

American Youth Soccer Organization

Volunteer Orientation

Frostburg Rangers – AYSO Region 1090
Fall 2020



Thank You!

- Thank you for volunteering your time.
- Our Region depends on YOU to implement a successful soccer program.



Topics

- Introduction/Background
 - Vision & Mission
 - AYSO's Six Philosophies
- Volunteer Responsibilities
- Coach Expectations
- COVID-19/Safety
- Division-specific Information
- Upcoming Dates/Resources



Region Board

- ***Regional Commissioner (RC)** – Kevin Wagner
- **Assistant Regional Commissioner** – Vacant
- ***Registrar** – Jennifer Kahl
- **Assistant Registrar** – Vacant
- ***Treasurer** – Amy Phillips
- **Secretary** – Vacant
- **Asst. Treasurer & Sponsor Coordinator** – Christy Wagner
- **Auditor** – Vacant
- ***Safety Director** – Julie Caler
- **Fields Coordinator** – Vacant
- ***Coach Administrator** – Jason Hurst
- **Assistant Coach Administrator** – Dave Nelson
- ***Referee Administrator** – Beverly Clark
- **Assistant Referee Administrator/Referee Scheduler** – Vacant
- ***Child & Volunteer Protection Advocate (CVPA)** – Jennifer Kahl
- **Webmaster & Schedule Coordinator** – Dave Neff
- **Board Member** – Mark Roque

***Seven required region board positions**



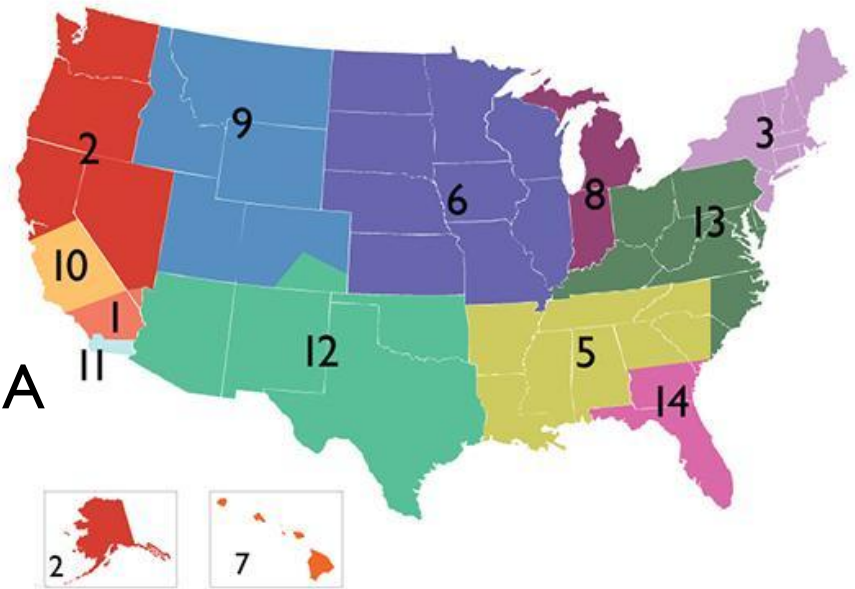
Volunteers Always Needed!

- Referees, Youth Referees, Coaches, Asst. Coaches
- Board Positions:
 - Regional Commissioner, Asst. Regional Commissioner, Registrar, Asst. Registrar, Secretary, Auditor, Fields Coordinator, Asst. Referee Administrator/Referee Scheduler
 - [Board Member Incentive Program](#)
- Division Coordinators (ex. 10U, 8U and 6U)
- Equipment Coordinator, Field liners, etc.



About AYSO

- Oldest national youth soccer program in the U.S.
- Started in 1964 in Torrance, CA
- With over 50,000 teams and 400,000 players nationwide
- **Structure:**
 - AYSO National Office
 - Section (13)
 - Area (D)
 - Region (1090)





AYSO Programs

- **Playground:** 3-5 y (we do 3 year olds)
- **Schoolyard Jamboree:** 4-5 y (we do 4 year olds)
- **Core:** 6-19 y (we do 5-14 year olds)
- **EXTRA™:** 10-19 y, more competitive level of soccer
- **AYSO Alliance:** 10-19 y, more competitive, internal/external
- **AYSO United:** 10-19 y, club soccer program
- **VIP (Very Important Player):** 5+ y, for kids and adults with physical or mental disabilities
- **Adult Soccer:** 18+ y



Region 1090 Numbers

	2017	2018	2019	2020
No. Players	274	301	232	173
No. Teams	36	35	26	19
Playground	0	1	1	1
Schoolyard	3	6	3	3
6U	8	6	6	3
8U	14	10	8	5
10U	6	8	5	4
12U	4	3	2	2
15U	1	1	1	1

Played 4v4 in 8U

Mill shut down

COVID-19



Vision & Mission

- AYSO's **Vision** is to provide world class youth soccer programs that enrich children's lives.
- AYSO's **Mission** is to develop and deliver quality youth soccer programs which promote a fun, family environment based on AYSO's Six Philosophies.



AYSO's Six Philosophies

- Everyone Plays®
- Balanced Teams
- Open Registration
- Positive Coaching
- Good Sportsmanship
- Player Development



Volunteer Responsibilities

Before you take the field, all volunteers must:

1. Complete a volunteer application on www.aysofrostburg.org, and background check through Sterling Volunteers (Region will pay fee)
2. Take AYSO's Safe Haven and CDC HEADS UP Concussion Training on <https://aysou.org/>





Coach Expectations

- **Be AYSO Certified** (<https://aysou.org/>)
 - AYSO's Safe Haven
 - CDC HEADS UP Concussion Training
 - Sudden Cardiac Arrest Online Course
 - Playground and Schoolyard Soccer Program Leader
 - 6U, 8U and 10U Coaching Training
 - 12U Coach, Intermediate Coaching and Advanced Coaching Pre-Course
- **Be Prepared**
 - Recruit additional help (must be registered volunteer)
 - 6U-15U: Select practice days/times



Coach Expectations (cont.)

- **Be Prepared (cont.)**

- Communicate with families (practice and game schedules)
- Coaching manuals (training plans) and videos available
- Ask for help
- Pick-up equipment
- Distribute uniforms
- Always bring first aid kit and player registration forms
- Game day corner flags (8U-15U)
- Inform Referee Administrator (10U-15U) and Webmaster of any cancellations
- 8U-15U: Score reporting (Times-News and Dave Neff)



Coach Expectations (cont.)

- **End on a good note**
 - Organize a team party (distribute trophies)
 - Gather feedback from parents
 - Return equipment at end of season
 - Assist with end of season clean-up day



Referees

- Required for 10U, 12U and 15U games
- Must be at least 12 years old
- Must complete training
- Work with Referee Administrator
- Referees are not paid, but gifts can be earned
 - [Referee Incentive Program](#)



AYSO Kids Zone®

- Kids are #1
- Fun - not winning - is everything
- Fans only cheer, and only coaches coach
- No yelling in anger
- Respect the volunteer referees
- No swearing
- No smoking
- Leave no trash behind
- Set a proper example for our children





Parents Code of Conduct

- Support Your Child
- Always Be Positive
- Remember: Your Child Wants To Have Fun
- Reinforce Positive Behavior
- Don't Be A Sideline Coach Or Referee



Players

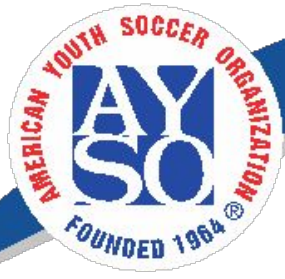
- Must wear shin guards to every practice and game (except for Playground)
- Always bring something to drink
- Soccer cleats are recommended
 - Not necessary for Playground
- Jersey, shorts and socks will be provided
 - T-shirt for Playground
- Have fun!



Fields

- 11 fields at Glendening Park
 - Not using Frost ES fields this year
 - Field 7 used by JCP
- Contact Dave Neff for scheduling needs
- No dogs on fields during practices or games
- **No smoking/vaping (go to parking lots)**





Fields (cont.)

- For 10U, 12U and 15U:
 - Please have coaches and players on one side of field, and spectators on the other.
 - Coaches are also asked to stay on their half of the field



COVID-19 Safety Protocols

1. Do not come to soccer if you are sick or feel sick. When in doubt, stay home! If you have any signs or symptoms, do not participate.
2. Every player's temperature will be taken when they arrive at every practice and game. Any player with a temperature of 100 degrees or higher will be asked to leave. No-contact thermometers will be given to every coach.
3. Anyone who has a reported temperature of 100 degrees or above will need to wait two weeks to participate or have a negative Covid-19 test.
4. No sharing of waters, towels, pinnies, or other soccer equipment. Players are encouraged to bring their own soccer ball. If they do not have one, one will be assigned to them.
5. Coaches must wear face masks, and players must have one available.
6. No high fives, hand shaking, etc. After the game, players can do a wave to the other team from opposite sides of the center line.
7. No throw-ins. Throw-ins will be replaced with kick-ins.
8. Parents must stay socially distanced, and players will take their water breaks with their parents.
9. No public/ shared snacks.
10. No spitting.



COVID-19 Resources

<https://www.aysovolunteers.org/ready-set-playsoccer/> - Socially distanced training guides for each age range.

<https://www.kysoccer.net/resources-for-individual-training/> - Videos of socially distanced training ideas

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html> - CDC recommendations for youth sports



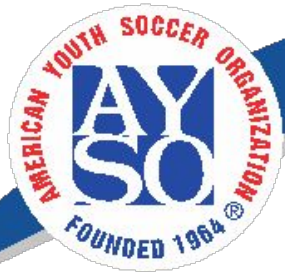
Safety

- Distribute [Soccer Accident Insurance \(SAI\)](#) forms to all players/parents at first practice
- Keep SAI and Incident Report Form with you at all AYSO events
 - The Incident Report Form is used whenever there is a personal injury, damaged property, or threats of or actual physical violence surrounding an AYSO game, practice, event or property. Coach, official, or volunteer fill form and send to Julie Caler.



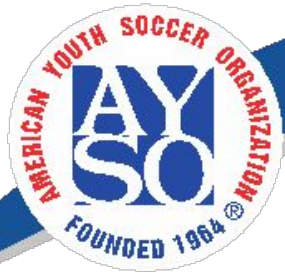
Safety (cont.)

- Enforce shin guards and jewelry rules
- Confirm that goals are secure (sandbags) before every game/practice
 - Contact Julie Caler if there are field problems
- Keep first aid kit with you at all times
 - Contact Julie Caler if you need more supplies



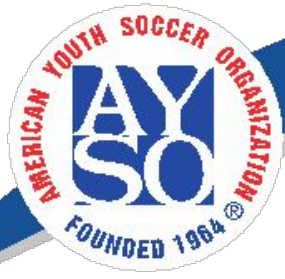
Safety (cont.)

- Whenever a player is removed from participation for concussion symptoms or it is known that the player sought medical treatment of an injury or illness affecting the player's readiness to participate a Participation Release Form **MUST** be obtained **AND** medical clearance to resume play **MUST** be obtained (Maryland law).
 - Contact Julie Caler for a Participation Release Form



Safety (cont.)

- Lightning/thunder rule
 - Must leave field immediately and return to vehicles for 30 minutes after each lightning and thunder
- In the event of poor weather, please contact opposing coach to decide whether to cancel game. If you decide to cancel, please:
 - Do so at least 1 hr before start of game
 - Contact all players and referee coordinator (for 10U and up)



Safety Contact

- Julie Caler, Safety Director
240-362-4692 (cell)
jcaler@gmail.com



Important Documents

- Parent/Athlete Concussion Information Sheet
- AYSO COVID-19 Waiver
- Incident Report Form
- Participation & Concussion Release
- Sudden Cardiac Arrest Information Sheet



Playground

- Child development program
- Sessions no more than 60 minutes at a time
- One session per week
- No competitive games
- **Parent/guardian involvement required**

*Welcome to
Our Playground!*





Schoolyard Jamboree

- Size 3 ball
- 4 vs. 4 (3 vs. 3 is okay)
- Activity and game
- No goalkeeper
- One coach/team on field during game
- **Parent/guardian involvement required**
- Stop for all out of bounds and restart with a pass-in
- No heading or slide tackling allowed
- 5 minute quarters



6U

- Size 3 ball
- 4 vs. 4
- Practice for 15-20 minutes prior to game
- No goalkeeper
- One coach/team on field during game
- Stop for all out of bounds and restart with a pass-in
- No heading or slide tackling allowed
- 7½ minute quarters



8U

- Size 3 ball
- 5 vs. 5
- No goalkeeper
- Introduce positions
- One coach/team on field during game (better if none)
 - Coaches referee games
- Pass-ins, goal kicks and corner kicks (retake within reason)
- No heading or slide tackling allowed
- 10 minute quarters



I O U

- Size 4 ball
- 7 vs. 7
- Goalkeeper introduced, no punting or drop kick
- [Build-out line](#)
- Games are refereed
- Offside rule (coaches to teach)
- Pass-ins, goal kicks and corner kicks (retake within reason)
- No heading
- 12 ½ minute quarters



I2U

- Size 4 ball
- 9 vs. 9 (may do 8 vs. 8 or 7 vs. 7)
- Games are refereed
- Goalkeepers can punt
- Pass-ins, goal kicks and corner kicks
- No heading, but slide tackling allowed (coaches to teach proper technique)
- 15 minute quarters



15U

- Size 5 ball
- 11 vs. 11 (may do 10 vs. 10, 9 vs. 9, 8 vs. 8 or 7 vs. 7)
- Games are refereed
- Pass-ins, goal kicks and corner kicks
- Heading and slide tackling allowed, but
 - Heading limited to maximum of 30 min./week with no more than 15-20 headers, per player
 - No restriction on heading in matches
 - Coaches to teach proper technique
- 17 ½ minute quarters (shorter quarters with less players)



All Age Divisions

- Substitutions are made at quarters, halftime and for injuries.
 - Any deviation must be worked out by the coaches before the game
- All players must play at least two quarters
 - No player should play three quarters until all players have played two



Coaches: What's Next?

- Complete volunteer application and training
- Coordinate with Dave Neff to reserve fields for practice (two activities per week)
 - 15U-6U: can start Thursday, August 6th
 - SY & PG: can start Saturday, August 15th
- Pick up equipment
- Reach out to your team



Upcoming Dates

- **August 6th** – 6U-15U practices can begin
- **August 15th** – Schoolyard and Playground practices can begin
- **August 23rd** – Board Meeting
- **September 12th** – Picture Day (Sept. 15th – Make-up Date)
- **September 15th** – AYSO's Birthday/Wear Your AYSO
- **September 20th** – Board Meeting
- **October 31st** – Field Cleanup Day and Equipment Return, 9-11 AM



Resources

American Youth Soccer Organization (AYSO), www.ayso.org

AYSO Volunteer Resources, www.aysovolunteers.org

Ready! Set! PLAYSOCCKER,

www.aysovolunteers.org/ready-set-playsoccer/

Frostburg Rangers – AYSO Region 1090, www.aysofrostburg.org

AYSO Training (need Blue Sombrero username and password),

<https://aysou.org/>

AYSO Playground Soccer, <http://aysoplaygroundsoccer.org/>

AYSO Safety First, <https://www.aysosafetyfirst.org/>



Contacts

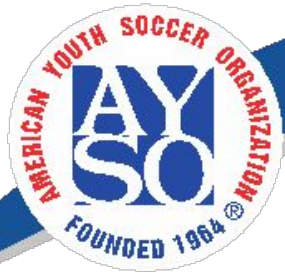
- Kevin Wagner, Regional Commissioner (RC)
301-689-3184 (home/cell), kevingwagner@gmail.com
- Jennifer Kahl, Registrar and Child & Volunteer Protection Advocate (CVPA), bbjen4e@gmail.com
- Amy Phillips, Treasurer, eaephillps@comcast.net
- Christy Wagner, Asst. Treasurer & Sponsor Coordinator,
christymwagner@gmail.com
- Jason Hurst, Coach Administrator, 267-872-3869 (cell)
jason.hurst13@gmail.com
- Dave Nelson, Asst. Coach Administrator,
dnelson@umces.edu



Contacts (cont.)

- Julie Caler, Safety Director, 240-362-4692 (cell), jcaler@gmail.com
- Beverly Clark, Referee Administrator 814-521-8431 (cell), blclark94@outlook.com
- Dave Neff, Webmaster & Schedule Coordinator, dave_neff@hotmail.com
- Mark Roque, Board Member, m_r_roque@hotmail.com





Questions?

- Thank you for volunteering, and have a great season!