



Cheyenne Soccer Club Recreation Division Parent-Player Handbook

(Revised March 2009)

GENERAL INFORMATION

This handbook is intended to provide an overview of Cheyenne Soccer Club (CSC) recreational program and the roles and responsibilities of players and parents. CSC is a volunteer non-profit, non-competitive soccer league for children between 4 and 18 years of age. CSC's recreational program is designed to provide a safe and enjoyable experience. The objectives of the organization are that each participant learns the basic principles of soccer, fundamentals of teamwork, and the responsibilities of sportsmanship.

The CSC web site (WWW.CHEYENNESOCCER.COM) is the best place to find information about the club (game schedules, cancellations, field maps, events, updates, etc.). If you have questions that can't be answered on the web site please call 635-GOAL or send email to cheyennesoccer@bresnan.net.

Volunteers

- CSC is a volunteer-driven organization. It operates under the direction of a 16-member Board of Directors.
- Our biggest group of volunteers is Coaches, Assistant Coaches and Team Parents. We always need people to fill these positions. In addition, the Board needs help with a wide array of tasks that are required so your children can play. You don't have to be a soccer expert or contribute all of your free time. There are opportunities to fit the time, interests and abilities of anyone willing to give some time to CSC. If you can help please contact CSC at 635-GOAL or cheyennesoccer@bresnan.net.

Referees

- All referee decisions, calls and judgments are final. All players, coaches, spectators are asked to please respect the referee's judgment on difficult calls and cooperate with him or her during the game. A unique feature of soccer is that the referee's decision is never to be questioned. Please see the Code of Conduct later in this handbook for more information on player, parent and spectator conduct.
- Referees are an essential part of the game and we have a hard time recruiting referees. Many who get certified work a few games and quit. Most of those who quit will tell you it was due to abuse by parents.
- The referees for CSC have various degrees of experience and abilities. There may be times when your game is in the hands of a novice referee. Please assume they are doing the best job they can and don't yell at them if they make a mistake.
- Referee clinics are held twice per year. Referees must be at least 12 years of age. Contact CSC if you want more information about becoming a referee.

Sponsorship

- Contributions from sponsors are an important part of the club budget. The donations of sponsors help keep participation fees low.
- Please remember to thank your sponsor for their support of your team.

- If you or someone you know is interested in sponsoring a team please contact the club at 635-GOAL or send email to cheyennesoccer@bresnan.net.

Seasons

- The season consists of eight games. Six games are played on Saturday mornings and two are played on weekday evenings. The evening games are played the last two weeks of the spring season or the first 2 weeks of the fall season (when days are long enough to get the games in before dark).
- CSC has two seasons of play:
 - Fall Season – starts in August and ends the first half of October.
 - Spring Season – starts in April and ends usually the weekend before Memorial Day.
- The spring season is a continuation of the fall season with players remaining on the same teams and wearing the same jerseys. Registration is opened again for the spring with new players being placed on existing teams that have openings or if numbers warrant, creating new teams.

Games

- U6 and U8 games
 - Played at Cahill Park with games beginning at 9:00 a.m. on Saturdays and 5:30 on weekdays.
 - Cahill Park is located on the South side of Dell Range Boulevard just west of King Soopers.
- U10 through U16/18 games
 - Played at North Cheyenne Community Park with games beginning at 8:00 a.m. on Saturdays and 5:30 on weekdays.
 - North Cheyenne Community Park is located on the west side of Ridge Road, 1 mile north of Dell Range Boulevard.

Practices

- Practices may begin approximately two weeks before each season (exact dates published each year on the web site).
- Times and location of practices will be determined by each coach.
- Practices are limited to three (3) per week before the season starts and two (2) per week during the season (one per week when you have two games per week).
- Practice areas are difficult to find because there are a lot of teams involved in CSC soccer. A team can practice anywhere the coach or a parent can find. Some areas can be, but not limited to, city parks, a parent's front or back yard, or schools. You must contact the principal to get permission to practice at a school.
- The coach(es) must stay at the practice field until all players have been picked up. If you are going to be late or can't pick up your child it is your responsibility to make arrangements.

Game Cancellation

- In case of inclement weather a decision to cancel the games will be made by 6:30 am for Saturday games and 4:00pm for week day games.
- The CSC website (www.cheyennesoccer.com) is the best source of information on whether games will be played.
- The league office will put on a recorded message on the CSC phone—635-4625 and put a message on the CSC website. All radio stations will be contacted in case of cancellation. Each team should have a calling procedure in place.

Pictures

- Part of your registration fee is a team picture. The pictures will be taken during the Fall Season and you will receive your picture by the last game of the fall season.

Tournament

- CSC has a Recreation Tournament, usually held the first or second weekend of October.

Required Equipment

- The league will provide a team shirt which is required to play in games.
 - Players returning from the fall will keep the same shirt for the spring season. New players will receive shirts at the first game. Lost shirts can be replaced at player expense.
- Parents and players are responsible for the following:
 - Shorts or pants.
 - Shinguards and socks, which must cover the shinguards.
 - Athletic or soccer shoes are recommended, but not absolutely required. Soccer cleats for recreational play must be rubber or molded plastic (no metal cleats or shoes with toe cleats).
 - Each player should have a ball for his/her appropriate age group and should bring it to every practice. Soccer balls come in a variety of sizes, each designated by a number:
 - Size #3 – smallest standard size, for the youngest players (e.g., U6 to U8)
 - Size #4 – intermediate size, appropriate for U9 through U12
 - Size #5 – largest standard size, for U13 to adult
 - A water bottle should be brought to every practice and game.
 - Eye and mouth guards are optional.
- For player safety no exposed object such as wood or metal splints or jewelry may be worn during practices or games.

CODE OF CONDUCT

The following code of conduct is set forth to govern the behavior of coaches, parents, and players before, during, and after all soccer matches. Spectators and coaches who violate this code will be asked to leave the playing area and play will be suspended until they do. Failure to respond to such a request within two minutes will result in forfeiture against the offending spectator's side. Flagrant violation of this code will result in a player and/or family being banned from participating in CSC.

Player Conduct

- Play against your opponent not the referee.
- Convey a positive attitude toward your opponent, teammates, referees and coaches.
- No foul language.
- Displays of temper will not be tolerated on or off the field of play
- Do not retaliate when fouled.
- Never make comments or gestures which express disagreement with the referee's calls.
- Come to practice and games ready to play, learn and have fun – and always remember your uniform on game days and shin guards, ball and water every time.
- Consumption of gum or candy is prohibited during games and practices.

Parent and Spectator Conduct

- Applaud superior play by both teams.
- Give consistent support to coaches.
- Always stay 2 yards or more from the playing field, observe spectator lines.
- Never use foul language or obscene gestures.
- Do not make disparaging remarks to referees, opposing players, coaches, or fans.
- Avoid comments and gestures which express disagreement with referee calls.
- Always remember the game is for the children. Let them learn through playing, but most importantly let them have fun.
- We ask that dogs are not brought to games or practices.
- Parents need to be present at the close of practice; the coach is not your babysitter.
- Bring your child to practice and games on time and be sure they have all their gear, including uniform, shin guards, ball and water.
- Your child's coach is a volunteer and is giving his/her time to help your child learn soccer. Please treat them with respect and appreciation. If you have concerns regarding anything your coach is doing please talk to the coach. If you are unable to resolve the situation contact CSC at 635-GOAL or cheynesoccer@bresnan.net.

Coach Conduct

- Emphasize having fun and skill development.
- Remember CSC is not a competitive league, de-emphasize winning and losing.
- Do not make disparaging remarks to referees, opposing players, coaches, parents, or fans.
- Do not make disparaging remarks to your own players, parents or fans.
- Never make comments and gestures which express disagreement with referee calls.
- Applaud superior play by both teams.
- Never use foul language or obscene gestures.
- No tobacco products should be used during practices or games.
- Your behavior on the side line must always be in control and positive.
- Let the children play; they will make mistakes; they learn from mistakes.
- Advise parents to stay in control.
- Always remember the game is for the children.
- All players who attend practice, cooperate with the coach and arrive at the game wearing their uniform must play a minimum of one-half (1/2) of each game.
- Coaches are never to leave a player alone at the practice field after practice.
- Coaches shall rotate players to different positions.