



Baystars FC Parent & Player Handbook Fall 2018 - Spring 2019

“Making a positive impact on the lives of young athletes is the force that drives our organization. Winning's great, but the lessons and skills learned while training and competing are the seeds for future success in sports and in life.”

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Welcome Players, Parents, Families & Friends

Welcome to Baystars FC! We sincerely hope your involvement in our soccer program will result in positive experiences and memories for you and your children. Baystars FC strives to provide our soccer players with a developmental environment and constructive athletic program. We hope to build our players' self-confidence while enhancing their awareness of the importance of cooperation, teamwork and fair play. Consequently, we believe Baystars FC offers participants an opportunity to learn a few of life's important lessons, make lasting friendships, and understand the benefits associated with establishing and working toward the fulfillment of goals.

Since we all lead busy lives, we must prioritize the use of our time. You have already made a good choice by involving your family in Baystars FC. Together we can make soccer an enjoyable experience for our children. Much of our club's success depends upon the level of volunteer support the club receives from its parents. The club could not exist without your help. We hope parents will contribute their time and energy in supporting Baystars FC as a reputable soccer program.

Baystars FC values participant, spectator, and visitor safety. We encourage a respectful and enjoyable social environment for all of the club's members. During game day excitement, please remember we are all neighbors, and that soccer is supposed to be both a fun and, more importantly, constructive learning experience for our children. We ask that you remain supportive of your club and your team, respectful to referees, club officials, and other teams, and patient and understanding when concerns arise.

Thank you for being a member of Baystars FC and for your continued support in creating a successful soccer program. We are confident that by following the guidelines suggested in this handbook, you and your child athlete will have a rewarding and fun filled soccer season.

We look forward to seeing you on the pitch!

History & Mission

History:

- 1991: Baystars FC, based in the Middle Peninsula area of Virginia, was established with a boys' team playing in the SEVYSA
- 1991: Official jersey colors (Orange & White)
- 1996: Gloucester Baystars Football Club incorporated May 16th, 1996 as a 501c3 non-profit organization.
- 1999: Official jersey colors changed (Carolina Blue & White)
- 2000: Director of Coaching was hired, and all coaches required to have a coach's license.
- 2003: Soccer fields built at Bethel and the Airport
- 2003: Affiliation agreement with WSC
- 2003 - 2007: Baystars/Peace Frogs tournaments
- 2008: Hired Club Administrator
- 2009: MOU with Gloucester County to build a road into Woodville Park (\$60,000 donated to the project)
- 2009: Completed additional soccer fields at Ark Park and Abingdon Park
- 2010: Athletic fields and sand soccer court completed at Woodville Park. A nearly \$500,000 entrance and service road for the park were constructed with grant and donated funds.
- 2012: Inaugural Surf & Turf SoccerFest at Woodville Park
- 2013: Inaugural Bird Day Bash at Woodville Park
- 2013: Baystars FC begins annual bus trip for players and parents to see a DC United game
- 2014: Baystars FC President Chris Clifford is named VYSA Volunteer of the year for the State of Virginia and the Mid-Atlantic Region.
- 2014: Partner with Global Image Sports and Wolverhampton Wolves
- 2016: Baystars FC acquires 44 acres for future sports complex
- 2018: Baystars Academy established
- 2018: Baystars becomes full member of VYSA

Mission:

Our mission is to create a safe and positive soccer experience for all our players through a competitive atmosphere during games and practices. We will meet this mission by teaching all aspects of the game; physical, psychological, technical and tactical.

The success of Baystars FC has been built on the hard work and cooperation of its players, coaches, parents and volunteers...the foundation for great things to come.

Club Contacts

Board Officers

President	Field Shepherd	hwlsjr17@cox.net
Vice-President	Brooke Wilson	dunawaybrooke@hotmail.com
Past-President	Pete LeBel	snappadog@aol.com
Treasurer	Mary Updike	baystarstreasurer@gmail.com
Secretary	Katie Duff	katielkg@cox.net

Board Members

Coaches Rep	Craig Raines	craines.wun@gmail.com
Managers Rep	Crystal Thompson	crysblayne@gmail.com
Player Rep	Jace Ellison	
Parent Rep	Lisa Sheesley	lilee_lisa@yahoo.com
Maintenance Coordinator	Jeff Hamilton	snappyjeff@gmail.com
Parks & Rec's Liaison	TBD	
Safety Officer	Joe Lenderman	joefirestopper@gmail.com
Construction Coordinator	Ray Wamsley	Bcr8ve@cox.net
Activities / Events Coordinator	Kristi Bell	kbell0422@gmail.com

Club Administration

Club Administrator	Brett Major/Melissa Shepherd	admin@baystarsfc.com
Director of Coaching	Pete LeBel	snappadog@aol.com
Director of Baystars Academy	Garrett Gregory	garrettdgregory@gmail.com
Tournament Director	Jon Lindberg	jonwlindberg@gmail.com
Media Manager	Garrett Gregory	garrettdgregory@gmail.com

Coaches

Baystars Academy	Derek Hanson Garrett Gregory	derekryanhanson@gmail.com garrettdgregory@gmail.com
Admirals U10	Head: Geoffrey Gregory Asst: Patrick Bogue	gdgregory77@gmail.com st.paddy.b10@gmail.com
Mariners U10	Head: Geoffrey Gregory Asst: Dave Zoll	gdgregory77@gmail.com dzadb@yahoo.com
Marauders U11	Head: Field Shepherd	hwlsjr17@cox.net
Manta Rays U11	Head: Garrett Gregory Asst: Dale Blankenship	garrettdgregory@gmail.com dzadb@yahoo.com
Bullsharks U12	Head: David Blanks Asst: Craig Raines Asst: Ben Davis	davidblanks7@gmail.com craines.wun@gmail.com bfdafd@gmail.com
Typhoons U14	Head: Craig Heaton Asst: Joe Lenderman	ccheat72@gmail.com joefirestopper@gmail.com
Mobjacks U16	Head: Jon Lindberg Asst: Dave Nolte	jonwlindberg@gmail.com dnolte3@cox.net
Barracudas U16	Head: Pete LeBel Asst: Brett Major	snappadog@aol.com bmajor@me.com
Force U19	Head: Craig Raines	craines.wun@gmail.com
Goal Keeper Coach	Geoffrey Gregory	gdgregory77@gmail.com

Managers

Baystars Academy	Garrett Gregory	garrettdgregory@gmail.com
Admirals U10	Mary Updike	marycat2483@yahoo.com
Mariners U10	Lisa Sheesley	lilee_lisa@yahoo.com
Marauders U11	Hayley Hanscom	1hayleyhanscom@gmail.com
Manta Rays U11	Crystal Thompson	crysblayne@gmail.com
Bullsharks U12	Lynn Hurst	alexadrahurst1@gmail.com
Typhoons U14	Kristi Pham	pham-tabulous@hotmail.com
Mobjacks U16	Christy Lindberg	christy121971@aol.com
Barracudas U16	Lisa Lawrence	ayers@vims.edu
Force U19	Tanya Howe	Tanyaxander@gmail.com

Questions - Who do I ask?

Website:

www.baystarsfc.com/

Our website is a great source of information. The site provides team information regarding club and team news, upcoming events, volunteer opportunities, and many other useful pieces of information. We make every attempt to keep the site up-to-date; however, we can't catch it all. If you are aware of a team or player accomplishment, we want to hear about it. Take a digital photo, include a brief caption and email it to our media manager at garrettdgregory@gmail.com.

Phone Application:

Our Team App provides news, teams and rosters, club events, photos, schedules and more. Download Team App from the Apple or Google Play app store, sign up, and you will be sent an email to confirm your registration. Log into the App and search for Baystars FC. Choose your application access group.

Facebook:

www.facebook.com/pages/Baystars-FC-Soccer-Club

www.facebook.com/pages/Baystars-FC-Surf-Turf-Soccer-Fest

Another great way to keep up with club news and information. Please like us on Facebook!

Mailing Address:

PO Box 540 Gloucester, VA 23061

Team meetings:

Team meetings are held at the beginning of each season to provide specific information relevant to your child's team. Please make sure to attend all team meetings.

If the website or team meeting does not address your questions or concern, we encourage you to call or email your coach, team manager, or board member to provide you with a detailed answer.

Your **Team Manager** is very important and the main contact for all relevant team information. The Team Manager is responsible for team coordination of activities through direction of the Team Coach. The Team Manager can answer questions dealing

with non-coaching matters (game and practice times, schedules, directions, uniforms, fees, etc.). If your Team Manager does not know the answer, she or he will either find out or direct you to the proper person to ask. Team Managers cannot set or change Baystars FC policy. Team Managers will not be asked to resolve any player, parent or coaching issues, nor are they authorized to do so.

The **Club Administrator** deals with a large variety of off-field matters for the Club as a whole. If your off-field question goes beyond the authority of the Team Manager, the Club Administrator is the “go-to” person for all matters except coaching questions.

Coaching questions and on-field concerns are first directed to the coach assigned to your particular team. Next in line is the **Director of Coaching (DoC)**. The DoC will report to the Board of Directors if unable to answer a question or satisfy a concern. When questioning your child’s coach, please be observant of the coach’s schedule. In addition, concerns about playing time and training techniques should take place at least 24 hours after the game or session that prompted the concern.

Baystars FC Teams

Age Specific Development Philosophy & Goals

Because Baystars FC is not a “one-size-fits-all club”, we believe that there should be different focuses and developmental opportunities at different age groups. By using age-appropriate training and education, we help young athletes build strong soccer skills, a strong foundation for good sportsmanship and a proper sports perspective.

2018-19 US Soccer Age Brackets

Age groups for the seasonal year that begins September 1, 2018, and ends August 31, 2019			
U-19	Players born in 2000 and younger	U-13	Players born in 2006 and younger
U-18	Players born in 2001 and younger	U-12	Players born in 2007 and younger
U-17	Players born in 2002 and younger	U-11	Players born in 2008 and younger
U-16	Players born in 2003 and younger	U-10	Players born in 2009 and younger
U-15	Players born in 2004 and younger	U-09	Players born in 2010 and younger
U-14	Players born in 2005 and younger	U-08	Players born in 2011 and younger

Players 6 - 8 years old (U9) - Baystars Academy

Introduction:

- Primary development goal of this age: Individual mastery of the ball and creativity with ball at feet.
- Focus is on skill development to move and control the ball through play.
- Children of this age are not always able to remember what was shown or tried at previous training sessions - we want to promote learning through experience. The game is the best teacher.
- This age is not capable of “organized” soccer. Forcing team concepts, such as combination and positional play, is not appropriate. Futures soccer does not resemble U-14 soccer!
- We will strive to create a “fear-free” culture; no “mistakes”, no pressure.

Underlying and Guiding Principles:

- Coaching is most helpful to a young player’s development by organizing less, saying less and allowing players to do more.
- We understand that teaching and learning the game of soccer is a process: the development efforts of one season are not noticeable in children until sometime in the next season.
- It is important to recognize what a child is able to do at this age.
- Soccer development is a process that must be approached with age specific skills and concepts. This is the age for players to learn technical skills. Their ability to pick up motor skills is high. Their ability to understand tactical skills is very low.
- For youth - creating an environment where the main goal is to have fun with the ball is critical.
- The primary value of matches is to provide young players with the opportunity to showcase their newly acquired skills and creativity.

Practice Philosophy:

- Length: 45-60 minutes of constant activity around the ball
- Format: Learn through active play, no lines, no standing!

- Focus is on the player's relationship to the ball. We want to create an environment where players have the opportunity to develop a "love affair" with the ball.
- Lots of touches
- Coordination with the ball
- Changing directions and speed while dribbling the ball
- Dealing with balls on the ground as well as bouncing balls

Game Philosophy:

- Length: 45-60 minutes
- Purpose: to celebrate the joy of the game! More opportunities to have the ball at their feet.
- Format: 3v3 or 4v4, mini-games to compete with and against each other.
- Competitiveness: no score keeping, everyone plays, everyone wins!
- Coaching focus: on player's relationship to the soccer ball; to want it, how to find it, how to deal with it and move it, and how to keep it close and not lose it.

Players 9 - 10 years old (U-10 to U11)

Introduction:

- 70% of youth quit organized sports by age 13.
- Problem revolves around too much pressure to achieve "winning" results too soon instead of focusing on individual development.
- There is not one way to teach soccer; however, there is a set of fundamental principles.
- We are basing our program on best practices and supported fundamental principles as promoted by national staff and technical experts in U.S. Soccer.

Youth Philosophy:

- Primary development goal of this age: Individual development and introduction to "team play" concepts.
- Focus in on individual technical skill development to move and control the ball through play, and prepare youth players to successfully recognize and solve the challenges of the game on his or her own.
- Possession philosophy: long ball de-emphasized; we will choose long-term vs. short-term development progress. We may initially give up goals but will be comfortable and technically more competent - and in the long run will be better for it.

Underlying and Guiding Principles:

- It is important to recognize that players develop at different rates. "Average" U-9s can be "superstars" at U-14. Our goal is to keep all potentially talented youth players training and playing the game to give them time to explore their capabilities and to realize their potential.
- Coaching is most helpful to a young player's development by organizing less, saying less, and allowing the players to do more.
- Discipline is an important component of Baystars Soccer. Coaches will demand respect, cooperation, a positive attitude and a strong work ethic at every age.
- Building confidence with the ball is a key ingredient in developing U-9s and U-10s. The more confident players become, the more they will look to get involved and the more fun they will have.

Practice Philosophy:

- Length: 60-75 minutes of constant activity around the ball
- Format: Learn through play
- Development Focus:
 - Speed: technical, speed of execution and speed of thought
 - Technical speed is the ability to trap or settle ball and get a pass or shot away quickly.
 - Pure speed is the natural running of an athlete.
 - Speed of thought is the ability to read the game and be able to be in the right place at the right time.
 - Technical skills & technique: building the first touch and passing skills under pressure of match conditions
 - Basic rules of the game
 - Dribbling
 - Passing (standing and moving)
 - Receiving (standing and moving)
 - Shooting
 - Throw-ins
 - Beating players 1v1
 - Ball movement, ability to control, direct and move with the ball
 - A poor first touch will require players to always be fighting the ball to make subsequent decisions
 - Character:
 - The player's respect for the game, their coach, teammates and others
 - The player's fighting spirit and their ability to compete
 - The player's work off the ball and when fatigued
 - The player's enjoyment of the game and love for the sport

Game Philosophy:

- Length: 50-60 minutes
- Purpose: More opportunities to have the ball at their feet, to make decisions under pressure and to solve the problems of the game.
- Format: 7v7
- Competitiveness: Play to showcase progress and creativity. Winning is not the primary objective in all situations at this age.
- League game play time: Equal play time is the goal at this age for the development of the player - unless there are disciplinary issues being addressed by the coach.
- Tournament game play time: Tournaments, in most cases, are played to win. While every player will be given an opportunity to play, equal play time may not occur in tight games where the results affect the team's tournament success.
- Player development: The game is the best teacher for young players.
- Coaching focus:
 - Getting involved
 - Attacking the goal
 - Taking chances/risks
 - Options to solve the problems of the game: possession, pressure, defending and scoring
 - To experiment and be creative
 - Options to solve the problems of the game: possession, pressure, defending and scoring
 - To experiment and be creative

Players 11 - 13 years old (U12 to U14)

Introduction:

- Primary development goal of this age is to continue to improve players technical skills and introduce tactical concepts such as positional and systems of play.
- Focus is on providing a tactical understanding of the game and taking each player through 3-4 systems of play to help prepare them for higher levels of competition.

Underlying and Guiding Principles:

- Players are selected through a tryout process. Each May, teams are reselected for a full calendar year (fall and spring seasons). Every year, players must approach the tryouts with an understanding that playing on a team one year does not guarantee a spot on the next.
- Coaching at this age centers around helping players become better decision makers within the demands of the game. Soccer is a game of improvisation. It is important that our players, beginning at the earliest ages, are encouraged and empowered to develop as thoughtful and creative decision makers and are never treated as robotic machines that simply carry out specific coaching instructions.
- Emphasis is placed on developing strong bodies and minds to be able to physically and mentally overpower our opponents. We will strive to develop a winning mental attitude and belief system in our players so they will know how to win.
- Soccer development is a process that must be approached with age specific skills and concepts. This is the age for players to practice their technical skills in an environment that requires them to develop a vision of the game, an ability to read the game, and the skills to create scoring opportunities on the field.
- Building confidence with themselves is a key to success at these ages; the more confident players become, the more creative they will play and the more fun they will have. Confidence can be trained as it is a learned attitude.

Practice Philosophy:

- Length: 75-90 minutes of high intensity training with and without the ball
- Developmental focus is the same as the measurements we use to evaluate players during tryouts:
- Speed-technical: speed of execution and speed of thought
 - Technical speed is the ability to trap or settle a ball and get a shot or pass away quickly; "one touch" play becomes a measurement of performance.
 - Pure speed is natural running speed of an athlete.
 - Speed of thought is the ability to read the game and be able to be in the right place at the right time.
- Technical skills and technique: building their first touch and passing skills under the pressure of match conditions.
 - Dribbling, passing, receiving
 - Crossing, shooting, heading
 - Beating players 1v1, 2v1
 - Maintaining possession of the ball
 - Ball movement, ability to control, direct and move with the ball
 - A poor first touch will require players to always be fighting the ball to make subsequent decisions.

- Tactical understanding of the game
 - Player movement, on and off the ball
 - Reading the game
 - Understanding field positions and roles
 - Understanding 3 - 4 systems of play and positional roles and responsibilities of each
 - Understanding the principles of attacking and defending in small groups
 - Understanding the importance of transitioning from attack to defense and vice-versa
 - Anticipating ball movement 2 - 3 touches ahead of actual play
- Physical development
 - Strength
 - Speed
 - Grit/toughness
- Mental / emotional development as a player
 - Respect for the game, their coach, teammates and others
 - Fighting spirit and their ability to compete
 - Commitment to personal excellence on the field and in the classroom
 - The player's ability to be coached
 - The player's commitment to the team, enjoyment of the game and love for the sport

Game Philosophy: League and Tournament match play

- Length: 50 - 70 minutes
- Purpose: more opportunities to have the ball at their feet, to make decisions under pressure and to solve the problems of the game
- Format: 8v8 or 11v11
- Competitiveness: we will seek out the best competition to provide an opportunity to work on decision making and speed of play. We will strive to develop highly competitive players who can perform under pressure.
- Play time: play time is fairly equal though it may be affected by work ethic, attitude and effectiveness during league play; tournaments are played to win.
- Coaching focus:
 - Getting involved
 - Attacking the goal
 - Taking chances/risks
 - Options to solve the problems of the game: possession, pressure, defending and scoring
 - To experiment and be creative

Players 14 - 18 years old (U15 to U19)

For our U15 - U19 players, the Principles and Philosophies are carried over and built upon from U12 - U14. The athletes are groomed to compete at the highest level. If the athlete intends to play high school or collegiate-level soccer, the child athlete will be taught the skills and techniques he or she will need to succeed. While the emphasis shifts to the next level with training and competition, the players are still held to the highest standards for good sportsmanship and proper sports perspective. The focuses at this level are competing at advanced levels, teaching advanced team tactics and advanced positional tactics/skills. Age appropriate, progressive training and conditioning techniques are employed to develop strength, athleticism, speed, agility, and soccer skills.

Baystars FC Year at a Glance

May	Fall Registration Night
June	Baystars FC Surf & Turf SoccerFest (included in spring dues) Wolverhampton Wolves Player ID Camp (included in spring dues) Optional Virginia Beach National Sand Soccer Tournament
July	Optional Conditioning Sessions Optional ODP District Tryouts Need-based scholarship application due
August	Fall practices begin Tri-club Bay Rivers Classic Tournament (included in fall dues) Club-wide work day
September	Fall season begins at the beginning of September Team Pictures
October	Fall season continues Optional Virginia Presidents Cup Tournament Columbus Day Tournament (included in fall dues) Participation in the Haunted Trail at Beaverdam Park
November	Fall season continues through November Skills Day for Winter & Spring Season (U13 or younger) Optional ODP State Tryouts Bird Day Bash
December	Indoor practices begin Gloucester Holiday Parade Participation Awards Ceremony
January	Indoor season begins
February	Indoor games continue through February Spring practices begin Optional President's Day Tournament Need-based scholarship application due
March	Club-wide work day Spring season begins at the end of March
April	Spring season continues Gloucester Daffodil Festival Parade participation Tryouts for the Fall season

Expectations of the Player

THE BAYSTARS FC PLAYER WILL BE ACCOUNTABLE FOR HIS/HER ACTIONS FOR THE SEASON YEAR. (See Player Code of Conduct)

- Be prepared for all training sessions and games.
 - Proper uniform for training and games
 - Proper inflated soccer ball of correct size and a water bottle
 - Proper shoes
 - Cleats for league games and practices
 - Indoor soccer shoes for indoor or futsal games and practices
 - Proper shin guards
 - Unaltered shin guards covered fully by socks are required for every game and practice
- Additional training sessions are optional and should be requested through your core team coach and approved by the DoC. Opportunities to train with different players, coaches and at times older age groups are great opportunities that players should embrace.
- Opportunities to guest play a match for a team other than your core team should be approved by your core team coach, guest team coach and by the DoC.
- All players will be required to attend and arrive 30 - 60 minutes prior to game kickoff for team warm-up (exact time up to coach's discretion).
- Players are expected to shake hands with the opposition's players at the conclusion of each game. Additionally, each player is expected to shake hands and thank the game officials.
- Players are expected to participate in club events and activities such as yearly tryouts, fundraisers, community service projects, clinics, etc.
- Players are to be on their best behavior while representing Baystars FC during training sessions, games and tournaments.

Player Code of Conduct

In order to ensure the principles of sportsmanship, fair play, and mutual respect among players, coaches, officials, and spectators, the following Player Code of Conduct has been established. It is the obligation of all program administrators, coaches, parents, and players to create an environment that promotes this objective.

It is a privilege to play on a competitive traveling soccer team. Players are expected to conduct themselves at all times in a manner which positively represents Baystars FC and will not bring discredit upon the Club.

1. Play the game for the game's sake.
2. Be generous when I win.
3. Be graceful when I lose. Good losers earn more respect than bad winners.
4. Be fair always no matter what the cost. Convey a consistently positive attitude toward my teammates, coaches and trainers. My true strength of character will be displayed on the field.
5. Obey the laws of the game. Never intentionally attempt to cause injury.

6. Work for the good of the team. Give 100% best effort at all times.
7. Accept the decisions of the officials with good grace. Show respect for the authority of the referee and do not speak directly to him/her for any other purpose than respectfully requesting instruction.
8. Believe in the honesty of my opponents. Treat other players as I would like to be treated. Understand that soccer is a game, and that the players on the other team are my opponents, not my enemies.
9. Conduct myself with honor and dignity. Always control my temper and not retaliate, even if I disagree with a decision. Displays of temper will not be tolerated on the field or in the playing area.
10. Never address remarks at opposing coaches, players, referees and spectators (except for genuine friendship, respect or in response to a question by a referee).
11. Attend all possible games and practices. I understand that I must contact my Head Coach or Team Manager if I am unable to attend practice. I further understand that unexcused absences from practices or games may result in loss of playing time.
12. Make all efforts to provide a 24-hour notice if I am unable to attend a game so that my Coaches may have time to plan an alternate strategy.
13. Arrive on time to all games and practices.
14. Practice on my own, come prepared to learn, and give my coaches and trainers my complete attention. Their only purpose is to make me a better player and my team a better team.
15. Help my parents and fans understand the laws of the game so they can watch and enjoy the game better.
16. Never use or possess tobacco, alcohol, or illegal/performance enhancing drugs.

Procedures for Dealing with Violations of the Baystars FC Players Code of Conduct

Repeated demonstrations of behavior that is in direct violation of the club Code of Conduct will be dealt with by Baystars FC. Violence or conduct in violation of the rules of the game including the combination of caution offenses by individual league rules that cause a player to sit out a game will be handled by Baystars FC in conjunction with the disciplinary standards set forth by the VSLI and VYSA or MAPL and US Club Soccer.

1. Baystars FC, at its discretion, may recommend that a player be suspended from participation in league activities while investigating and contemplating any action.
2. Baystars FC will verify details of the complaint, including interviewing the person or persons who have made the complaint, as well as any witnesses who may have observed the incident.

3. Baystars FC will contact the player & parent involved within 2 days, asking for his/her version of the incident. The player & parent will have 4 days to respond.
4. Baystars FC will meet within 5 days to determine if disciplinary action should be taken.
5. If the allegation is determined to be accurate, Baystars FC may recommend that the player be subject to immediate suspension from the league for a period of time to be determined. The player, parent & coach will be notified verbally and in writing of the Committee's decision. Based on the nature and severity of the offense, and depending on whether this represents a repeat offense, disciplinary actions may range from:
 - a. Official warning / clarification of expected conduct
 - b. Partial season suspension (1-3 games)
 - c. Suspension for the remainder of the Fall and/or Spring Season
 - d. One-year suspension
 - e. Permanent ban from Baystars FC

The penalties will be issued based upon the judgment of Baystars FC in the overall best interests of the athlete, the sport, and the club.

Parent Code of Conduct

The essential elements of character building and ethics in sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship. The highest potential of sports is achieved when competition reflects these Six Pillars of Character. I therefore agree:

1. I will remember that children participate to have fun and that the game is for youth, not adults.
2. I will communicate with my child's coach about any physical disability or ailment that may affect the safety of my child or the safety of others.
3. I will make every effort to have my child attend practices and games and will communicate with my child's coach or manager if my child will be late or absent. Good communication between parents and coaches leads to a more positive experience for all involved.
4. I will learn the rules of the game and the policies of the league. Knowing the rules of the game will help with development and will help to minimize disagreements.
5. I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players (on both teams), coaches, officials and spectators at every game, practice or other sporting event.
6. I (and my guests) will not engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent such as booing and taunting; refusing to shake hands; or using profane language or gestures.
7. I will not encourage any behaviors or practices that would endanger the health or wellbeing of the athletes.

8. I will explain to my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
9. I will explain to my child to treat other players, coaches, officials and spectators with respect regardless of race, creed, color, sex or ability.
10. I will explain to my child that doing one's best is more important than winning, so that my child will never feel defeated by the outcome of a game or his/her performance.
11. I will not ridicule or yell at my child or other participant for making a mistake or losing a competition.
12. I will be welcoming to all team families on and off the field. Minimize gossip and criticism of teammates, other players and coaches.
13. I will emphasize skill development and practices and how they benefit my child over winning. I will also de-emphasize games and competition in the lower age groups. I will promote the emotional and physical well-being of the athletes ahead of any personal desire I may have for my child to win.
14. I will respect the officials and their authority during games and will never question, discuss, or confront coaches at the game field, and will take time to speak with coaches at an agreed upon time and place.
15. I will demand a playing environment for my child that is free from drugs, tobacco, and alcohol, and I will refrain from their use at games.
16. I will refrain from coaching my child or other players during games and practices, unless I am one of the official coaches of the team.
17. I acknowledge that the coach of my child's team is responsible for my behavior and I will therefore respect the coach's authority.

Procedures for Dealing with Violations of the Baystars FC Parents Code of Conduct

In the event that a parent violates the Code of Conduct, or engages in behavior at practices or games that the Coach deems inappropriate and detrimental to any of the players, officials or the team as a whole, the Coach may take any of the following actions:

- a. Immediate removal of the player of that parent from the practice or the game.
- b. Removal of the offending parent from the practice or game sideline.

Repeated demonstrations of behavior that is in direct violation of the club Code of Conduct and will be dealt with by Baystars FC.

Baystars FC will verify details of the complaint, including interviewing the person or persons who have made the complaint, as well as any witnesses who may have observed the incident.

Baystars FC will contact the coach involved within 2 days, asking for his/her version of the incident.

Baystars FC will meet within 5 days to determine if disciplinary action should be taken.

If the allegation is determined to be accurate, Baystars FC may recommend that the parent be subject to immediate suspension from the league for a period of time to be determined. The parent & coach will be notified verbally and in writing of Baystars FC's decision. Based on the nature and severity of the offense, and depending on whether this represents a repeat offense, disciplinary actions may range from:

- a. Official warning / clarification of expected conduct
- b. Partial season suspension (1-3 games)
- c. Suspension for the remainder of the Fall and/or Spring Season
- d. One-year suspension
- e. Permanent ban from Baystars FC

The penalties will be issued based upon the judgment of Baystars FC in the overall best interests of the athlete, the sport, and the club.

Coaches Code of Conduct

Coaches are key to establishing and upholding the ethics in soccer. Their concept of ethics and their attitude directly affect the behavior of players under their supervision. Coaches are, therefore, expected to pay particular care to the moral aspect of their conduct.

Coaches have to be aware that almost all of their everyday decisions and choices of actions have ethical implications.

It is natural that winning constitutes a basic concern for coaches. This code is not intended to conflict with that. However, the code calls for coaches to disassociate themselves from a win at-all-costs attitude.

Increased responsibility is requested from coaches involved in coaching young people. The health, safety, welfare and moral education of young people are a first priority, before the achievement or the reputation of the club, school, coach or parent.

1. Coaches must respect the rights, dignity and worth of every person and treat each equally within the context of the sport, regardless of gender, place of origin, race, sexual orientation, political belief or economic status.
2. Coaches must place the well-being and safety of each player above all other considerations. Coaches must never place the value of winning over the safety and welfare of the players.
3. Coaches must adhere to all guidelines laid down by governing bodies.
4. Coaches must direct comments or criticism at performance rather than the athlete.
5. Coaches must not exert undue influence to obtain personal benefit or reward.

6. Coaches must encourage and guide players to accept responsibility for their own behavior and performance.
7. Coaches must ensure that the activities they institute are appropriate for the age, maturity, experience and ability of the players.
8. Coaches must cooperate fully with other specialists (e.g. other coaches, officials, sports scientists, doctors, physiotherapists) in the best interests of the player.
9. Coaches must always promote the positive aspects of the sport (e.g. fair play) and never condone violations of the Laws of the Game, behavior contrary to the spirit of the Laws of the Game or relevant rules and regulations, or the use of prohibited substances or techniques. They must promote the concept that soccer is merely a game, and that players and coaches on other teams are opponents, not enemies.
10. Coaches must consistently display high standards of behavior and appearance. They must teach and practice good sportsmanship and fair play by personally demonstrating commitment to these virtues.
11. Coaches should not use or tolerate inappropriate language. They should maintain control of their emotions and avoid actions and/or gestures that may be interpreted as hostile and humiliating.
12. Coaches must regularly seek ways of increasing professional development and continuing coaching education.
13. Coaches must respect the coaches and players of the opposing team before, during, and after the game. They should teach each player, especially through personal example, to be humble and generous in victory and proud and courteous in defeat.
14. Coaches must respect the game officials at all times. They should refrain from questioning game officials' decisions or challenging their authority.
15. Coaches must ensure that fans of his or her team exhibit sportsmanship and maturity at all times and assist league and game officials in maintaining control of spectators during games.

Procedures for Dealing with Violations of the Baystars FC Coaches Code of Conduct

Any reports from referees, opposing coaches, players or parents regarding violations of the Coaching Code of Conduct officially filed will be handled as follows:

Repeated demonstrations of behavior that is in direct violation of the club Code of Conduct will be dealt with by Baystars FC. Violence or conduct in violation of the rules of the game including the combination of caution offenses by individual league rules that cause a coach to sit out a game will be handled by Baystars FC in conjunction with the disciplinary standards set forth by the VSLI and VYSA or MAPL and US Club Soccer.

1. Baystars FC, at its discretion, may recommend that a coach be suspended from participation in league activities while investigating and contemplating any action.

2. Baystars FC will verify details of the complaint, including interviewing the person or persons who have made the complaint, as well as any witnesses who may have observed the incident.

3. Baystars FC will contact the coach involved, asking for his/her version of the incident. The coach will have 2 days to respond.

4. Baystars FC will meet within 5 days to determine if disciplinary action should be taken.

5. If the allegation is determined to be correct, the coach can be subject to immediate suspension from the league for a period of time to be decided on. The coach will be notified verbally and in writing of Baystars FC's decision. Based on the nature and severity of the offense, and depending on whether this represents a repeat offense, disciplinary actions may range from:

- a. Official warning / clarification of expected conduct
- b. Partial season suspension (1-3 games)
- c. Suspension for the remainder of the Fall and/or Spring Season
- d. One-year suspension
- e. Permanent ban from Baystars FC

The penalties will be issued based upon the judgment of Baystars FC in the overall best interests of the athlete, the sport, and the club.

Registration Payment and Fees

- Baystars FC registration takes place in June following the Spring Tryouts.
- Baystars FC fall 2018, spring 2019 fees:
 - VSLI teams: \$350 fall 2018; \$350 spring 2019
 - Academy teams: \$75
- The first payment of \$100 (non-refundable) is required upon signing of the Codes of Conduct paperwork at registration.
- Placement on the roster is not complete until the Codes of Conduct paperwork and \$100 Commitment Fee are received by the club.
- Bills are sent via email. Payments are made directly to the club. Checks should be made payable to Baystars FC and mailed to PO Box 540 Gloucester, VA 23061.
- Payment may also be made online via PayPal (additional processing fee applied).
- "Payment due" reminder emails will be sent one time per month.
- Checks returned for insufficient funds will be charged a \$30 fee.
- Baystars FC reserves the right to invoke the no play no play policy when the player is not in good financial standing. Players will be ineligible to participate in Baystars team practices, games and tournaments until payment is received. We realize that emergencies can arise that may result in a financial strain on the family, and in order to keep the player from being ineligible, the club will work with the family if notified promptly.
- Payment plans may be worked out with the club treasurer. Payments must be consistently made, or the no pay no play policy will be enforced.
- The cost to participate in travel soccer is a very serious undertaking for our families. For some families, the cost is simply prohibitive without some measure of assistance. For this reason, the club financial committee will manage the process of awarding scholarship assistance to families that qualify.
- A limited number of scholarships are available. Scholarship applications can be found on the club website. Complete applications are due August 1st (fall session) and February 1st (spring session).
- Scholarship recipients are required to complete 3 hours of service to the club per every \$100 of assistance.
- Registration fees are non-refundable. In case of injury, a partial refund will be considered on a case-by-case basis.

What is included in the player fee?

- 2 tournaments (Tri-Club Bay Rivers Classic & Columbus Day tourney TBD)
- League play of approximately 8 games per season
- Practice sessions 2 per week
- VYSA/US Club Soccer State Fees
- VSLI League Fees
- Player passes
- Insurance
- Coach Certification
- Coaching Fees
- Administrator Fees
- Coach Training
- Guest coaches at practices
- Guest playing to share players between the Sharks and Baystars

- Team equipment
- Field Maintenance (Goals, nets, flags, paint, equipment)
- Field cutting and seeding
- Accountant
- Advertising
- Bird Day Bash & Surf n Turf
- Awards Ceremony

Uniforms

- The uniform kit is not included in the registration fee. The cost is \$71 and can be ordered at <https://www.premiersoccer.com/baystars-fc>
- Players will receive a uniform kit composed of 2 jerseys, 1 pant and 1 pair of socks. The uniforms can be shipped or picked up at a Premiere Soccer store.
- Baystars FC's primary uniform consists of a Blue jersey with White vertical side stripes, Orange jersey with White side stripes, Black shorts and Black socks.
- In an effort to be proactive, team managers may contact the visiting team manager ahead of time to ask what color they will wear so they can prepare their team in advance.
- In the case of a color conflict, the HOME team must change. For this reason, it is imperative all players should have both sets of jerseys at every game to avoid having to sit out because of a color conflict.
- Uniform numbers are coordinated through the Team Managers.
- Core team is determined by the majority of returning players which form the team.
- Core team members get first choice to retain their number or to choose another number; new players then choose their number.

Travel & Tournaments

Travel is a big component of our program. Traveling allows our players to compete against a wide variety of teams and participate in higher quality games than can be had if we continuously played against our neighbors. Another benefit of travel is the team and Club bonding that naturally occurs as players and their families spend off-field time together.

To that end, when a team travels to a location that requires an overnight stay, teams are strongly encouraged to stay together. Team managers may make a group reservation for all players and families traveling to distant locations. Please inform your Team Manager if you will not be staying at the "team" hotel. When out of our area for games and tournaments, the coach may impose a curfew/bedtime for the players. Parents are expected to enforce these times.

Players are expected to observe exemplary manners when staying in the team hotel. When traveling to a tournament, players must remember that they represent Baystars FC and should act accordingly. Running in the halls, excessive noise, kicking soccer balls indoors and similar behavior is unacceptable.

Tournaments generally require our players to play at least three to four games in a two-day period. The time between games should be used for physical and mental rest.

Players are required to properly hydrate and eat nutritious meals before, in-between and after games.

A tournament is included in the Baystars FC player fee. The DoC and Board will determine which tournament to participate in. Baystars teams may participate in additional tournaments if they do not conflict with league games. Baystars FC encourages older teams U15 and above to participate in College Showcases so players can gain exposure to college coaches.

Olympic Development Program (ODP)

The ODP is the top national identification and development program for elite players. The program identifies players to compete at the state, regional and national levels. The function of ODP is the identification, selection, and opportunity for development of the state's top players. ODP starts at the U13 age group.

Players tryout for the District ODP team. District training provides another avenue from which players can grow and develop. While a player's club is his / her "home", district ODP training provides an environment where players are playing with and against the best players in their respective district. It also gives the state ODP staff a chance to work with, train and gather additional information on the players before the inter district play.

After the ten District ODP training sessions (two of which will be play days amongst the district pools), the state ODP pool will then be selected and the state ODP pool training will begin.

How are Players Selected?

Players are selected, in most states, based on open tryouts. These tryouts are conducted by state coaches who are recognized for their ability to identify and train players with superior skills. Players are evaluated on the four components that make up a soccer player:

1. Technique
2. Tactics
3. Fitness and Athletic Ability
4. Psychological Component (attitude)

What are Regional Camps?

US Youth Soccer is divided into four regions, each which offers a regional camp for state association ODP teams in each eligible age group. The camps are designed to provide high level competition and training for participating players. During this training and competition, players who can perform at a higher level of play are identified for possible national team camp, pool, or team participation.

What is a National Camp?

National Camps and Interregional events are held throughout the year at various locations in the United States. The National Team Coach or a National Staff Coach is present at these events to observe, train, and identify players for placement in the national pool or on a national team.

What are the Benefits of Participating in US Youth Soccer ODP?

1. Development as a player and the opportunity to train and play with the best players in one's age group
2. Quality instruction from nationally licensed coaches
3. Quality competition and games against other state association ODP teams
4. Exposure to regional and national team coaches
5. The opportunity to represent one's state, region, or country in competition
6. Exposure to college coaches

Camps & College Preparation

Baystars FC encourages players of all ages to participate in summer camps. Baystars FC hosts a GIS ID camp each August with the Wolverhampton Wolves, a highly esteemed European soccer club. This is the "Baystars Summer Soccer Camp". All players are encouraged to attend. Those who are recognized by the GIS coach / instructor will be invited to attend the national camp held in Rome, GA; from there, selected players will have the opportunity to travel to Europe for the Wolverhampton Wolves experience at their elite training academy.

In addition, there are several local and state camps available. Please contact your Team Coach or DoC for more information.

Baystars FC encourages high school aged players to participate in College identification summer camps. High School Prep Camps are open to players who are in grades 9-12. The Prep Camp is designed to give players the opportunity to experience a college training environment as well as get exposure to the University or College coaching staff and other college coaches who make up the Prep camp staff. The recruiting sessions usually cover NCAA rules, regulations, and how to be recruited.

Baystars FC in conjunction with one of our affiliate clubs will try to host a yearly College Soccer Preparation Night. Learn how to navigate your way into a program that's right for YOU, whether you hope to play Division 1, 2, 3 or club. This is appropriate for any age player, but particularly for those ages 14 and older. Parents are welcome too.

Baystars Day at D.C. United

Each season, Baystars FC arranges a trip for our players to experience a D.C. United game at RFK stadium in Washington, D.C. Tickets are offered to players and their families at a discounted price. On-field opportunities are also sometimes available for the younger players, such as playing on the pitch at halftime, participating in the flag ceremony, and even escorting the MLS players onto the field. Information will be provided at the beginning of each season regarding the specific details for the event.

Volunteer Opportunities

Without our volunteers, we would have a difficult time providing a successful soccer experience for our players. Every parent is encouraged to volunteer for the Club. Many opportunities exist, such as:

- Surf & Turf SoccerFest and Bird Day Bash Committees: At these tournaments, volunteers staff the concessions stand, direct traffic/parking, serve as field marshals, referee, register teams, etc.
- Fundraising/Marketing
- Building and participating in skits for the Haunted Trail at Beaverdam Park
- Building floats for the Christmas and Daffodil Parades
- Field Maintenance: Field Day prior to the Fall & Spring seasons, revitalization of the fields and goals for the upcoming season
 - Woodville Park & Bethel Complex
- IT Group: Our website needs to be updated regularly to ensure our membership is accurately served with the correct information. If you are IT savvy, this is the group for you.
- Team Managers: Each team has a manager who takes care of the team. The manager handles player cards and game papers, conducts communications for the team and works closely with the Team Coach and Club Administrator.
- Coaches Wanted: If you enjoy working with kids, love the beautiful game, and believe in and can teach good sportsmanship, we can provide the rest.
 - Benefits:
 - Opportunity for involvement in your community
 - Privilege of having a positive influence on the children
 - Opportunity to teach and practice your communication and demonstrating skills
 - Privilege of quality time while coaching your own child
 - Coach selection and coaching requirements
 - To sign up for coaching, contact our DoC.
 - After registering as a coach, a background check is conducted by an online security company.
 - Each coach is asked to sign a Coaches Code of Conduct.
 - Licensing Classes to obtain E and D Licensees.
 - Coaches are supplied with an equipment bag containing: practice vests, cones, and practice balls.

Fundraising

Baystars FC is a non-profit 501c3c organization. Registration fees cover the majority of operating expenses. The remaining operating costs, capital equipment and Scholarship fund are covered by our fundraising activities such as the Surf & Turf SoccerFest.

Baystars FC teams are encouraged to raise funds in order to lower team expenses. Fundraising monies may be utilized to cover the cost of travel, team parties, and other expenses as determined by individual teams.



The Baystars FC Surf and Turf SoccerFest is our primary fundraiser for the year and offers businesses the opportunity for visibility with the local and visiting teams. We believe the unique tournament format of playing 4 v 4 on both Sand (Surf) and Grass (Turf) fields will attract many teams from across the state. The two-day competition, with its festival atmosphere, will bring a strong economic injection into our community.

The eighth annual Baystars FC Surf and Turf will take place at Woodville Park in June of 2019. For more information please check out the tourney page on baystarsfc.com.

THE GAME:

FUN! FUN! FUN! The Surf and Turf is a 4 v 4 non-sanctioned soccer festival played on both grass and sand fields. Shin guards are mandatory on the grass fields. Bare feet or socks on the sand field.

Roster size: 6 max; the over 30 division is exempt from a maximum roster size

Games feature two 10 minute halves, with a 2 minute halftime.

Size 4 or 5 ball on turf. Sand soccer ball for the sand field. No off-sides. No goalies.

Sub on the fly.



Sponsors

Please support our past and current Surf & Turf Sponsors:

- Abingdon Ruritan Club www.abingdonruritanclub.com
- C. R. Harris Jr., DDS www.drchrharris.com
- Cakes by the Pound
- Chesapeake Bank Gloucester
- Colonial Kitchens
- Crossfit Gloucester
- Ferguson
- George Ronan Power Washing www.georgeronanpowerwashing.com
- Gloucester Pharmacy www.gloucesterpharmacy.com
- Good Life Kitchen
- Grand Rental Station of Gloucester www.grsrentals.com
- Juan's Mexican Café & Cantina www.juanscafeandcantina.com/
- Kona Ice
- Lowe's Home Improvement
- MassMutual Financial Group Commonwealth
- Middle Peninsula Golf Carts
- Patriot's Grill www.patriotsgrill.com
- Play it All DJ
- Pruitt Automotive
- PUMA
- Rave Design + Build
- Riverworks
- Steve Flippin Realty
- The Nines Pet Boutique
- The Woodworking Shop
- Top Golf
- Uncork'd Wine Bar

If you are interested in becoming a sponsor for Baystars FC, please e-mail the club administrator for more information or send a contribution to our PO Box 540 Gloucester, VA 23061.

Safety

Safety Reminders:

- Your child is your responsibility right up to the beginning of practice and immediately on conclusion of the session. Please be prompt on both ends. Make note that tournaments require additional responsibilities.
- Establish the “Buddy System” with your child and another player when traveling and using restrooms at games and training. This pertains more to the U11-U16 age groups.
- Become familiar with your team’s players and parents, the club’s coaches and DoC.
- Make notice of poor field conditions. Please report any dangerous field conditions, including away fields, to a Baystars FC representative.
- Parents and chaperones are responsible for their respective players when traveling.
- Be aware of your surroundings. Do not become complacent.
- Adhere to the Weather policy.
- Hydrate...hydrate....hydrate

Insurance coverage and Medical injuries

Baystars FC is a member of VYSA (Virginia Youth Soccer Association)

GENERAL INSURANCE INFORMATION

As a benefit of membership, soccer players, coaches, officials and other registered members receive the protection of Bollinger's Soccer Insurance Program for their soccer activities.

Who is Covered?

Under the **General Liability** policy, the following are covered as Named Insureds: the Association and its member teams and leagues; all registered players and players participating in try-outs; all member coaches and officials; volunteers of the team or league and other participants affiliated with the Association.

The **Accident Policy** covers: all registered players and players participating in try-outs; member coaches and officials; volunteers and other participants directly affiliated with the Association.

Covered Activities

Registered members and volunteers are covered when participating in the following covered activities:

- Scheduled games, team practice sessions and sponsored activities, provided that they are under the direct supervision of a team official; or tournaments sanctioned by the Association, as a member of a contestant team.
- Group travel directly to or from such scheduled practices, games or sponsored activities is covered under the Accident policy. The Liability policy provides **Hired/Non-owned auto liability** only for the official business of the Association.
- No coverage is provided under the Liability policy for parents, coaches or volunteers using any automobile to transport team members or volunteers to any practice, game or activity.

Parent / Athlete Concussion Information

A *concussion* is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow or jolt to the head or body that causes the head and brain to move rapidly back and forth. Even a “ding,” “getting your bell rung”, or what seems to be a mild bump or blow to the head can be serious.

Did You Know?

- Most concussions occur without loss of consciousness
- Athletes who have, at any point in their lives, had a concussion have an increased risk for another concussion.
- Young children and teens are more likely to get a concussion and take longer to recover than adults.

What are the signs and symptoms of 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 an athlete reports one or more symptoms of concussion listed below after a bump, blow, or jolt to the head or body, s/he should be kept out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says s/he is symptom-free and it’s OK to return to play.

Signs observed by coaching staff:

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 mood, behavior, or personality changes
Can’t recall events prior to hit or fall
Can’t recall events after hit or fall
Headache or “pressure” in head

Signs reported by athlete:

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
Just not “feeling right” or “feeling down”

Concussion Danger Signs

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. An athlete should receive immediate medical attention if after a bump, blow or jolt to the head or body s/he exhibits any of the following danger signs:

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that not only does not diminish, but gets worse
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people or places
- Becomes increasingly confused, restless, or agitated
- Has unusual behavior
- Loses consciousness (even a brief loss of consciousness should be taken seriously)

Why should an athlete report their symptoms?

If an athlete has a concussion, his/her brain needs time to heal. While an athlete's brain is still healing, s/he is much more likely to have another concussion. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to their brain. *They can even be fatal.*

What should you do if you think your athlete has a concussion?

If you suspect that an athlete has a concussion, remove the athlete from play and seek medical attention. *Do not try to judge the severity of the injury yourself.* Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says s/he is symptom-free and it's OK to return to play. Rest is key to helping an athlete recover from a concussion. Exercising or activities that involve a lot of concentration, such as studying, working on the computer, or playing video games, may cause concussion symptoms to reappear or get worse. After a concussion, returning to sports and school is a gradual process that should be carefully managed and monitored by a health care professional.

Remember: Concussions affect people differently. While most athletes with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer.

It's better to miss one game than the whole season.

For more information visit: www.cdc.gov/Concussion
(Watch the "Heads Up" video while visiting the CDC Website.)

Dangerous Weather Guidelines

Lightning: What You Need to Know

- NO PLACE outside is safe when thunderstorms are in the area!!
- If you hear thunder, lightning is close enough to strike you.
- If thunder is heard during practice or a game, players will immediately move to safe shelter: a substantial building with electricity or plumbing or an enclosed, metal-topped vehicle with windows up.
- Players will stay in safe shelter at least 30 minutes after the last sound of thunder.

Last Resort Outdoor Risk Reduction Tips

If you are caught outside with no safe shelter anywhere nearby the following actions may reduce your risk:

- Immediately get off elevated areas such as hills, mountain ridges or peaks
- Never lie flat on the ground
- Never shelter under an isolated tree
- Never use a cliff or rocky overhang for shelter
- Immediately get out and away from ponds, lakes and other bodies of water
- Stay away from objects that conduct electricity (standing ground water, barbed wire fences, power lines, windmills, etc.)

*Visit the National Weather Service <http://www.lightningsafety.noaa.gov/tips.shtml> website for more information on lightning safety.

Every effort is made to hold practices and games as scheduled; in the event of inclement weather the following procedures will be used:

- Baystars FC will update teams and players within our club about possible cancellations.
- Check the VSL website and rainout numbers for League updates accordingly.
 - www.vasoccerleague.com/home/
 - VSL RAIN HOTLINE: 757-886-5092
- A referee may suspend or terminate a match due to weather conditions; i.e., lightning, rain, fog, fields becoming unplayable in the opinion of the referee, etc. before or during a match. Under these conditions, the referee's decision is final. If at least one half of the match has been played, the match shall be deemed complete and the score shall stand.
- If a session or game is cancelled or postponed due to lightning, all players and parents must go to their cars immediately and wait for notification from your coach or manager.
- In the event a training session is cancelled due to weather, individual team coaches may provide additional training sessions if facilities are available.



U.S. Soccer Heat Guidelines

Playing in extreme heat can result in a spectrum of conditions ranging from heat cramps and heat exhaustion to a potentially life threatening condition called exertional heat stroke (EHS). It is essential that players hydrate properly and exercise caution while playing in warm weather. The ability to recognize early signs and symptoms of heat illness (including headache, nausea and dizziness) allows for proper treatment with hydration and rapid cooling of the body.

Heat Illness (Heat Exhaustion, Heat Cramps)

- Remove from training and source of heat
- Cool in a shaded area using ice towels
- Provide access to fluids/electrolytes and encourage rehydration

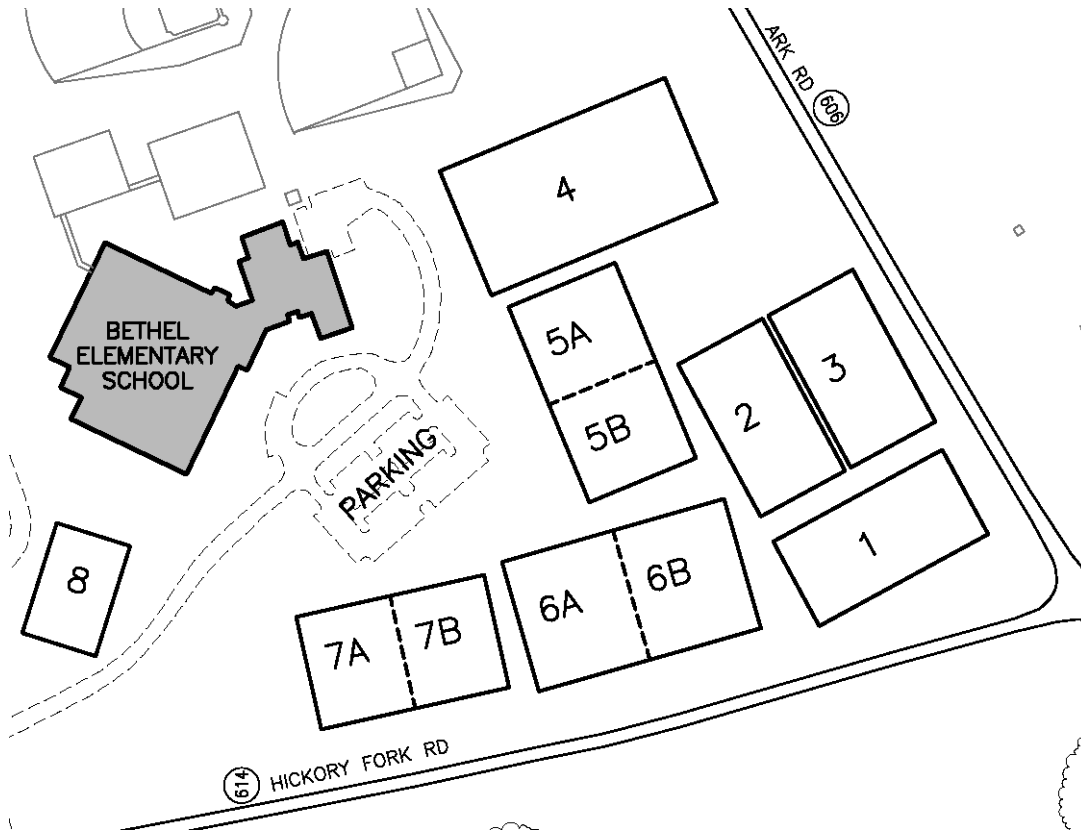
Exertional Heat Stroke

- Is a medical emergency
- Immediately call EMS (911) and prepare hospital for heat related emergency
- Athlete may have confusion or altered mental status and a rectal temperature $>104^{\circ}\text{F}$
- Remove excess clothing/equipment and immediately begin cooling the athlete by placing them in an ice-water-tub.
 - If no tub is present, rotate cold wet ice towels (every 2-3 minutes over the entire surface of the body or as much as possible)

Baystars FC follows the U.S. Soccer Heat Guideline recommendations, which can be found at this link:

<http://www.nysphsaa.org/Portals/0/2015%20US%20Soccer%20Heat%20Guidelines.pdf>. Questions regarding heat safety, or any other safety related topic, can be directed to the Safety Officer, Joe Lenderman, at joefirestopper@gmail.com.

Baystars FC Game Fields (Bethel Complex)



U9 - U12 Fields 2 or 3
U13 - 14 Fields 1 or 4
U15 and above Field 4

Note: Woodville Park may be used if there is a conflict with the fields at the Bethel Complex.

Nutrition

General Overview

Soccer is one of most physically demanding of all sports. A tremendous amount of calories (energy) are burned and fluid lost during a single match and particularly during a tournament weekend. A player can burn as many as 1500 to 2000 calories. A study from Holland found that elite soccer players expended about 3400 calories a day on average. Vigorous training and competitive games increase the energy needs of professional and amateur soccer players. Failure to meet those increased energy needs, especially with the right *quality* of nutrition, significantly increases the risk of impaired training status - i.e. you don't get the results you deserve!

The primary source of energy is carbohydrates that are immediately available (from recent eating) and carbohydrates that have been stored in liver (from carbohydrate loading). A quick meal immediately before the game will barely provide enough calories for the first half of the game so **carbo-loading** 24-48 hours before the match becomes critical for nutritional preparation.

There are 2 sources of carbohydrates: **simple carbohydrates** (such as milk, certain candy bars, fruits, Power Bars) and **complex carbohydrates** (potato, rice, pasta, vegetables/beans). Simple carbohydrates are excellent for the time before the single match and between tournament games. If simple carbohydrates are eaten and no game is played, a percentage of it goes into storage for later use. Complex carbohydrates are more difficult to digest for immediate use and tend to be stored in the liver for later use. Therefore, eating pasta or potatoes immediately before the game is **not** as effective as eating a **Power Bar** with a banana. The pasta and carrots are better for the process of carbo-loading the day before.

Fatty foods are particularly **BAD** before the game and between games. Fat provides very little calories for use during exercise. Furthermore, it causes food to sit in the stomach and blood flows preferentially to the stomach and away from the brain and muscles. **Long gone** are the days when players thought that eating a big steak before a game would give them lots of energy. Today's elite soccer players follow a strict diet, particularly on the day of a competitive match. While diet won't turn poor players into great players, it can make the difference between playing poorly and playing to your full potential.

Fluids are critical before, during and after the game. If the player is thirsty during the game, then there is a good chance the player did not take enough water before playing. Cramping is an important sign of dehydration and is avoided with pre-game fluids (about 10 ounces of water) before the game. Gatorade should **NOT** be used before the game as it is designed for **AFTER** the game to replenish fluids and electrolytes, especially potassium (important for muscle activity). Keep in mind excessive Gatorade consumption is known to cause tooth enamel erosion and tooth decay.

Sample Day's Diet for a Soccer Player in Training

Need 3 Milk servings a day

Breakfast:

- Piece of fruit bowl of oatmeal or porridge (sweeten with dried fruit or honey)
- 2 slices whole wheat bread toasted with small amount of Peanut/Almond butter or 1 egg
- And a glass (8 oz) of low fat milk (regular, almond, soy)

Snack:

- Piece of fresh fruit, with plain or fruit on bottom Greek yogurt (may add almonds/walnuts)

Lunch:

- Tuna or grilled chicken bagel, baguette etc. (preferably whole wheat)
- Mixed salad (can add veggies - i.e. green pepper, cauliflower, carrots, broccoli) with olive oil and lemon juice dressing
- Glass of fresh fruit juice or low fat milk
- Bran muffin or 1-2 bananas

Snack:

- Bag of nuts and raisins/craisins (such as almonds, walnuts, pecans, hazelnuts etc)
- Wheat crackers with low fat cheese

Dinner:

- Large serving of rice or pasta (brown or wheat preferably) with tomato sauce, grilled fish, chicken or lean beef
- Large mixed vegetable or salad with dressing
- Small serving of ice cream and strawberries
- Glass (8 oz) of low fat milk

This is one sample day only and a wide range of foods should be eaten. Try also to drink 2 liters (68 oz) of water each day (fluids as part of a sports drink also count).

OUTLINE OF GAME TIME NUTRITION

TWO DAYS BEFORE THE GAME:

Carbo-loading should begin before a weekend tournament where a higher amount of calories are consumed.

ONE DAY BEFORE THE GAME:

Second day of carbo-loading continues before the weekend tournament. Carbo-loading can begin today if preparing only for a single match the next day.

CARBO-LOADING MEALS:

- Breakfast:
 - Pancakes
 - Waffles
 - Oatmeal

- Bagel or toast
- Fruits such as strawberries or bananas
- Grain cereal
- Juice
- Milk
- Lunch and Dinner:
 - Potatoes
 - Rice
 - Pasta
 - Bread
 - Fruits
 - Peanut butter
 - Vegetables such as corn
 - Juice
 - Milk/Yogurt

All meals during the 1st and 2nd day of carbo-loading should be balanced by appropriate amounts of dairy (milk), meats (fish or chicken) and vitamins to help meet daily requirements.

OUTLINE OF GAME TIME NUTRITION

DAY OF THE GAME:

Breakfast:

- -Pancakes/-Waffles
- -Oatmeal/ Grain cereal
- -Bagel or toast
- -Fruits such as strawberries or bananas
- -Juice
- -AVOID: sausage, bacon, milk or food high in fat. If the game is in the afternoon, lunch should be medium to light (depending on time of game) and again, high in carbohydrates:
- -Peanut butter and jelly sandwich/-Breads/-Fruits
- -AVOID: Fast foods, McDonald's, Pizza

ONE HOUR BEFORE THE GAME:

- -HYDRATION: 10 ounces of water during the hour pre-game
- -Breakfast or lunch should have been eaten BEFORE the pre-game hour
- -Fruits such as bananas, or a power bar or candy bar (Snickers) during this hour is okay but usually not necessary
- -AVOID: Vegetables, Gatorade, eating breakfast or lunch during the pre-game hour
- -AVOID: Red Bull and caffeinated drinks which cause excessive release of stored carbohydrates resulting in the players being "up" in the first half then "down" in the second.

IMMEDIATELY AFTER THE GAME:

- -Replenish all stores and re-hydrate immediately. Gatorade and/or water is ideal at this time
- -If a second game is planned that day, all meals should focus on reloading carbohydrates as before and all meals should be completed BEFORE the pre-game hour.
- -AVOID: fast food, fatty foods, McDonald's, pizza, etc.

FINAL TIPS:

- Minimal complex carb loading day of
 - Large amount of carbs during workout
 - Do not perform any better w/ the added "Fuel"
 - Will sit in stomach unabsorbed which can lead to GI distress
- Importance of pre-exercise meal
 - Prevent Light headiness/ fatigue
 - Settles stomach (absorbs gastric juices and stops hunger)
 - Fuels Muscles and Brain
 - Gives you peace of mind knowing your body is fueled and ready to go.
- Importance of Dairy (Low Fat Milk and yogurt)
 - Easy Source of Protein
 - + Vitamin D and Calcium for growth and to build and maintain strong bones
 - One of best sources of Riboflavin-helps change what you eat into energy
- Eat your 5 fruits and vegetables daily
 - Eat a variety of colors, each color offers different kinds of benefits
 - All fruits and some vegetables provide a great carbohydrate base for your sports nutrition.

Links and Resources

The following is a list of resources for Baystars FC:

- www.baystarsfc.com/ (Club website)
- www.vasoccerleague.com/home/ (Schedules, fields, weather etc...)
- www.vysa.com/ (Virginia Youth Soccer Association)
- www.vysa.com/odp/index_E.html (Virginia ODP information)
- www.fifa.com/aboutfifa/footballdevelopment/technicalsupport/refereeing/laws-of-the-game/ (Rules or Laws of the game)

Partners



Acknowledgement

I have read and understand the information provided in the Baystars FC Parent & Player Handbook as well as the applicable Code of Conduct.

Parent/s Name (print) _____

Today's Date: _____

Parent/s
Signature _____

Player/s Name (print) _____

Today's Date: _____

Player/s
Signature _____