons representing CSC who fail to abide by these general rules on behavior and CSC Eagles Code of Conduct may be subject to the following:

**1st Offense:** Written reprimand from the Director of Coaching or Executive Director and the person may be suspended from attending games and may be subject to further disciplinary action.

**2nd Offense:** Written reprimand from the Director of Coaching or Executive Director and the person and their child/children may be required to leave the club.





## CSC EAGLES CODE OF CONDUCT

### PLAYERS

1. Play the game for the enjoyment of it.
2. Respect all teammates and stand up against bullying in any form.
3. Listen to and always show respect to coaches and officials.
4. Appreciate the efforts of teammates, opponents and everyone involved in the game.
5. Attend practice and games with a positive attitude and be prepared to put forth effort.
6. Always wear appropriate soccer equipment & Eagles attire at practice and games.
7. Be gracious when winning and graceful in defeat.
8. Obey the rules of the game and accept the referee's decisions.
9. Obey the rules and policies of Calcasieu Soccer Club & Louisiana Soccer Association.
10. Represent Calcasieu Soccer Club in a professional and sportsmanlike manner.

### PARENTS

1. Respect and support the coaches and their decisions.
2. Respect opponents and their supporters.
3. Respect the referee and accept his/her decisions.
4. Be a positive role model for your child and all other children.
5. Be positive and encouraging but DO NOT coach from the sidelines.
6. Make every effort to get your child to all games and practices on time.
7. Never enter the field of play or approach the team bench during games.
8. Obey the rules and policies of Calcasieu Soccer Club & Louisiana Soccer Association.
9. Represent Calcasieu Soccer Club in a professional and sportsmanlike manner.
10. Remember that the game is played for fun and that it is for the kids!



**OFFENSIVE OR ABUSIVE BEHAVIOR WILL NOT BE TOLERATED**



# EAGLES PLAYING FEE INFORMATION

Calcasieu Soccer Club Eagles program is committed to making soccer available to everyone and we strive to provide a high quality, professionally run organization for all our members. Making this possible involves operating costs, which is why members are charged fees to play. Event entry fees, referee fees, staff and administration costs, field equipment and maintenance, coaching equipment, affiliation fees are all examples of the costs involved in the successful running of the Eagles program.

As the costs to provide a quality competitive program increase, we have decided to move to a new fee structure that we believe allows the club, the coaches, and families to be more cognizant of the costs involved in selecting events and activities for each individual team. See below how this will work.

## THE CLUB FEE

These are Eagles *program* operational expenses that cover registration to the club for the year, and the fixed costs associated with club & State admin and registration fees, facility maintenance, practice jerseys, etc.

Club Registration Fee in Full	Club Registration Fee in Installments	
\$400	Installment 1: \$200	Installment 2: \$200
Due when registering (May or June)	Due when registering (May or June)	Due August 1st

## THE TEAM FEE

These are individual *team* expenses such as coach compensation and travel expenses, event and competition entry fees, referee fees. The team fee will vary from team to team based on several factors; the number of players on the roster, the age group and subsequent number of, level of, and the location of competitions the team plays in, and the coach compensation rate. To keep this fee as low as possible there will also be an expectation that every family will participate in at least two fundraiser events throughout the year.

The final 'Team Fee' amount for each team can only be provided in late July or early August when rosters and schedules have been finalized. To help you plan ahead, an approximate 'team fee' for age groups is shown:

11U – 12U	13U – 14U	15U - 18U
\$800 - \$1000	\$900 - \$1100	\$1000 - \$1200
To be paid in installments throughout the season.		

## THE UNIFORM FEE

Approximately \$150 and purchased every 2 years. Uniform sales take place in August.

# KEEPING EAGLES SOCCER AFFORDABLE

We remain sensitive to the fact that participation in any program involving travel can come with financial and time concerns for families, so we continually explore ways to minimize them. Below are the ways we make a great soccer experience affordable; where the players learn under the supervision of qualified and experienced coaches, and parents can feel confident their child's development is in safe hands.

## **Financial Aid Program**

Players can apply for up to 65% of their fees to be discounted.

## **Sign Sponsorship Program**

Players have the option to sell sponsorship signs to offset 100% of their team fees.

## **Club & Team Fundraisers**

To help lower program costs we will establish various club & team fundraising events.

## **Multi-player discounts**

Families with siblings in the program receive discounts for each additional player.

## **Purposed selection of events with varied but achievable travel times**

Tournaments are identified early each year with consideration given to travel time. Depending on the age group, teams will typically attend three tournaments in fall and three in spring, with travel time being 1 hour, 2 hours and 3 hours. However, it should be noted that teams may participate in the Louisiana Competitive Soccer League, they may not participate in as many tournaments. It should also be noted that older teams may participate in events that require more travel so they can achieve the appropriate level of challenge.

### **REFUND POLICY**

**75% UP TO TEAM MEETING / 50% UP TO FIRST GAME / \$0 AFTER THE FIRST GAME**

**REGISTERING FOR EAGLES IS A YEAR LONG COMMITMENT.**

**WITH THE EXCEPTION OF LONG-TERM INJURY OR FAMILY RELOCATION, NO REFUNDS WILL BE ISSUED IF A PLAYER DECIDES TO LEAVE THE TEAM DURING THE SEASON.**

# RISK MANAGEMENT & CONCUSSION AWARENESS

We want the Eagles soccer experience to be enjoyable for all but most important we want it to be safe. We recommend you visit the guidelines on our CSC Risk Management webpage <http://cscsoccerclub.org/risk-management/> but I've also included the signs and symptoms of a concussion below for your convenience.

## WHAT IS A CONCUSSION?

A concussion is a brain injury. Concussions are caused by a bump or blow to the head. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

You can't see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

## WHAT ARE THE SIGNS AND SYMPTOMS OF A CONCUSSION?

Signs Observed by Parents or Guardians If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs and symptoms of a concussion:

- Appears dazed or stunned
  - Is confused about assignment or position
  - Forgets an instruction
  - 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
- 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”

**HOW CAN YOU HELP YOUR CHILD PREVENT A CONCUSSION?** Every sport is different, but there are steps your children can take to protect themselves from concussion.

- Ensure that they follow their coach's rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.

## WHAT SHOULD YOU DO IF YOU THINK YOUR CHILD HAS A CONCUSSION?

1. Seek medical attention right away. A health care professional with knowledge in concussion management will be able to decide how serious the concussion is and when it is safe for your child to return to sports.
2. Keep your child out of play. Concussions take time to heal. Don't let your child return to play on the same day the injury occurred and until a health care professional says it's OK. Children who return to play too soon—while the brain is still healing—risk a greater chance of having a second concussion. Second or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.
3. Tell your child's coach about any recent concussion. Coaches should know if your child had a recent concussion in ANY sport. Your child's coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

HEADS UP Concussion in Soccer, A Fact Sheet for Parents, CDC.