

## Coaches Notes

### Coaches Meeting Documents

- Roster
  - You will need to contact your players within a week from the coaches meeting. We prefer you to contact your players within 48 hours if possible.
- Uniforms
  - The uniforms are ordered in bulk with varying sizes.
  - Make sure to distribute the uniforms to the players by size.
- Medical Release Form
  - Every parent will need to sign the form.
  - You will keep this form and bring it to every practice and game.
- Cardiac Arrest Forms
  - You will need to fill out the coach form.
  - The players will need to fill out the player's form.
  - You will need to return all the forms to the ref shack before your first game.
- Concussion Forms
  - You will need to fill out the coach form.
  - The players will need to fill out the player's form.
  - You will need to return all the forms to the ref shack before your first game.
- Practice Field Assignment
  - There will be a practice field sign-up form.
  - Make sure to sign-up at the meeting as the fields will fill up quickly.

### Communication

- Each coach will have a mail box in the ref shack identified by the team number.
- Please check your mail box before each game.

### Playing Time

- Every player must play at least half the game.
- After that, use common sense. Don't play one player four quarters and another player two quarters.

### Miscellaneous

- Some teams pass out snacks after each game. This is not required. If your team decides to do this, I would recommend having a sign-up sheet for parents to take turns.
- Some teams have an end of the season party. This is not required. If your team decides to do this, I would recommend collecting money from the parents to help with the cost. CSA does not provide any trophies or metals except for the Tiny Toes division.

## Divisions

- Tiny Toes
  - 3v3
  - No goalie
  - No off-sides
  - Four 8-minute quarters
  - Substitutions at quarters
  - Size 3 soccer ball
- U5
  - 3v3
  - No goalie
  - No off-sides
  - Four 8-minute quarters
  - Substitutions at quarters
  - Size 3 soccer ball
- U6
  - 3v3
  - No goalie
  - No off-sides
  - Four 8-minute quarters
  - Substitutions at quarters
  - Size 3 soccer ball
- U8
  - 4v4
  - No goalie
  - No off-sides
  - Four 10-minute quarters
  - Substitutions at quarters
  - Size 3 soccer ball
- U10
  - 7v7
  - Build out line
  - Two 25-minutes halves
  - Substitutions at stoppage of play
  - Size 4 soccer ball
- U12
  - 9v9
  - Two 30-minutes halves
  - Substitutions at stoppage of play
  - Size 4 soccer ball

- U14
  - Coed
  - 11v11
  - Two 35-minutes halves
  - Substitutions at stoppage of play
  - Size 5 soccer ball
- U18
  - Coed
  - 11v11
  - Two 45-minutes halves
  - Substitutions at stoppage of play
  - Size 5 soccer ball