

LIST FOR CYSC COACHES

GENERAL INFORMATION

1. Teams play in the Westchester Youth Soccer League (WYSL – wyslsoccer.org). Generally, there is a 10 game season during the fall and a 10 game season during the spring. In some cases teams only play 9 games during a season based on the number of teams in a specific division. The WYSL coach's handbook is available on the WYSL website.

2. Assuming a sufficient number of players try out, there will be three teams at the U10 and U11 age groups and 2 teams at the older age groups. The U10 and U11 teams will typically have between 12 and 14 players and the U12 and older teams will typically have between 15 and 17 players. The U10 teams play 8 v 8 (including goalies), the U11 teams 9 v 9 and the U12 and older teams play 11 v 11.

3. At each age group the teams will be chosen based on ability. The A team will play in a higher division than the B team and the B team will play in a higher division than the C team. When a player moves from U11 to U12 the number of teams goes from 3 to 2 and as a result there are less spots available in the program at the U12 level as compared with the U11 level.

4. Teams at the U10 and U11 levels should emphasize player development. The success of these teams will not be measured by the number of wins but instead whether the player's soccer skills have improved and their passion for soccer has grown.

5. A player must reside in either the Town of New Castle or within the Chappaqua Central School District to be eligible to play for a team in the CYSC.

6. Each age group has a CYSC age group coordinator. Any issues that coaches or parents have should be brought to the immediate attention of the age group coordinator. The age group coordinators can be found on the CYSC website.

7. The age group coordinator will also assist in the tryout process and the team registration process.

COACH SELECTION PROCESS

8. Each year anyone who wants to coach needs to submit a coaching application to the CYSC coaching committee. The application is on the CYSC website and must be submitted prior to the completion of the tryouts.

9. Coaches are not chosen until after the teams are selected.

10. At the end of the spring season the players will be asked to evaluate the coaches and the trainers on a confidential basis. These evaluations will be taken into account when the CYSC coaching committee determines who will coach the following season and the general feedback from these evaluations will be shared, if necessary, with the coaches on an individual basis.

11. There is no assurance that if you coach one year you will again be appointed as the coach the following year. The committee will take into account the evaluations, the soccer knowledge and experience of the coach, how many players from the team decided not to continue playing in the program, the team's WYSL sportsmanship ratings for the prior year and any other factors that the committee determines are relevant.

12. Coaches may be asked to meet with the coach selection committee in person.

TRYOUTS

13. During May of each year the CYSC will conduct open tryouts to select teams for the following school year (the fall season and the spring season). Players that are currently playing on a CYSC team are required to attend the tryouts and are not guaranteed a spot on a team.

14. A player needs to be either grade appropriate or age appropriate to attend a tryout.

15. A player can specifically try out for goalie. If the player makes the team as a goalie at the U10 and U11 levels the player is required to play 50% of the game in goal and at the U12 and higher levels is required to play the entire game in goal. Each coach will have the discretion to play a goalie in goal for a shorter period of time.

16. A player that is selected to a team is required to play during both the fall and spring seasons.

17. A player may try out for an older team only with the approval of the CYSC and may try out for more than one team.

18. Before the end of the fall and spring seasons, coaches and trainers are required to rank all their players in order of ability. Coaches can not rank their own children. These rankings will be sent to one CYSC board member and will be kept confidential. These ranking will be used to assist in the tryout and team selection process. They should also be used by coaches to track player development.

19. No coaches will be involved in the team selection process at the U10 level, although player evaluations from the AYSO extra coaches will be used by the tryout coordinator, in conjunction with the tryout results. to assist in forming teams. At the higher levels, there will be a team selection meeting shortly after the conclusion of tryouts. The meeting will be run by the age group coordinator and only one coach from each prior year's team is permitted to attend.

ORGANIZATION OF TEAMS

20. Each team will have 1 head coach and 1 or 2 assistant coaches. Only 2 coaches are permitted on the sidelines during a game. Each coach is required to register on the CYSC website and complete a background check with the Town of New Castle (submit the Volunteer Consent Form on the New Castle Rec. Dept. website) and a WYSL Risk Management form (see risk management on the left side of the WYSL website). Both the background check and the risk management forms must be done every two years.

21. At the U12 level and higher the head coach will be a non-parent professional. The head coach will be responsible for running the practices, creating the weekly line ups and the final coaching decisions during the games. All assistant coaches will be responsible for assisting during the practices and during the games to help the head coach with all issues that arise in connection with the players, parents and game officials.

22. In order to receive a coaching pass all coaches that have not previously coached in the WYSL are required to attend a 2 hour course during the fall season and an 8 hour course during the winter. In addition, you will need to

provide to your age group coordinator a 2 x 2 photo with your name and team name written on the back. A \$25 late fee will be assessed if the photo or other coaching requirements are not completed on a timely basis.

23. Uniforms are ordered by each team from Eurosport and all orders should be sent to ewade@sportsendeavors.com. The order form is on the CYSC website. Each player needs one white jersey and one blue jersey, shorts and a set of team blue socks and white socks (it is recommend to have 2 pairs of each of the socks). A team may also order CYSC soccer bags from Eurosport. Your team may only order CYSC approved merchandise. No names are placed on the jerseys. The uniforms should be ordered at least one month before the beginning of the season.

24. For U10 and U11 teams, the A team will use uniform numbers 1 to 13. The B team 13 to 26. The C team 27 to 39. After U11 players new to the program should receive numbers beginning with 40. This numbering system is used to avoid players having to buy new uniforms if they move between teams. DO NOT REPEAT ANY NUMBERS WITHIN AN AGE GROUP.

25. Teams can also order warm-ups. Warm-ups are ordered through the CYSC. Coaches will receive an email at the beginning of September about ordering warm-ups.

26. Each team should purchase two game balls (higher quality) and five practice balls.

27. Each coach should have a CYSC coaching shirt, first aid kit, extra ice packs, extra shin guards, extra socks and a goalie jersey.

28. After the teams are selected and if possible before the players leave for their summer plans, the head coach should have a team meeting. At the meeting:

a. ask the players for their sizes and numbers for uniforms, practice jerseys, and warm-ups (if desired). All coaches are required to purchase coaching shirts from the CYSC which should be worn at each game. Practice jerseys are purchased from the CYSC. The cost of the coaches shirts are \$30 each and the cost of the practice jerseys are \$25 each. To order the shirts and jerseys contact Astrid Quish at rquish@aol.com.

b. get a 2x2 photo for any player that your age group coordinator has told you is missing.

c. get a birth certificate for any player that your age group coordinator has told you is missing (if a player has been in the WYSL program before no birth certificate is required).

d. get a signed medical release form from each parent which you keep and bring to any games, including tournaments. The form does not need to be notarized.

e. inform the parents that they must notify the coach if they are going to miss a practice or a game.

f. appoint a team manager who will be responsible for the team's finances, ordering uniforms, arranging make-up games, and signing up for tournaments.

g. the costs of playing on a team range from \$400 to \$1,000 depending on how many tournaments you participate in, whether you practice during the winter and the cost of your trainer. This cost should be told to the parents at the team meeting. Let parents know that financial aid from the CYSC is available and can be applied for on a confidential basis (the application is available on the CYSC website).

h. find out which practice days are best for each player. DO NOT decide on a firm day at the meeting, just collect a list of after school and Saturday conflicts.

i. remind parents to immediately register on line on the CYSC website for the season as well as the pre-season camp. The fee payable to the CYSC, which can be paid when a player registers online, is \$185 (\$100 for high school players).

j. give your passes from the prior year (both coach and player passes), team's photos (with team and player name written on the back) and birth certificates to your age group coordinator. The age group coordinator will send the information to Astrid Quish, the CYSC registrar, who will order the player and coach's passes. If a trainer will attend some or all of your games the trainer also needs a coaching pass. There is no charge for coaching passes. Any team that does not provide all the information required to register a team to its age group coordinator by the deadline imposed by the registrar will be fined \$100 by the CYSC. The fine must be paid before the team will be given their player and coaching passes.

PRESEASON TRAINING CAMP

29. Preseason training camp will be held during the week of August 31st and runs from Monday through Friday. The camp runs for 3 hours each day and are done in the morning, afternoon and evenings. You will have the same time slot each day.

30. The camp is optional, but encouraged.

31. The cost is \$150 for the week if a player registers by July 10th and is \$200 for the week if a player registers between July 11th and July 31st. The cut off date for online registration for the preseason camp is July 31st. If there is sufficient room a player may register after July 31st by emailing Astrid Quish at Rquish@aol.com or Jeff Scheine at jscheine@kayescholer.com. The cost will be \$250 for late registrations (August 1st and later). However, there is no assurance that space will be available for late registrations.

32. If available, a team's trainer will assist at the preseason camp and teams will train together. Coaches are not required to attend the preseason camp, but should try and attend at least one of the sessions.

PRACTICES

33. Once the CYSC receives its field allocations from the Town you will be contacted and asked to request a practice time. This usually occurs about 1 month before the start of the season.

34. Practices are twice a week for 1.5 hours and games are on Sunday afternoons. Practice times should take into account religious school conflicts and in the spring should not conflict with baseball, softball or lacrosse. Typically there is one mid-week practice and one Saturday practice.

35. At the U10 and U11 level, at least one of the practices must be run by a professional trainer. At the U12 and higher levels all practices are run by a professional trainer. The cost of the trainer is approximately \$100 per hour. Most teams have the trainer run both practices. The cost of the trainer is paid for by the team. For safety and liability reasons, a parent (including a coach) of one of the players is required to be present at each practice.

36. A players must wear their practice jerseys to practice.

37. You need to hire a trainer for your team – CYSC can recommend trainers. All trainers need to be approved by the CYSC. Once you have the name of your trainer please email lisa.mcgowan@ustrust.com with the trainer's name, email address and cell phone number.

38. Practices during the winter are optional, but encouraged. Teams can also play in winter leagues and tournaments. The CYSC will assist in arranging practice times during the winter. The costs of renting indoor practice time will be paid by the individual teams. During the winter basketball must be given priority over soccer.

GAMES AND SCHEDULES

39. After each season teams may be moved between divisions based on their performance during the season. There is a formal request form that needs to be completed and sent to the WYSL regarding seedings for each season. Several weeks prior to the start of the season you will receive an email from the CYSC requesting you to complete a team seeding form and submit the form to the WYSL.

40. Approximately one month before the season begins you will be asked for a list of game day conflicts/specific game time requests. This is your one chance to try and avoid Sunday game conflicts.

41. Game times and locations may not be changed. The final schedule will be received approximately 2 weeks prior to the start of the season. The schedule will be posted on both the WYSL website and the CYSC website. Directions to fields are also available on the WYSL website.

42. Referees are arranged by the WYSL. You can check the WYSL website to confirm that a referee has been assigned to your game.

43. In order to confirm that fields are open for practices and games you should register and have all the players on your team register with the Town of New Castle for email delivery of field status. To register you should go to mynewcastle.org and under the Parks and Recreation webpage you should click on the email address for field updates.

44. Once the WYSL game schedule is posted, check to see if your team has any TBS (to be scheduled) games. Contact the CYSC field coordinator to

obtain a field and two possible dates. Then contact the opposing coach. Once the date is agreed to, you need to submit a make-up form to WYSL. The form is located under "forms" on the left hand side of the WYSL website. TBS games must be scheduled by the 3rd game of the season. They can be played at anytime and do not need to be played on Sundays.

45. Teams can also participate in the State Cup (Division 1 and 2 teams) and Challenge Cup (Division 3 and lower teams) season long single elimination tournament. See the WYSL website for details.

46. There are tournaments that teams are encouraged to participate in on Labor Day, Columbus Day and Memorial Day. A list of tournaments can be found on the WYSL website. You need to inform your teams well in advance to make sure you will have enough players. Most tournaments permit you to bring 3 guest players. At many tournaments club patches are exchanged. You can purchase these patches from the CYSC. The cost is \$25 for 25 patches and can be ordered by contacting Astrid Quish at rquish@aol.com. All teams are encouraged to sign up for tournaments and should attend at least 1 tournament during the school year.

47. Players and coaches passes, a completed line up sheet and medical release forms need to be brought to each game. The line up sheet can be printed from the WYSL website. The referee will check the passes before each game and no player or coach will be permitted to play or coach without a pass. By Thursday of each week a coach should contact the coach of the opposing team to confirm the game time, field location and color of jerseys to be worn. Always tell your teams to bring both jerseys to each game. The coaches should wear their CYSC coaching shirts at each game.

48. Coaches and players should arrive at least 30 minutes before the scheduled start time of a game. Prior to the game the coaches should make sure the players are stretched out and should run organized drills.

49. Except for U12 teams and older that play in Division I, every player that attends practice and participates in a constructive manner is required to play, on average, 50% of each game. For U12 and older Division I teams the minimum playing time is 25% of each game.

50. Substitutions during a game can be made at any stoppage of play. Players may only enter from the center line and must wait for the player that he or she is replacing to be off the field.

51. Each team is required to provide a linesperson for a game who is responsible to indicate when a ball is out of play.

52. The home team is required to provide two game balls.

53. Other than for high school games, if no referee shows up for a game the game may be refereed by an assistant coach or a parent. Each team should provide a referee for a half unless they agree to have the same person referee the entire game. It is strongly suggested that at least one parent from each team become a certified referee. The WYSL website has information on when the referee courses are offered.

54. Any issues with a referee should be brought to the attention of Jeff Scheine, the CYSC referee coordinator, at jscheine@kayescholar.com. In addition, each coach should complete a referee evaluation form after each game which can be completed online on the WYSL website.

55. The score of each league game MUST be submitted by 8:00 p.m. each SUNDAY to scores@chappaquasoccer.com. You can also submit a game summary to scores@chappaquasoccer.com that will be published in Newcastle Now.

56. For each game a team will receive a sportsmanship rating from the referee. This rating will take into consideration the conduct of the coaches, parents and players during the game. Teams that finish the season with the first or second highest average sportsmanship ratings in their divisions will receive a special patch from the WYSL. The sportsmanship ratings are posted each week on the WYSL website.