

PARENT/PLAYER HANDBOOK

WHITTIER AREA
COMMUNITY CHURCH
YOUTH KICKS

www.wacc.net/youthkicks

WACC Youth Kicks VISION

Our vision is to bring the local community into a relationship with God, to guide them into the community of WACC, and to foster the growth of that community through sports and recreation.

THE WAY HE WANTS YOU TO LIVE

And now, friends, we ask you to honor those leaders who work so hard over you, who have been given the responsibility of urging and guiding you along in your obedience. Overwhelm them with appreciation and love!

Get along, among yourselves, each of you doing your part. Be patient with each person, attentive to individual needs. And be careful that when you get on each other's nerves you don't snap at each other. Look for the best in each other, and always do your best to bring it out.

The Message

1 Thessalonians 5:12-18

Child Protection

WACC is committed to providing a "child safe" program, where children can develop in a safe, fair, and fun environment. All coaches are required to have a background check.

Welcome to WACC Youth Kicks

INFORMATION FOR PARENTS AND PLAYERS

ELIGIBILITY

All boys and girls, with birthdates between the ages of 12.2.1994 to 12.1.2001, shall be eligible to register for the program.

REGISTRATION

New players must submit a Registration Form, and the Registration Fee prior to any player being registered with Youth Kicks. Registration information and forms are available on the www.wacc.net website.

Scholarships are available if needed.

TEAM ASSIGNMENTS

Team assignments shall be made by the Sports and Recreation Department. Players are contacted by their coach in July to advise them of practice location and time.

EQUIPMENT

UNIFORMS: A uniform consisting of shirt, shorts and socks, provided by WACC. Players may not wear rings, watches, chains, necklaces, earrings, hard pony tail holders, or barrettes as these items may cause injury during play.

SHOES: Regular tennis shoes. No cleats for indoor soccer.

SHIN GUARDS: Shin guards *mandatory*. They may be purchased from the local sporting goods stores, and stores such as Wal-Mart, K-Mart and Target. **A PLAYER MUST WEAR SHIN GUARDS AT ALL PRACTICES AND GAMES.**

BALL: A player needs to practice with a ball to develop skill and coordination. Any time spent with the ball makes for a better player and active parent participation is greatly encouraged. Please put the player's name on the ball for identification. Balls are not required. WACC has extra to practice with during team practices if you do not have one or forget yours.

PRACTICE

Practices consist of weekly one hour practices in the Sports Center. It is the responsibility of the parents/guardian to make sure that their child attends practice. If a player is going to miss practice the coach or the team parent should be notified as soon as possible. If a player misses a practice, it is at the discretion of the coach to cut play time at the following game.

GAME SCHEDULE

Games are to be played according to the schedule. All games are scheduled on Friday evenings and Saturdays in the Sports Center or outside on the grass (if needed). Game schedules are posted inside the Sports Center and are updated when needed. Game schedules are also posted on our [www.wacc.net /youthkicks](http://www.wacc.net/youthkicks) website.

PARENT PARTICIPATION

THE REGION AND PLAYERS NEED YOUR PARTICIPATION. Attend practices and games. PARENTAL SUPPORT IS CRUCIAL. Learn about the rules of the game by reading "The Rules of Soccer: Simplified" included in this Handbook. Above all, show tolerance of the players' mistakes and weaknesses. When attending games, cheer for all players on both teams as well as your own child. Every parent is requested to volunteer in some area of the program and there are various jobs available. Before your team's meeting, read the section on Volunteering in this handbook and offer to help. Pray for your child, team, coaches, referees, scorekeepers and volunteers.

Volunteer/Committee Positions

Scorekeepers
Referees
Coaches
Snack Shack Workers
Pictures
Team Parent
Awards Night
Say Yes-Skid Row Fundraiser
Barbeque & Bake Sales

Contact Chereen 945.4500 x176
chereen@wacc.net

WACC YOUTH KICKS PHILOSOPHY

The goal of the WACC Youth Kicks is to encourage the growth of soccer and promote positive child development. Although everyone engaged in sporting competition should have a desire to win, this desire should not be pursued to the exclusion of good sportsmanship, fair play and participation. Youth Kicks is a parent based volunteer Christian organization providing a soccer program for all children regardless of experience or skill level. Registration of your child in our program implies responsibility to the team and adherence to the Six principles of Youth Kicks: **Everyone Plays, Balanced Teams, Positive Coaching, Open Registration, Good Sportsmanship, Relationship with God.**

EVERYONE PLAYS

Everyone plays. Each player must play at least half of each game. Each player may play more than half depending on the number of players on each team for that game. Please refer to the "Substitution Guidelines" sheet for specific amounts of playing time.

* A player who fails to call for practice cancellation; game cancellation or is routinely late needs only to be played 1/4 of the game.

PRAYER TIME

Each game there is an opening and closing prayer given by one of the players. Home team opens and visiting team closes. Please respect this time as "quiet" time. No talking, movement and dribbling. Thank you.

COACHES

As a parent, you can help your child's coach by introducing yourself and thanking them for their interest in coaching a team. Support the coach's request that your child be on time for practices and games. If you do not stay for the entire practice session, pick up your child promptly at the end of practice. Be positive with your comments and remember that a coach has a reason for his selection of player positions. Don't criticize the coach because you think your child should play a different position. Offer help at practices. Remember that coaches volunteer their time and energy to instruct and help your child, and they need your cooperation and support.

REFEREES

WACC Referees are entitled to the highest respect from coaches, players and spectators. A referee's call (and there will be calls) shall be accepted without complaint. Some of the referees do not have children playing in our Region and all of them gladly give their time to help us. Please *show them the respect they deserve* - they are volunteers, and express your appreciation for their commitment to our soccer program. Youth Kicks is always in need of referees. If you are interested, contact Kelly Warner or Chereen Florea.

SAFETY

Safety of all the Youth Kicks program participants is always a primary objective. Soccer is a physical sport and minor injuries may result. Normal first aid practices (ice, bandages, etc.) should be utilized. Proper soccer techniques (kicking, goalkeeping, heading, etc.) will be taught by your team's coaches.

Player's should eat far enough ahead of soccer practices and matches so that food doesn't upset their stomach. Eat a healthy meal about 3 or 4 hours before your practice or match. If you must snack, eat only a small quantity of complex carbohydrates—foods such as cereal, English muffins, pasta or a piece of toast.

Just make sure you don't eat less than an hour before the game! Thirty minutes after any competition, eat a meal high in complex carbohydrates to help restore your body's blood sugar (glycogen levels).

Three hours before any sport activity, drink a couple of glasses of water (12 oz. sized glass). Don't gulp! Sip the water slowly. One hour before game time, drink a little more water. During the match, drink a little water every 15 minutes or so.

Drinking fluids is important! After the game, drink more water.

SIDELINE ETIQUETTE

Youth Kicks soccer encourages positive self-esteem, discipline, personal responsibility, teamwork, acceptance of and learning from disappointment and success, as well as perseverance. It is also an enjoyable game to watch as well as play. We believe that quality soccer can and should be developed, and that it can and should be fun. Therefore, the emphasis of our program is not on who wins but how the players and teams develop, and most importantly, did they have fun in doing so? We want all participants to reach their full, *age-appropriate* potential and to enjoy themselves in the process.

As spectators, we must realize that the players are trying their very best and deserve *our very best* in the way of support and encouragement. Negative comments have no place on the field or sidelines. We need to recognize that the effort of each player is 100% well intended and encourage each player to maintain that effort. It is also important to recognize all good play being demonstrated, *regardless of which team the player is on*.

Allow the coach to be the sole source of coaching during the match, communicating tactical or technical adjustments to the players. As a coach, be sure that your coaching during the match is limited to positive, instructional or encouraging comments. Giving play-by-play instructions to all players thwarts their ability to put into effect the lessons you have stressed in practices and disallows them the opportunity to think on their feet.

Sportsmanship is a key component of the Youth Kicks program. Our children need to experience:

1. The fun of hard fought but fair competition
2. Winning graciously
3. Losing graciously
4. Improving one's abilities through practice
5. Learning the social skills involved in being a member of a team, *and*
6. Acknowledging good play by teammates as well as opponents

One of the ways in which our children can learn and continue to have these experiences is by our demonstration of good sideline behavior.

Our children learn by watching, and

imitating our conduct. Keep a positive outlook and demonstrate it by supporting the coaches, players and referees, in spite of any mistakes they may make during the course of a match. Please pick up after yourselves as spectators and players.

PARENTS' PLEDGE

As a parent, you play a special role in contributing to the needs and development of youngsters. Through your encouragement and good example, you can help assure that all the boys and girls learn good sportsmanship and self-discipline. In Youth Kicks, young people learn to work together, to sacrifice for the good of the team, to enjoy winning and deal appropriately with defeat - all while becoming physically fit and healthy. Best of all, they have fun.

SUPPORT YOUR CHILD: Support your child by giving encouragement and showing interest in their team.

Help your child work toward skill improvement and good sportsmanship in every game. Teach your child that hard work and an honest effort are often more important than victory - that way your child will always be a winner despite the outcome of the game!

ALWAYS BE POSITIVE: Parents serve as role models for their children. Become aware of this and work to be a positive role model. Applaud good plays by your child's team as well as good plays by the opposing team.

Support all efforts to remove verbal and physical abuse from youth sports activities.

REMEMBER—YOUR CHILD WANTS TO HAVE FUN: Remember that your child is the one playing soccer, not you. It's very important to let children establish their own goals - to play the game for themselves. Take care not to impose your own standards and goals on them.

Don't put too heavy a burden on your child to win games. Surveys reveal that 72% of children would rather play for a losing team than ride the bench for a winning team.

Children play for the fun of playing.

REINFORCE POSITIVE BEHAVIOR: Positive reinforcement is the best way to help your child achieve their goals and their natural fear of failure. Nobody likes to make mistakes. If your child does make one, remember its all part of learning, so encourage your child's efforts and point out the good things your child accomplished.

VOLUNTEERING

Youth Kicks is a non-profit organization to teach the game of soccer and develop positive character traits in children through their participation in a quality sports program. Our Youth Kicks program strictly through the efforts of volunteers. In order to provide the quality program our kids deserve, we need YOU! Following is a list of opportunities for you to consider. All volunteers will receive instructions for selected jobs. Remember: **No Previous Experience Necessary!**

COACH: Must have a personal relationship with Christ. One of the most rewarding opportunities. First time Youth Kicks coaches are strongly encouraged to attend clinic.

ASSISTANT COACH: Assists the team coach during practices. You will learn a lot about soccer and coaching, and enjoy working with the players.

REFEREE: Must attend Referee Training Class. Uniform provided by Youth Kicks. Contact the Kelly or Chereen if you're interested. You will learn the rules of soccer and how to conduct the game, and enjoy participating in the game with the players. Referees are critical to providing 'fair play' games for our children.

TEAM PARENT: Administrative assistant to the coach. The Team Parent is the primary communicator between the coach and the parents. Oversees and coordinates other parents in several areas: game schedules, refreshments, parties, telephoning information and anything else that pertains to the specific team. A Team Parent Meeting provides pertinent information necessary to perform duties. Coaches greatly appreciate a committed volunteer to fill this position.

GAME DAY REFRESHMENTS: Generally, each family is assigned a specific game to bring refreshments. Also, coaches, referees and siblings appreciate being offered refreshments, so please bring a little extra.

GAME RULES

PLAYING TIME:

Everyone plays. Each player must play at least half of each game. Each player may play more than half depending on the number of players on each team for that game. Please refer to the "Substitution Guidelines" sheet for specific amounts of playing time.

* A player who fails to call for practice cancellation; game cancellation or is routinely late needs only to be played 1/4 of the game.

GAME LENGTH:

U-8 to U-10 GRADE Coed DIVISION'S:

Each game will be 32 minutes in length. There will be two 16-minute halves. Each half will be broken up into four periods that are each four minutes in length. These periods are for substitutions only._

ALL OTHER DIVISIONS:

Each game will be 40 minutes in length. There will be two 20-minute halves. Each half will be broken up into four periods that are each five minutes in length. These periods are for substitutions only._

CLOCK:

The clock during all soccer games will be a "running" clock. The clock will only stop at the end of each period, each half, for injuries, and for time-outs.

TIME-OUTS:

Each team will have two time-outs **per game**. A team may only call a time-out when there is a dead ball or their goalie has control of the ball.

PRAYER:

Each game will open and close with prayer. The home team (listed first in the schedule) is responsible for opening in prayer and the visiting team (listed second in the schedule) is responsible for closing in prayer.

START OF PLAY:

The visiting team will begin the game with a center kick-off. The visiting team will then have a goalie "throw-in" to start the 3rd, 6th, and 8th quarters. The home team will begin the second half with a center kick-off. The home team will also begin the 2nd, 4th, and 7th quarters with goalie "throw-ins."

GOALIE BOX:

The goalie-box is the only place where the goalie may use his/her hands. If the defense commits a foul in its own goalie box, it will result in a penalty kick for the opposing team. (NOTE: ...The coach may choose any player on the court during time of penalty to take the kick.) The goalie cannot pick up a ball with their hand that was intentionally passed back to them by their own teammate.

DROP BALL:

In the event an official is unclear of a call, he/she will award both teams a "drop ball." The ball is dropped between two opposing players and both have an equal chance at gaining control of the ball.

GOALKEEPER THROWS:

When the goalie establishes possession of the ball, he/she must throw, not kick, the ball back into play. The throw cannot pass the center line without touching the floor, side wall (even with the plywood), or a player first. A goalie may spot the ball in the box; then dribble outside of the box to kick it (full length is ok.) If the ball is carried outside of the goalie box the violation is a "hand ball" which results in a direct kick for the opposing team from the spot of the infraction. Once the goalie establishes possession with his/her hands, if he/she kicks the ball inside the goalie box an indirect kick will result for the opposing team.

FREE KICKS:

When a team commits a foul or a violation, the opposing team is awarded a free kick. The referee will place the ball down, signal the type of kick, and blow their whistle prior to each free kick. Players must listen for the whistle before kicking the ball into play. There are two different types of free kicks:

1. **Direct Kick (Penal Foul)**: The ball may be kicked directly into the goal without touching another player first.
2. **Indirect Kick (Non Penal Foul)**: The ball must touch another player before entering the goal. (The goal posts do not count, nor does contact with the wall.)
3. Defense must form wall or "defend" free kick a minimum of 6 feet away.

FOULS AND VIOLATIONS:

Penal Fouls will result in a **Direct Kick**:

Tripping, kicking, lifting your foot above waist level to attack the ball, shoving, elbowing, running into the goalie after the ball has been controlled, slide tackling, undercutting, and Handling the Ball.

Non Penal Fouls situations will result in an **Indirect Kick**:

Grabbing the top of the boards; center kick-off which occurs at the start of each half and after each goal; and the goalie kicking the ball inside the goalie box after establishing possession. The ball is out of play only when it goes into the stands or behind the boards, which results in an indirect kick, goalie throw or corner kick for the team who did not put the ball out of bounds. A ball that is deflected off of the basketball backboard/equipment remains in play, **with the exception** that if the ball goes into the goal it is considered a dead ball and **no goal is scored**.

YELLOW AND RED CARDS:

A player or coach may receive a yellow or red card for unsportsmanlike behavior, arguing with officials or scorekeepers, fighting, “trash-talking”, foul language, foul with excessive force, or consistent foul play.

First infraction: Yellow Card

- **Players:** Two-minute penalty out of the game. This results in a “five-on-four”, or “power play” situation. If the time remaining in a period is less than two minutes, the player will serve the remainder of the penalty during their next scheduled period.
- **Coaches:** A coach receiving a yellow card will result in a penalty kick for the opposing team.

Second infraction: Red Card

- **Players:** Ejection from the game and opposing team will receive a penalty kick.
- **Coaches:** Ejection from the game and the opposing team will receive a penalty kick. A coach will also receive a one-game suspension.
- **Automatic meeting with coaches review board.** (Please see code of conduct).

RULES FOR EXPULSION FROM A GAME:

- **Players:** Must leave game if they curse; argue vehemently with the officials, coaches, scorekeepers, or players; fight; or commit a flagrant foul.
- **Coaches:** Must leave the gym if they curse; argue vehemently with the officials, coaches, scorekeepers, or players; fight; or assign a player the task of doing something illegal to the detriment of the game.

- **Parents:** Must leave the gym if they curse, publicly degrade anyone involved with the league (players, coaches, officials, scorekeepers, etc.); fight; or assign a player the task of doing something illegal to the detriment of the game.
- **Note:** Any expulsions from a game will be reviewed by the coaches review board, which may result in an expulsion from the league.

PLAYER OF THE WEEK CARDS

Each week, after each game, a player(s) will be chosen as “Player of the Week” for your team. This is determined on many things such as highest scoring, sportsmanship, friendship, following directions, attitude, etc. Player of the Week is announced after the game during snack/drink time. Player of the Week cards are displayed in the Sports Center. At the end of the year team party, that is when the players will be given their cards to keep.