



Middlebury Soccer

Spring 2017 Travel Coach's Guidelines

Middlebury Soccer Association (MSA)

<http://www.middlebury-soccer.com/>



The Middlebury Soccer Association website (<http://www.middlebury-soccer.com/>) is used to announce field closings due to inclement weather or field conditions

Note: Contact us with ideas for updates or additional information to put on the site. Other valuable information can be found at the CJSA (Connecticut Junior Soccer Association – our state governing body) website at www.cjsa.com and the Northwest District (our district governing body) at <http://www.nwdteams.com>.

Important! The Middlebury Soccer Association (MSA) Board is always looking for new volunteers to get involved! If you are interested please reach out to any Board member for details.

MSA and the children of Middlebury THANK YOU FOR VOLUNTEERING!!!

Contacts

- MSA President – Glen Gleissner gegleissner@hotmail.com
- MSA Vice President – Paul Beavers pebeavers@yahoo.com
- MSA Registrar – Glen Gleissner gegleissner@hotmail.com
- Practice and Home Game Scheduling/Everson Soccer Coordinator: Krista Milburn: mkmilburn1@gmail.com
- Travel Referee Coordinator: Krista Milburn: mkmilburn1@gmail.com
- In-House Ref Coordinator: Garrett Moore Jr. gmoorej2@gmail.com
- Equipment Coordinator: Paul Beavers: pebeavers@yahoo.com
- Treasurer: Garrett Moore Jr.: gmoorej2@gmail.com
- Link to full list of [Contacts on MSA Website](#)

Coaches' Responsibilities for Games

- Games start the weekend of April 1st weather and field condition permitting (season ends June 18th). Since days are longer in the Spring, especially after Daylight Saving Time, practices and games are typically scheduled for later in the day than during the Fall Season. It's better not to cancel/re-schedule games for too late in the season because if you schedule a game for too late in the year and it rains, you might not be able to play it. All games must be played in order for you to be eligible for the league championships. Forfeits disqualify you from a championship and also result in fines that we as a club can't afford.
- Division B & C teams play mostly on Saturdays and Division A teams plays on Sundays. U9 and U10 games will be played at Ledgewood Park and U11, U12 and U13 games will be played at Meadowview Park. U11 teams must use the bigger (mid-sized) goals at Meadowview. Games must start on time so that we remain on schedule. If there is another game before yours, please have your team warm up on the sidelines and let the opposing coach know to do that as well that as well.
- Due to insurance issues, any adult who may help coach the team, either at practice or at games, needs to have coach's pass. Additionally all volunteers such as team managers need to go online and do a background check. This can be done at <https://www.cjsareg.org/choicepoint.html>. **We are charged for these background checks so no coaches or managers should do them on their own without being asked to do so by Middlebury Soccer. Only three coaches may be on the sidelines during a game.** No coaching is allowed from the parent's side of the field. The parent's side of the field is the side opposite of where the team bench is. No parents are allowed on the coach's side of the field. If you have parents that may help out, get them a coach's pass.
- **IMPORTANT!** For all games, you must bring your official roster and player passes (make extra copies of your roster as referees may take a copy in some situations.) Refs will not allow you to play the game without both an official approved roster and player and coach passes. Any player who is not on your team roster may not be on the field and any coach without a pass may not be on the sidelines. This can result in a forfeit of the game as well as other penalties by the district or club. **DO NOT BE TEMPTED TO DO THIS TO WIN A GAME. Using an ineligible player will result in the forfeiting of all games and disqualification from league championship consideration and sanctions imposed on the responsible coach by the Middlebury Soccer Association.**
- **IMPORTANT!** It is the expectation of the Middlebury Soccer Association that all coaches, players, and parents will treat all referees and opposing teams with respect. Any mistreatment of refs will be addressed by the board and disciplinary will occur. This issue is taken very seriously by the District to ensure positive soccer experiences for all players. It is also the responsibility of coaches to address any issues with poor conduct by their team's parents on game day. Abusing referees will not change the calls and most likely will negatively impact future calls and result in your ejection from the game. If you are reported the District for improper conduct, the District will likely impose a suspension of some length depending on the severity of the incident. Please advise your team parents at the start of the season that they will be asked to leave the sidelines if they disrespect the referees, players, opponents or opposing fans. **Our coaches are the face of the Club in the soccer community, so please uphold a professional demeanor at all times.** Let's set a good example for our kids and present Middlebury in a positive light both at home games and on the road!
- For home games, **referees will be paid by check by the referee coordinator based on games worked.** This is definitely an improvement from the past when coaches had to pay the referees in cash. You no longer have to worry about having cash on hand, making change, etc.

- You should make sure that there are flags in the corners of the fields. The MSA has purchased new flags and everybody should make sure to take care of them and not lose them.
- You need to have a game ball in the correct size for each game (one will be provided to each team at the beginning of the season and you are responsible for keeping it in good condition). U9 – U11: Size 4, U12 and Up: Size 5.
- Have a goalie shirt, or “pinnie”, of a different color available for the goalie (different color than the opposing team’s jersey).
- It is the home team’s responsibility to wear a different color shirt (pinnies) if both teams have the same or similar color. Once you get your game schedule, contact the coaches for your home games and let them know time and place of the game, and find out the color of the other team’s shirts to determine if you need to have your team wear pinnies. Make sure that you have pinnies available. If you don’t have pinnies, the coach needs to contact the equipment coordinator to order them.
- **IMPORTANT!** Coaches and refs should always make sure that there are weights holding down the goals. Those goals get moved often, and it is critical that they are anchored before any game. There have been instances in other states of children being injured or killed by a goal falling on them. **Referees will not allow you to play if goals are not properly weighted down.**
- Championships are awarded to the top teams in each league for U11 and higher age groups. If there is a combined ‘A/B’ or ‘B/C’ division, or one with a mixed age group such as U13/14, two champions are named, one from the higher ranked team pool and another from the lower based on league results.
- **IMPORTANT! You must also remember to submit your game scores online via the Northwest District website: <http://www.nwdteams.com/>.** It’s very easy and only takes a few minutes. You need to set up an account with a username/password and then you can go into ‘Results’ and enter in your score for each week. It’s important to do this as soon as you can after a game. **MSA is fined for unreported scores and for games not played/forfeited, and any forfeits or unreported games will result in disqualification from league championship consideration. You may also update game times and locations on the NW District website. Please note: Changes made here are sent to you and the opposing coach by email but your players DO NOT receive these notifications. You need to email your parents directly or maintain the schedule on the Middlebury Soccer website (I suggest you do both – over-communication never hurts). You may also use the free Team App available on our website which makes teams communications much easier.**
- Please make every effort to get your games in. If you are having trouble with another coach in scheduling a game, you can contact the Northwest District League Vice President, Corrado Perugini at habs13@optonline.net. This should be done as a last resort after you have exhausted all efforts with the opposing coach. You need to set up an account with a username/password and then you can go into ‘Results’ and enter in your score for each week. It’s important to do this within 48 hours of game completion.

Emergency Action Plan (Responsibility of All Coaches)

Safety Checks:

- Are the goals properly anchored?
- Did you inspect field conditions and take corrective action (glass, rocks, holes)?

Cell Phone:

- Is cell phone coverage available in the area?
- Who is the designated person to contact emergency medical services (911)?
- Does the designated individual know the address and location of the field of play and best entrance for the responder to reach an injured player?

Medical:

- Have you reviewed the Middlebury Soccer Concussion Protocol Statement in the news bulletin (and listed below) on the Middlebury Soccer website (www.middlebury-soccer.com) and familiarized yourself with the proper handling of head injuries?
- Have you gone to the Centers for Disease Control and Prevention website <http://www.cdc.gov/HeadsUp/index.html> to educate yourself on how to identify head injuries and take the proper actions when they occur? There are videos on the site to help. Please make sure you watch them. **All coaches must complete the concussion training on the cdc.gov website and send a copy of their completed certificate to the Middlebury Soccer Club President and keep a copy for your own records.**
- Is there anyone at your field who can administer first aid?
- Are you aware of any current medical issues with players (asthma, allergies, etc.)? Some parents indicate these medical issues during online registration but coaches should also contact their team parents to get this information prior to the start of team activities. **Coaches should keep a list of players with medical issues with them at all times and become familiar with the issues impacting their players. Extra attention should be paid to these players.**
- Do you have parent contact information with you for each player? (Contact phone numbers should be stored in your cell phone by player name and you should also keep a paper copy with you in the event you forget or lose cell phone power and need to ask someone else to contact the parents).
- Do you have a complete First Aid Kit and ice packs? Review your First Aid kit to be sure you have all the necessary items to treat injuries which may occur.

Team:

- Have you identified an adult who will be responsible for the team while you are attending to the injured player (must be a registered assistant coach or team manager who is certified by CJSA).
- Have you reminded your players to bring plenty of water to practices and games? It's a good idea to bring some extra water bottles in case players forget their water or don't bring enough.

Miscellaneous:-

- Who will call the injured player's parents if they are not present at the field?

- Who will inform the Club President of the serious injury? There is supplemental medical insurance available which can help off-set out of pocket medical expenses from an on the field injury. There is a form on the CJSA website which must be submitted to the MSA President and signed by the coach certifying that the injury occurred during a Middlebury Soccer game or practice. The MSA President will forward this to the Northwest District who will send it on to CJSA for processing.
- Do you have a schedule arranged with your assistant coaches and parent's to have at least two adults present with the players at all times? This is a mandatory requirement for all coaches and covers games, practices and other team events.

IMPORTANT! Middlebury Soccer Association Head Injury Protocol

Very often a player may receive a serious head injury and have delayed symptoms. Also, the injured player will most likely not be able to articulate the seriousness of their injury so it is imperative that coaches, parents, and players understand and recognize the hazards associated with a concussion so they can assist in getting the injured player immediate medical care. This document was developed to provide coaches and their parents with a review of current and relevant information regarding concussions and head injuries.

A concussion is a type of traumatic brain injury, or (TBI), that changes how the cells in the brain normally work. A concussion is caused by a blow to the head or body that causes the brain to move rapidly inside the skull. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious. Concussions can also result from a fall or from players colliding with each other or with obstacles, such as a goalpost” (Centers for Disease Control and Prevention, 2009). **Learn more!** Take a 30 minute training course on the CDC’s website: <http://www.cdc.gov/headsup/youthsports/training/index.html>

Part I – SIGNS AND SYMPTOMS OF A CONCUSSION

A concussion should be suspected if any one or more of the following signs or symptoms are present, OR if the evaluator is unsure.

1. Signs of a concussion may include (what the player looks like):

<ul style="list-style-type: none"> • Confusion/ disorientation /irritability • Trouble resting/getting comfortable • Lack of concentration • Slow response/ drowsiness • Incoherent/slurred speech 	<ul style="list-style-type: none"> • Slow/clumsy movements • Loss of consciousness • Amnesia/memory problems • Act silly / combative / aggressive • Repeatedly ask same questions 	<ul style="list-style-type: none"> • Dazed appearance • Restless/irritable • Constant attempts to return to play • Constant motion • Disproportionate/ inappropriate reactions • Balance problems
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2. Symptoms of a concussion may include (what the player reports):

- Headache or “pressure” in head
- Nausea or vomiting

- Balance problems or dizziness
- Blurred or double vision
- Sensitivity to sound/light/touch
- Ringing in ears
- Feeling foggy or groggy
- Concentration or memory problems
- Confusion
- Feeling foggy or groggy

If a concussion is suspected the player should be given immediate medical care from a licensed health care professional.

- (Note: Public Act No. 10-62 requires that a coach **MUST** immediately remove a student-player from participating in any intramural or interscholastic athletic activity who (A) is observed to exhibit signs, symptoms, or behaviors consistent with a concussion following a suspected blow to the head or body, or (B) is diagnosed with a concussion, regardless of when such concussion or head injury may have occurred).

Part II – RETURN TO PARTICIPATION (RTP)

- Currently, it is impossible to accurately predict how long concussions will last. **There must be full recovery before someone is allowed to return to participation.** Connecticut Law now requires that no player may resume participation until they have received written medical clearance from a licensed health care professional (Physician, Physician Assistant, Advanced Practice Registered Nurse, Athletic Trainer) trained in the evaluation and management of concussions.

Concussion management requirements:

1. **No player SHALL return to participation (RTP) on the same day of head injury or concussion.**
2. Any loss of consciousness, vomiting or seizures the player **MUST** be immediately transported to the hospital.
3. Close observation of the player **MUST** continue following a concussion. This should be monitored for an appropriate amount of time following the injury to ensure that there is no escalation of symptoms.
4. Any player with signs or symptoms related to a concussion **MUST** be evaluated from a licensed health care professional (Physician, Physicians Assistant, Advanced Practice Registered Nurse, Athletic Trainer) trained in the evaluation and management of concussions.
5. The player **MUST** obtain written clearance from one of the licensed health care professionals mentioned above directing them into a well defined RTP stepped protocol similar to one outlined below. If at any time signs or symptoms should return during the RTP progression the player should cease activity.*
6. After the RTP protocol has been successfully administered (no longer exhibits any signs or symptoms or behaviors consistent with concussions), final written medical clearance is required by one of the licensed health care professionals mentioned above for them to fully return to unrestricted participation in practices and competitions.

Medical Clearance RTP protocol (Recommended one full day between steps)

- I. Rehabilitation stage. Functional exercise at each stage of rehabilitation. Objective of each stage.
 1. No activity: Complete physical and cognitive rest until asymptomatic. School may need to be modified.
- II. Recovery
 1. Light aerobic activity walking, swimming or stationary cycling keeping intensity, <70% of maximal exertion; no resistance training, increase heart rate
 2. Sport Specific Exercise: Skating drills in ice hockey, running drills in soccer; no head impact activities
- III. Add Movement
 1. Non-contact training drills
 2. Progression to more complex training drills, ie. passing drills in football and ice hockey; may start progressive resistance training
- IV. Exercise, coordination and cognitive load.
 1. Full Contact Practice: Following medical clearance, participate in normal training activities
 2. Restore confidence and assess functional skills by coaching staff

*If at any time signs or symptoms should return during the RTP progression the player should stop activity that day. If the player's symptoms are gone the next day, s/he may resume the RTP progression as the last step completed in which no symptoms were present. If symptoms return and don't resolve, the player should be referred back to their medical provider

Part III - HEAD INJURIES

Injuries to the head include:

- Concussions: (See above information). There are several head injuries associated with concussions which can be severe in nature including:
 - a) Second impact Syndrome - Players who sustain a concussion, and return to play prior to being recovered from the concussion, are also at risk for Second Impact Syndrome (SIS), a rare but life-altering condition that can result in rapid brain swelling, permanent brain damage or death; and
 - b) Post Concussion Syndrome - A group of physical, cognitive, and emotional problems that can persist for weeks, months, or indefinitely after a concussion.
- Scalp Injury: Most head injuries only damage the scalp (a cut, scrape, bruise or swelling)... Big lumps (bruises) can occur with minor injuries because there is a large blood supply to the scalp. For the same reason, small cuts on the head may bleed a lot. Bruises on the forehead sometimes cause black eyes 1 to 3 days later because the blood spreads downward by gravity;
- Skull Fracture: Only 1% to 2% of children with head injuries will get a skull fracture. Usually there are no other symptoms except for a headache at the site where the head was hit. Most skull fractures occur without any injury to the brain and they heal easily;
- Brain Injuries are rare but are recognized by the presence of the following symptoms:
 - (1) difficult to awaken, or keep awake or
 - (2) confused thinking and talking, or
 - (3) slurred speech, or
 - (4) weakness of arms or legs or
 - (5) unsteady walking"

(American Academy of Pediatrics – Healthychildren, 2010)

Practices/Professional Training

- **IMPORTANT!** Coaches need to remind parents that it is their responsibility to be at practice early to pick up their kids at the end of practice. It is critical that parents are there to pick up their kids. When practice is over, please have your players stay close by and not wander off and stay with them. They are not to leave until a parent meets them at the field and you see who is taking them (waiting in the car and having the kids go to the parking lot is not permissible). Some children get rides from other parents or family members. When this happens it's also critical to verify that the person picking up the child is someone the child knows and who is authorized to go with. Should a parent be late picking up their child, at least one other parent should stay with the coach until the parent arrives. **Have your players' parents' cell phone numbers just in case.**
- We use Everson Soccer for our professional training for one practice per week for those teams that choose to use this service. Once we have coach info from Everson, it will be up to the MSA coaches to directly work with the MSA Everson coordinator, Krista Milburn, on an ongoing basis to determine if practice is on or not on days when the weather is questionable or for other reasons. The MSA Everson Coordinator will inform the Everson coach of the cancelation. Also, you should work with your coach to cover anything in training that you think they need work on and attend the practice if you can to gain insights into how they run their practices. Volunteer coaches are HIGHLY encouraged to assist the Everson coaches during the Everson run practices. In short, make the best use of this resource since we're paying for it.

Background on Everson

The Everson Soccer Academy was started 2005 by Everson Maciel and has grown its program to support soccer clubs in 13 towns, spring and summer camps, and various winter programs including Futsal. Everson Soccer Academy specializes in teaching age appropriate soccer skills to players of different levels. Visit their website for more information: <http://www.everersonsoccer.com/>.

- **Everson Soccer Academy** differs from more traditional soccer programs because of their style of coaching and the unique approach used in their programs. Their teaching/coaching methods are based on the Brazilian system of playing the game of soccer, encouraging a more skillful style of play, incorporating a variety of techniques which help players reach their maximum potential.
 - Players are taught highly challenging skills and methods and yet at the same time are encouraged to develop their own unique individual style of play.
 - All of this is accomplished in a positive atmosphere of fun, excitement and freedom, so that players learn the true joy and pleasure of playing soccer.
- Practice start and end dates are TBD depending on field conditions. **Each team should get 8 practices out of this 10 week window.** It is up to you to work with the MSA Everson Coordinator, Krista Milburn, to make up any rain outs, etc. The Middlebury Soccer Association is paying for up to 8 sessions per team, so please make sure you are using them. Emails will be sent to coaches with all of the information about Everson scheduling and the team practice schedule. If you have any questions, please contact the coordinator for practice scheduling, Krista Milburn: mkmilburn1@gmail.com. We have a lot of teams to schedule and try to accommodate everyone's requests, so please be flexible and understanding.

- For sessions at MES after school, you need to make sure that at least one parent is there to get the kids out of the school and onto the field. After all practices and games, please make sure to dispose of all trash. If we abuse this privilege, we will lose it. Also, at least one parent or coach should be at all practices with the Everson coaches in case a child gets hurt or needs attention for some reason. The parents must stay until the last child gets picked up. Everson coaches are paid for their time and we cannot afford to have them stay late because parents aren't picking on time. Please remind your team parents to arrive before practice ends to be prepared to pick up their children.
- At the beginning of the season, if you are having after school practices at MES, you should send in a letter to your child's teacher indicating that they will be staying after school and be picked up in the gym by the team representative (coach or parent). Additionally, you should email a list of your players and their grade to Diane Barnard at MES (dbarnard@region15.org or 758-2401) so she has a record of who is staying after for soccer. **If you need to cancel after-school practice at MES, you need to notify Diane Barnard by phone or email, your team, and the MSA Everson Coordinator by 1:30 at the latest.** Diane needs to know to make the announcement over the public address system and parents and coaches need time to make alternate plans.

Playing Time/Team Information

- Coaches should hold a parents and players meeting at the start of the season to explain the commitment required of players and parents and answer questions about the upcoming season. Players are required to attend all practices and games. If for some reason they must miss a game or practice, they must advise the coach ASAP. Poor attendance may impact playing time.
- **MSA encourages coaches to give all players a fair amount of playing time throughout the season. Division B and C at all ages and Division A at U9 and U10 requires that all players play at least 50% of each game. This is both a district rule and a Middlebury Soccer Association rule. Please note that playing time is an issue that the Middlebury Soccer Association takes very seriously. We do not expect each child to play exactly the same amount of time each game, however, we do expect that reasonable attempts will be made to give each player fair playing time. Any abuse of this will be addressed by the Board of Directors of Middlebury Soccer Association.**
- Only players on the official team roster may play in games. This is a league rule as well as an insurance issue. League rules state that a team that plays a non-rostered player will forfeit their game and be ineligible for the league championship. If MSA becomes aware of a situation where a non-rostered player is used, we will contact the district and ask them to make that game a forfeit and will impose a two game suspension on the offending coach. If it happens a second time, the coach will not be allowed to coach for the remainder of the season. When you get your roster before the season, if you feel you have an issue with the number of players on the roster or see anyone missing, you should contact the MSA Registrar for support.
- The following are the regulations for ball size and length of the half for each age group. It is a good idea to remind the refs at the beginning of the game what the halves are. The refs do games for many age groups, so a reminder is helpful to them.
 - U9 & U10 – two 35 minute halves, size 4 ball
 - U11 & U12 – two 40 minute halves, size 4 ball
 - U13 & U14 – two 40 minute halves, size 5 ball
 - U15 to U19 – two 45 minute halves, size 5 ball

- When we receive the game schedules from the District, MSA will assign game times for home games and the schedule will be distributed to all coaches.
- If it is raining on practice or game days, please use your best judgment as to whether or not to play. MSA will not make decisions as to whether or not fields are open. Keep in mind that too much play in the rain on our fields ruins them, however we do balance that with the need to get games in. If you do cancel a game, you need to contact Krista Milburn by phone or text at 203-232-7797 to let the refs know that the game is cancelled. Be sure to clearly identify yourself and your team when you contact her.
- If you need to reschedule a home game for any reason, please send an email request to Krista Milburn mkmilburn1@gmail.com. Krista will confirm field availability and assign referees and advise with the confirmed game date and time. Requests for rescheduled games must be at least three days before the game (except for weather issues). This is the absolute minimum notice. If you know in advance, you will have a problem playing a game, you should reach out to the opposing coach as soon as you become aware of the issue. Ideally, at least a week notice should be provided to opposing teams. Exceptions should be for emergencies only. If you want to reschedule a practice contact Krista Milburn mkmilburn1@gmail.com.

“Double-Rostering”

Just a few words on double-rostering to clarify what it is and isn't:

- Most players are rostered on one and only one soccer team. In some cases, a child may be placed on the roster of multiple travel soccer teams. This is called double-rostering. In specific circumstances this is allowed in our soccer league. Middlebury Soccer (MSA) sometimes needs to use the option of double rostering in order to make sure that all of our teams have enough kids to play. The following are some points about double rostering.
 - ✓ Players can be double-rostered up to an older team or across to a same age group team based on roster needs or because these players have the skills to compete with the older age group.
 - ✓ Each player that is double-rostered has a primary team and they know what that team is. The team they are double-rostered to is their secondary team. They will always play the game for their primary team and play only if needed for the secondary team. They will be notified by the coach if they are needed to play.
 - ✓ "If needed" means that there will not be enough players to play the game. This means having the number of players required on the field (8 or 11) and at least a couple of subs (1 or 2). It does not mean having a double-rostered player play the game so that you will have a stronger team.
 - ✓ Kids that are playing for a secondary team should not play more minutes than any player for whom it is the primary team. The double-rostered players should be used as subs to help the team where needed. They have already played a full game for their primary team. However, if you do request a player who is double-rostered to come to a game, they should play at least 50% of the game so they get reasonable playing time.
 - ✓ Players should practice with their primary team, but may also attend the other team's practice at the parent's discretion if extra practice is desired.
 - ✓ Coaches and parents should report any abuse of this to the Middlebury Soccer Board. MSA takes seriously any situations of abuse of this policy. The intent of this policy is to make sure that all kids have a team to play on with enough players.

Equipment, Tournaments, and Miscellaneous

Tournaments

Teams are encouraged to enter tournaments; they are a lot of fun and a chance to play different teams from different areas.

- **Tournaments:** There is no shortage of tournaments available. MSA periodically sends out tournament information to travel coaches as it becomes available. MSA will cover the cost of one tournament entry fee per travel team up to \$400 during the course of the soccer year (September to June). You can also check the CJSA website: <http://www.cjsa.org/events/tournaments.aspx>
- **CT Cup:** U11 and higher teams are strongly encouraged to enter the Connecticut Cup. This is a single elimination state wide tournament with games played each weekend (typically Saturday) until an eventual state champion is crowned. **MSA will pay the fee for Cup entries.**

The Uniform

Below is information about ordering uniforms for one player or an entire team. If you have questions on how to order, you can contact Krista Milburn at mkmilburn1@gmail.com and she can give you further guidance. Middlebury's uniform is from Adidas.

How to Order:

Starting in Spring 2017, uniform ordering is done on-line through the link below to our soccer.com team store. Go there and click on '2017Adidas Kit' and the uniform items will appear. Required items are indicated as required. Since not all teams are using the white road jersey, if you are, you need to tell your teams to order it.

<http://www.soccer.com/club/15773157/>

You must select the correct sizes and player number that has been assigned to you enter the player's last name (on back of jersey). **Make sure you don't duplicate numbers for your team as each player must have a different uniform number.**

There are other optional items such as soccer bags, practice shirts and balls available on our on-line team store.

HOME UNIFORM

Our home uniform is Adidas (ORANGE JERSEY – Soccer.com has our information with logo and number style) with Adidas shorts (ROYAL BLUE) and Adidas socks (ORANGE). **The style changes from season to season. Soccer.com will let you know the correct style.** The important thing is the colors. Each home kit is roughly \$65 dollars - with our group pricing with full customization. Adult sizes are available if requested.



AWAY UNIFORM

Our away uniform is Adidas (WHITE JERSEY). Players wear their home Royal Blue Shorts and Orange Socks. They do not need more than one pair of shorts or socks but may order extras if they choose to.



- All travel coaches will receive a game ball, ice packs, corner flags and pinnies. If there is anything you need, you can contact the equipment coordinator, Paul Beavers: pebeavers@yahoo.com.
- **Middlebury Soccer Patches:** Any coaches who are planning on playing in patch exchange tournaments should contact Krista Milburn mkmilburn1@gmail.com to make arrangements to pick them up. It's always a good idea to bring patches, just to be on the safe side.
- **Middlebury Soccer Magnets:** Middlebury Soccer car magnets available for \$5 each. If interested, please e-mail Glen Gleissner at gegleissner@hotmail.com. Payment should be by check made out to 'Middlebury Soccer Association.' Profits are used to fund club equipment purchases and scholarships.
- **Middlebury Soccer Website Access:** Team coaches and managers have access to create practice and game schedules on the Middlebury Soccer website. Once the schedule is created, players and coaches can receive email notification reminders about upcoming events (reminders come two days before event). Managers can also use the website to create bulletin notes and email team members from the website. If you would like to use this functionality and are unable to access the site and figure it out, please contact Glen Gleissner at gegleissner@hotmail.com.

I, _____, confirm that I have read, understand, and agree to abide by the Middlebury Travel Coach's Guidelines as outlined herein.

Print name

Signature

Date