

Parent Information Packet



Fall Soccer 2016

Concussion 101



A concussion is a brain injury... and all brain injuries are serious.

A concussion can be caused by a blow to the head, a jolt to the body, or any sudden force that results in rapid acceleration / deceleration of the brain inside the skull.

The terms “ding” or “bell rung” minimize concussions. While most do heal within a few weeks, an athlete who returns to play before a concussion has completely resolved risks re-injuring an already injured brain, which can have catastrophic consequences. Although rare, adolescents seem most vulnerable to rapid brain swelling known as second impact syndrome which can be fatal. Additionally, multiple concussions suffered prior to complete resolution of a previous injury can result in prolonged symptoms lasting weeks, months, or years.

Loss of consciousness is not required for a concussion to be serious.

Signs and symptoms of a concussion

There are many different symptoms reported by athletes who suffer concussions, and in some cases they may not be easily detected for hours or days after the injury.

However, look for clues immediately and make sure athletes are re-evaluated every few minutes over several hours. Some signs and symptoms can be subtle.

Encourage athletes to report any of the symptoms below.

- 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 the hit or fall
- Can't recall events after hit or fall
- Headache or “pressure” in head
- 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
- Does not “feel right” or is “feeling down”

Source: Centers for Disease Control and Prevention (CDC)

When to call 911

Most concussions resolve within a few days or weeks and emergency help is required in very few instances. However, if any of the following signs or symptoms appear, call for emergency help immediately.

- Headaches that worsen
- Seizures
- Neck pain
- Very drowsy, can't be awakened
- Repeated vomiting
- Increasing confusion or irritability
- Weakness, numbness in arms or legs
- Unable to recognize people/places, less responsive than usual

CONCUSSIONS OCCUR IN ANY SPORT

REMOVE athlete from play

REFER to medical provider

REST no sports, TV, video games, texting

RETURN only with doctor's approval and following a graduated process

For more information visit:

www.sportsconcussions.org

www.sportsconcussions.org/REAP.html

www.cdc.gov/concussion/headsup/high_school.html

Program Philosophy

The Town of Windsor Parks, Recreation & Culture's role is to provide your child with an opportunity to learn, grow, develop skills, meet new friends, and also experience the excitement and fun associated with participation in youth sports.

Top 12 reasons kids play sports

Girls

1. To have fun
2. To stay in shape
3. To get exercise
4. To improve skills
5. To do something I'm good at
6. To be part of a team
7. For the excitement of competition
8. To learn new skills
9. For the team spirit
10. For the challenge of competition
11. To go to a higher level of competition
12. To win

Boys

1. To have fun
2. To improve skills
3. For the excitement of competition
4. To do something I'm good at
5. To stay in shape
6. For the challenge of competition
7. To be part of a team
8. To win
9. To go to the higher level of competition
10. To get exercise
11. To learn new skills
12. For the team spirit

"I would play again if..."

Girls

1. Practices were more fun
2. There was no conflict with studies
3. Coaches understood players better
4. There was no conflict with social life
5. I could play more
6. Coaches were better teachers

Boys

1. Practices were more fun
2. I could play more
3. Coaches understood players better
4. There was no conflict with studies
5. Coaches were better teachers
6. There was no conflict with social life



Recreation Sports - Youth Soccer

Rules Philosophy

To have FUN!

To learn the Sport - To allow participants to learn and develop the fundamental skills necessary for the sport

To learn teamwork - To teach participants team work and the basic rules of the game.

Equality of Play - Playing time should be equal for all players attending regular practice.

Enjoyment of all players and spectators - The league focuses on the positive aspects of individual skills and team play.

Encourage Good Sportsmanship!

Player Equipment

Jersey: Maroon / Gold Reversible

Shorts or Pants

Shin guards: Mandatory

Shoes: Tennis shoes or soccer cleats (no baseball cleats)

Soccer Cleat (No Toe Cleat)



Baseball Cleat (Toe Cleat)



Fall Soccer Timeline

- **Practice Schedule**

- Travel Soccer – August 15th
- Recreation Soccer - start week of Monday, August 22nd
- Team Pictures – Tues & Wed September 13th & 14th; 4:00pm – 6:30pm @ Eastman Park

- **Game Schedules**

- Game schedules on www.teamsideline.com/windsor
- Inclement Weather Line (970) 674-3530
- Recreation Soccer – 6 wks. (Sept 10th – Oct 15th)
- Travel Soccer – 8 wks. (Sept 10th – Oct 29th)
- Weather cancellation date, Saturday, Oct 22nd or rescheduled during the week or as doubleheaders.
If more than one game is cancelled due to weather, only one game will be rescheduled; other cancelled games will not be made up.

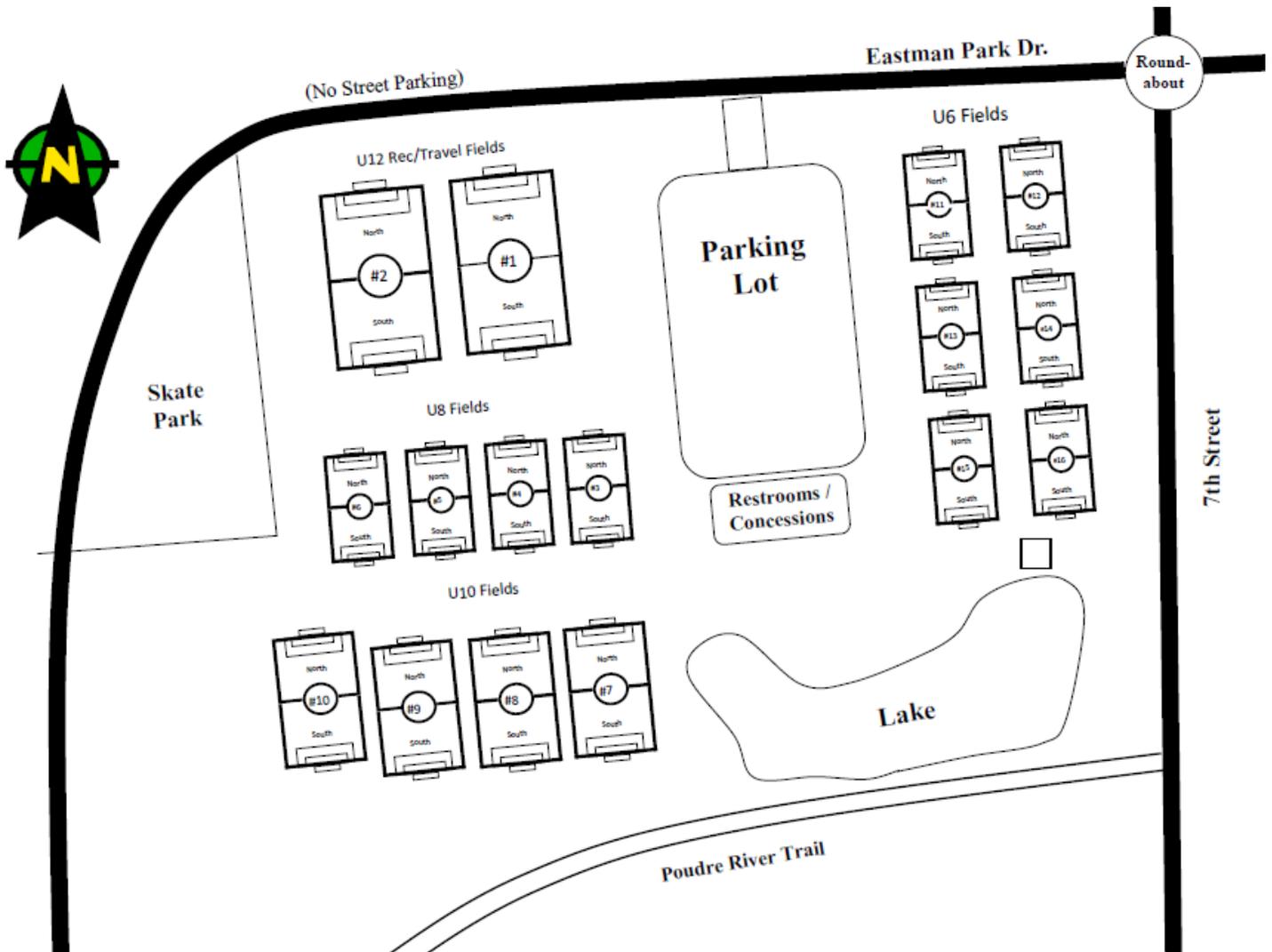
- **Practice Facilities**

- Eastman Park – 7025 Eastman Park Drive

- **Game Facilities (Windsor)**

- Travel Soccer – Home games, Skyview Elementary, away games, various sites
- Recreation Soccer
 - U6 Soccer Eastman Park Fields #11, #12, #13, #14, #15, & #16
 - U8 Soccer Eastman Park Fields #3, #4, #5, & #6
 - U10 Soccer Eastman Park Fields #6, #7, #8, #9, & #10
 - U12 Eastman Park Fields #1 & #2

Eastman Park – Field Diagram



League Purpose / Objectives

League Windsor Parks and Recreation Youth Sports

Purpose: The purpose of the league is to provide your child with an opportunity to learn, grow, develop skills, meet new friends, and also experience the excitement and fun associated with participation in youth sports.

Intent: The driving factor for all participants, including coaches and parents should be the enjoyment of the game. The league follows the (PAYS) Parent Association of Youth Sports philosophy which is a combination of education, motivation and positive reinforcement that are essential to making the child's experience one to remember.

Volunteer Coaches are held to a high standard and are registered through the Windsor Parks and Recreation Department. The league trains coaches through the (NYSCA) National Youth Sports Coach Association. By virtue of the NYSCA training and certification program coaches are trained in their responsibilities of youth sports and are required to pass a background check, complete an insurance liability form and sign a Coaches' Code of Ethic Pledge. Coaches' are reminded that in youth sport the consideration of the children should be placed above all and that as a NYSCA volunteer coach they are held accountable to a Code of Conduct.

Parent Volunteers (non-coaches) are also very important to the success of the league. Parents are encouraged to help during practice and games, organize snack lists, and help support the team in many different ways. Since parent volunteers do not complete a background check they are not ever put in charge of coaching the youth, nor are they left in charge of or alone with, any youth or group of youths.

Playing time: One way to keep the game fun is to make sure players get equal playing time no matter their skill level. Playing time should be equal for all players attending regular practice. Players not starting offensive positions should start defensive positions. All players should get an opportunity to play both offensive and defensive positions.

Weather: Activities will be suspended until no detection of lighting or thunder has occurred for a period of 30 minutes.

Make- ups: When a game is cancelled Windsor PR&C will do everything it can to reschedule the game. The rescheduled game could occur on a weekday or Saturday.

U6 Recreation Soccer Quick Rules

Equipment

- ◆ Size 3 Soccer Ball
- ◆ Shin guards mandatory, universal jersey
- ◆ Players need to wear tennis shoes or soccer cleats, no baseball or metal toed cleat
- ◆ No jewelry

Players

- ◆ 4 players on the field at one time a goal keeper is not used
- ◆ Each player will get equal playing time and all positions rotated
- ◆ Substitutions at quarter breaks or for injuries or at discretion of official for equal playing time

Start of Game

- ◆ Team that wins coin toss chooses side to attack. The other team takes the kickoff.
- ◆ Kickoff at start of each quarter, kickoff after each goal
- ◆ Each team member must be in their half of field at kickoff, opposing team must be outside center circle
- ◆ The player taking the kickoff may not touch the ball again until it's been touched by another player.
- ◆ A goal cannot be scored directly from the kickoff

The Game

- ◆ 8 minute quarters - four quarters - total time 32 minutes
- ◆ 5 minute halftime, do not change directions at the half
- ◆ All fouls result in a **Throw-in**.

Offenses

1. Kicks or attempts to kick an opponent
 2. Trips an opponent
 3. Jumps at an opponent
 4. Charges an opponent
 5. Strikes or attempts to strike an opponent
 6. Pushes an opponent
 7. Opponent makes contact with the opposing player before contact is made with the ball
 8. Holds an opponent
 9. Spits at an opponent
 10. Handles the ball deliberately
- ◆ No penalty kicks
 - ◆ No corner kicks
 - ◆ No Goal kicks, replaced by throw-ins

Proper throw-in requires

1. The thrower faces the field
 2. Throw the ball with both hands
 3. Directly over and behind his/her head
 4. Both feet on the ground
 5. Behind the touch line
 6. A second throw-in must be allowed if the player does not perform the throw-in correctly on the initial attempt.
The official shall explain the proper method before allowing the player to re-throw.
- ◆ No offside, no slide tackling

U8 Recreation Soccer Quick Rules

Equipment

- ◆ Size 3 Soccer Ball
- ◆ Shin guards mandatory, universal jersey
- ◆ Players need to wear tennis shoes or soccer cleats, no baseball or metal toed cleat
- ◆ No jewelry

Players

- ◆ 4 players on the field at one time, a goal keeper is not used
- ◆ Each player will get equal playing time and all positions rotated
- ◆ Substitutions at quarter breaks or for injuries or at discretion of official for equal playing time

Start of Game

- ◆ Team that wins coin toss chooses side to attack. The other team takes the kickoff.
- ◆ Kickoff at start of each quarter, kickoff after each goal
- ◆ Each team member must be in their half of field at kickoff, opposing team must be outside center circle
- ◆ The player taking the kickoff may not touch the ball again until it's been touched by another player.
- ◆ A goal cannot be scored directly from the kickoff

The Game

- ◆ 8 minute quarters - four quarters - total time 32 minutes
- ◆ 5 minute halftime, change directions at the half
- ◆ All fouls result in an **Indirect Free Kick**, Opponents must be 5 yards from ball (Free Kicks shall be classified as Indirect Free Kicks)

Offenses

1. Kicks or attempts to kick an opponent
 2. Trips an opponent
 3. Jumps at an opponent
 4. Charges an opponent
 5. Strikes or attempts to strike an opponent
 6. Pushes an opponent
 7. Opponent makes contact with the opposing player before contact is made with the ball
 8. Holds an opponent
 9. Spits at an opponent
 10. Handles the ball deliberately
- ◆ No penalty kicks
 - ◆ No corner kicks, replaced by throw-ins
- #### Proper throw-in requires
1. The thrower faces the field
 2. Throw the ball with both hands
 3. Directly over and behind his/her head
 4. Both feet on the ground
 5. Behind the touch line
 6. A second throw-in must be allowed if the player does not perform the throw-in correctly on the initial attempt.
The official shall explain the proper method before allowing the player to re-throw.
- ◆ No Off-sides, no slide tackling

U10 Recreation Soccer Quick Rules

Equipment

- ◆ Size 4 Soccer Ball
- ◆ Shin guards mandatory, universal jersey
- ◆ Players need to wear tennis shoes or soccer cleats, no baseball or metal toed cleat
- ◆ No jewelry

Players

- ◆ 7 players on the field at one time, including a goalie
- ◆ Each player will get equal playing time and all positions rotated
- ◆ Substitutions only when there is throw-in by either team; or whenever there is a goal kick

Start of Game

- ◆ Team that wins coin toss chooses side to attack. The other team takes the kickoff.
- ◆ Kickoff at start of each quarter, kickoff after each goal
- ◆ Each team member must be in their half of field at kickoff, opposing team must be outside center circle
- ◆ The player taking the kickoff may not touch the ball again until it's been touched by another player.
- ◆ A goal cannot be scored directly from the kickoff

The Game

- ◆ 12 minute quarters - four quarters - total time 48 minutes
- ◆ 5 minute halftime, change directions at the half
- ◆ Goalies can only pick up ball in Penalty Area
- ◆ Goalies cannot punt the ball back into play only throw, role, or pass ball from the ground.
- ◆ Build Out Line – Opposing team must move behind the build out line before goalie puts the ball back in play
- ◆ Unintentional fouls result in an Indirect Free Kick
- ◆ Intentional fouls result in a Direct Free Kick

Offenses

1. Kicks or attempts to kick an opponent
 2. Trips an opponent
 3. Jumps at an opponent
 4. Charges an opponent
 5. Strikes or attempts to strike an opponent
 6. Pushes an opponent
 7. Opponent makes contact with the opposing player before contact is made with the ball
 8. Holds and opponent
 9. Spits at an opponent
 10. Handles the ball deliberately
- ◆ No penalty kicks for U10
 - ◆ Penalty kick will be awarded for U12

Proper throw-in requires

1. The thrower faces the field
 2. Throw the ball with both hands
 3. Directly over and behind his/her head
 4. Both feet on the ground
 5. Behind the touch line
- ◆ Off-Sides will be called
 - ◆ No slide tackling

U12 Recreation Soccer Quick Rules

Equipment

- ◆ Size 4 Soccer Ball
- ◆ Shin guards mandatory, universal jersey
- ◆ Players need to wear tennis shoes or soccer cleats, no baseball or metal toed cleat
- ◆ No jewelry

Players

- ◆ 9 players on the field at one time, including a goalie
- ◆ Each player will get equal playing time and all positions rotated
- ◆ Substitutions only when there is throw-in by either team; or whenever there is a goal kick

Start of Game

- ◆ Team that wins coin toss chooses side to attack. The other team takes the kickoff.
- ◆ Kickoff at start of each quarter, kickoff after each goal
- ◆ Each team member must be in their half of field at kickoff, opposing team must be outside center circle
- ◆ The player taking the kickoff may not touch the ball again until it's been touched by another player.
- ◆ A goal cannot be scored directly from the kickoff

The Game

- ◆ 12 minute quarters - four quarters - total time 48 minutes
- ◆ 5 minute halftime, change directions at the half
- ◆ Goalies can only pick up ball in Penalty Area
- ◆ Unintentional fouls result in an Indirect Free Kick
- ◆ Intentional fouls result in a Direct Free Kick

Offenses

11. Kicks or attempts to kick an opponent
 12. Trips an opponent
 13. Jumps at an opponent
 14. Charges an opponent
 15. Strikes or attempts to strike an opponent
 16. Pushes an opponent
 17. Opponent makes contact with the opposing player before contact is made with the ball
 18. Holds an opponent
 19. Spits at an opponent
 20. Handles the ball deliberately
- ◆ Penalty kick will be awarded for U12

Proper throw-in requires

6. The thrower faces the field
 7. Throw the ball with both hands
 8. Directly over and behind his/her head
 9. Both feet on the ground
 10. Behind the touch line
- ◆ Off-Sides will be called
 - ◆ No slide tackling

10 Questions Parents and Coaches Should Ask Their Athletes

It can be very difficult to both coach and parent young athletes these days. We live in a sometimes crazy youth sports environment.



By asking your athletes these ten questions, you will have a far greater understanding of why they play, what their goals are for sports, and what they need from the adults (parents and coaches) who are guiding them along the sports journey. Enjoy some quality time with your athletes, and have them write down the answers to these questions. You never know what you will learn. Good luck!

Five Questions To Help Improve Your Athlete's Playing Environment:

1. Are you enjoying yourself? (First and foremost, this answer must be YES)
2. What do the coaches/parents/other adults do that makes sports more enjoyable for you? What do the coaches/parents/other adults do that makes sports more stressful and less enjoyable?
3. How would you like me to cheer for you during games/matches? Should I say nothing, cheer positively, cheer equally for everyone, etc?
4. In the car ride home after the game, do you like to talk about the game, or would you rather wait till later or the next day?
5. What other sports do you want to play?

Five Questions to Help You get on the Same Page as Your Athlete:

1. What are your individual goals for this season? Make sure they are specific, measurable, and timely.
2. How do you plan of achieving these goals (what will you do, practice more, extra fitness, etc)?
3. What are your goals for your team this season? (can be both specific and forward thinking, i.e. win a league championship)
4. How do you plan on achieving your team goals?
5. What is your role on the team? Are you happy with it?

Thank you for taking the time to go through these questions with your athletes. If you are interested in learning more about *how to raise both Happy AND High-Performing kids*, then please check out www.ChangingTheGameProject.com

PARENTS' CODE OF ETHICS

- I will encourage good sportsmanship by demonstrating positive support for all players, coaches and officials at every game, practice or other youth sporting event.
- I will place the emotional and physical well-being of my child ahead of my personal desire to win.
- I will insist that my child play in a safe and healthy environment.
- I will require that my child's coach be trained in the responsibilities of being a youth sports coach and that the coach upholds the Coaches' Code of Ethics.
- I will support coaches and officials working with my child, in order to encourage a positive and enjoyable experience for all.
- I will demand a sport environment for my child that is free from drugs, tobacco and alcohol and will refrain from their use at all youth sports events.
- I will remember that the game is for youth— not adults
- I will do my very best to make youth sports fun for my child
- I will ask my child to treat other players, coaches, fans and officials with respect regardless of race, sex, creed or ability.
- I will read the National Standards for Youth Sports and do what I can to help all youth sports organizations implement and enforce them.

