



ALAMEDA SOCCER CLUB



Alameda Soccer Club

Annual Coaches Meeting



Wednesday, August 12th
2015



Tonight's Agenda and Speakers

- Introductions and Welcome -Eugene
- Registration – Mary Beth/Yen-Chi Ha
- Uniforms – Neal Fox
- Coaching & Training – James Murray
- Fields - Scott MacAskill
- Website – Ian Kennedy
- Referee – John Richer
- Coaching resources

Break to pick up team packets



Your 2014 Alameda Soccer Club Executive Board of Directors

- Eugene Demler/Vincent San Nicolas, CoPresident
- Clement Chu, 1st Vice President
- Dave Watt, 2nd Vice President
- Eric Coker, Treasurer
- Dave Lekashman, Secretary
- Mary Beth Ricketts, Registrar
- Bill Shiber, Immediate Past President



Your 2015 Alameda Soccer Club Elected Board Member

U6 Coordinator	James Murray	U7 Coordinator	James Murray
U8 Coordinator	Nathan Babbit	U10 Coordinator	Jesus Romero
U12 Coordinator	James Murray	U14 Coordinator	Jesus Romero
U16-19 Coordinator	Jesus Romero	Match Coordinator	Jesus Romero
Referee Coordinator	John Richer	Field Coordinator	Scott MacAskill
Equipment Coordinator	Maurice Gomez	Sponsorship Coordinator	Nicholas McNeil
Select Teams Coordinator	Steven Adams	Coaching Coordinator	Adam Galan
Recreational Teams Coordinator	James Murray	Director at Large	Mark Haskett
City Board Rep	Jon Pecson	Director at Large	Jerry Ramiza
Director at Large	John Krainer	JLYSL Representative	Bill Shiber
School Representative	Jen Burns	Player Representative	Ethan Woon



Your 2014 Alameda Soccer Club Appointed Board Member

Uniform Coordinator	Neal Fox	Picture Coordinator	Chris Lonsdale
Publicity Coordinator		Assistant Registrar	Yen-Chi Ha
Web Master	Ian Kennedy	Referee Development	John Richer
Trophy Coordinator	Neal Fox	PCA Coordinator	Scott MacAskill
Volunteer Coordinator	Jon Pecson	Team Manager Liasion	



WHO WE ARE

- 1300 children
- 100+ teams
- 100+ coaches
- All volunteer
- Board of Directors oversee club operation





WHERE WE FIT

- Jack London League – fields, refs, schedules
- CYSA
 - U10-U18 Rec
- US Club
 - U6-U18
 - Norcal Comp





JACK LONDON 2015 FALL SEASON GAMES:

**START SEPTEMBER 12 AND CONTINUE
FOR 10 WEEKS, ENDING NOVEMBER 15**





NEED HELP?

- ASC website – alamedasoccer.org
- JLYSSL website – jlyssl.org
- Contact appropriate Board member – list on website, start with James Murray
- **Consider serving on Board** – elections in January

*THANK YOU FOR
COACHING*





Contact Information

- Rec Coordinator – James Murray
(recteamscordinator@alamedasoccer.org)
- Age group coordinators:
 - **U8 – Nathan Babbitt** (u8coordinator@alamedasoccer.org)
 - **U6/7/ & 12 – James Murray**
(u12coordinator@alamedasoccer.org)
 - **U10/14/16 & 19: Jesus Romero**
(u1619coordinator@alamedasoccer.org)

Contact for questions regarding the age group, rosters, trainers, mid season questions.



Contact Information

- **Field Coordinator:** Scott MacAskill
fields@alamedasoccer.org

Contact for practice permits –wait until Friday 8/21

- **Photo Coordinator:** Chris Lonsdale
pictures@alamedasoccer.org

Contact for photo day time SUNDAY OCT 11 @TILLMAN

- **Trophy Coordinator (U6-U8):** Neal Fox
trophies@alamedasoccer.org

Contact for trophy pick up



REGISTRATION

- **Contact information:** yenchi.ha@gmail.com or registrar@alamedasoccer.org
- I will be responsible for:
 - Issuing player passes
 - Collecting 1601s, proof of births and photos
- Please check your “**Missing items**” list. Everything needs to be turned in ASAP (by AUGUST 30) or there’s no guarantee that your passes will be ready by game day.



REGISTRATION

What you need to have at all practices:

Signed 1601/R002 forms for the 2015/2016 season

Practice Permit from Scott MacAskill

What you need to have at all games:

Signed 1601/R002 forms for the 2015/2016 season

Player Passes for the 2015/2016 season

Roster



REC Medical Release Forms 1601 (U10+) or R002 (U6-U8)

- 2015/2016 season - if you don't have a signed one for a player, that player is not allowed to practice.
 - Some parents mailed it in before the change, I made the correction and initialed it.
- SEND ME A COPY OF EACH CHILD'S SIGNED 1601.

No 1601, no player pass.

- U10+ - In your folders are a set of unsigned 1601s, please have parents sign them and then scan them to me.
- U6-U8 – In your folders, you will find R002 forms. Have the parents sign them and scan them to me.



Player Passes (U10 and above)

All players need them to play in a game. Refs will not allow a child to play without their card. **DO NOT FORGET THEM AT HOME On GAME DAY.** Do not forget to get them back from the refs. Coaches need passes to – anyone on/near the bench.

What's required?

Birth certificate (NEW)

Photo (recent – no sunglasses, no hats, see their whole face)

Signature on the back

Returning coaches: I can no longer make these overnight. All info needs to be in by August 30 so they can be laminated and printed by opening game day.

NEW: Once laminated, I'll give them to you. Please have parents sign on the line on the back of the card in sharpie/permanent ink and put clear tape over it to keep.***

Coach's Pass --- You **MUST** be fingerprinted via LiveScan and submit a photo in order for me to issue you a pass.

ASC Uniforms



Uniforms

- New Select Uniform



- New Numbering Style

Transitioning of Uniforms

- Select Teams
 - In spring ASC started with new jerseys and short combo. Adidas Fortore '14 Custom Jersey
 - All players on team must be consistent with jersey
 - Older exiting teams can stay with old jersey/short style
 - New teams will get new jersey/short style
- Rec Teams
 - XARA Britannia jersey has no horizon right now

Other Uniform Info

- U8 and under teams continue with World Cup jersey style
- All purchases are to be made at Soccer Post
- All teams must wear ASC jerseys
- Visiting teams to wear white (JLYSSL XII-D)



ALAMEDA SOCCER CLUB



2015 Fall Season Coaching



Team Trainers

Purpose: To provide a stimulating, rewarding and enjoyable practice experience and environment, to allow players and coaches to be exposed to age appropriate skills and small sided games.

Who: Challenger Soccer lead the Recreational U7, U8 and U10 practices.

Why: The overriding desire is for the players (and coaches) to have fun playing soccer, to be exposed to skills and moves which will make playing the game even more enjoyable.

Why does this work? The practices are progressive and relative to the age group. Players are taught skills that can be progressed, or adapted, so all players experience success. These individual skills are then applied in numerous of small-sided scrimmages or 'games'. Small-sided games ensure lots of repetitions, in game settings, so players are playing the game while learning. There will be minimal standing/sitting around.

Results: Plenty of touches. Plenty of practice playing soccer. Playing while learning. Learning while having fun.



Age	Game	Game Duration	Ball Size	Practices
U6	3 x 3 (coed)	2 x 10 minutes games	Size 3	30 min, game day
U7 & U8	5 x 5 (non-coed)	2 x 20 minutes	Size 3	1 practice/week
U10	8 x 8 (non-coed)	2 x 25 minutes	Size 4	2 practices/week
U12	8 x 8 & 11 x 11 (non-coed)	2 x 30 minutes	Size 4	2 practices/week
U14	11 x 11 (non-coed)	2 x 35 minutes	Size 5	2 practices/week
U16	11 x 11 (non-coed)	2 x 40 minutes	Size 5	2 practices/week
U19	11 x 11 (non-coed)	2 x 45 minutes	Size 5	2 practices/week

Non-coed: Females are allowed to play on male team.
No male is allowed to play on a female team!



SOCCER FUN	
Coach	Positive, energetic and enthusiastic. Communicator – actions, few words Mentor, role model.
Parents	“On Your Side” – put them to use!
Communication with Families	E-mails, Web-tools - TeamSnap, Shutterfly
Equipment	Balls, cones, bibs, etc.
Practices	Soccer fun Skills, techniques and fundamentals “Drills”, races, relays, games Small sided games and scrimmage Dynamic stretches and cool down (U12 and above).
Game day!	Organize & Prepare – then just have fun



The Coach on Practice days

Positive, energetic, enthusiastic, patient, motivating, communicator – actions, few words

Arrives early to practice

Set the tone, dressed the part, set up practice area

Prepared (and adaptable)

**Equipment
Practice plan**

The Team

**Player's Name, personalities, abilities
Team Name and culture**

The Practice – skills and games

**Individual and team
Technical and tactical**

Post Practice

**Team Talk – review the practice, praise the players and team.
Clean up field!**



The Coach on Game days	Positive, energetic, enthusiastic, motivating, communicator
Arrives early to games	Set the tone, sets up warm up area.
Prepared (and adaptable)	Equipment, bench area, pregame plan.
The Team – arrives in plenty of time	Provides the players to mess around before kick off.
The Pre-Game	Warm-up drills, review and refocus on practice sessions.
The Game	Enjoy, stay cool, positive, encouraging. No coaching out of ‘tech box’ and behind the goals. Responsible for players and parents behavior.
Post Game – talk and email	Team Talk –praise the players and team – effort, determination - with parents



Coaches Resources:

ASC Web Site – alamedasoccer.org - rules

Small Sided Soccer Guide

U6: Coaching Guide – 3 x 3

U7-U8 Coaching Guide – 5 x 5

U6-U8 Game Monitor Guide

Key differences between U10 and U8

JLYSSL Web Site – www.jlyssl.org - rules

FIFA Laws of the Game (Full version)

JLYSL Rules CYSA District 4 rules (U10 and above)

Zero-Tolerance Policy

JLYSL Discipline Process

JLYSL Rules

CYSA District 4 Rules



Scott MacAskill: Field Coordinator

Field Permits-Official practices start Monday August 24

All permits should be issued by Thursday Aug 20

This will allow teams to practice for at least 3 weeks before games start.

Any requests for changes send to Fields@alamedasoccer.org

We have over 100 teams, so not everyone gets their first choice.

U7 & U8: 1-60 min/wk for Individual team practice+Challenger

U10 & U12: 1 ½ hours twice a week (incl. 1-Challenger)

U14 - U19: up to 2 hours twice a week

Practice Field Assignment Protocol:

1st-Islanders

2nd-Coaches coaching 2 teams

3rd-BOD members

4th-Coaches that are ASC referees

FIELD ASSIGNMENT PROCESS

The process to choose practice fields for Fall 2015 has changed.

- A Google Docs spreadsheet will be sent to all coaches as per the assignment protocol once Field Permits have been confirmed by ARPD. Permits will be issued to ASC on 8/13 and hopefully posted to coaches by 8/17)
- Coaches will be able to input 1st and 2nd practice field assignments into spreadsheet for age appropriate fields.(See Below) Please check your email and input your requests.
- This process will be done on a 1st come 1st serve basis for Rec. coaches
- On or before Thursday Aug. 20th, coaches will receive an email confirming Practice info
- This will include a PRACTICE FIELD PERMIT and a COACHES AGREEMENT. BOTH of these docs must be signed and sent back to fields@alamedasoccer.org
- Coaches must keep a copy of the FIELD PERMIT with them at all practices.
- I will do my best to accommodate all requests. Any changes should be submitted to above.

FIELDS AVAILABLE FOR PRACTICE

Lincoln Park- U6 (Sunday Practice/games)

Littlejohn – U7 **2 teams/practice time**

Lincoln Park- U7/U8 **2 fields/4 teams/practice time**

Atlantic 2-U9/U10/U12(1st year) **2 teams/practice time**

Harrington -U9 & U10 **2 teams/practice time**

Multipurpose – U10 & U11 **2 teams /practice time**

Alameda Point #2 – U12, Alameda Point #3 – U11(Specific D/T)

Tillman – U12 & Up **2 teams per practice time**

Bayport-TBA(In bad shape U12 above most likely)

Godfrey 1 –TBA(U10/12 under most likely) **2 teams/practice time**

Godfrey 2 –TBA(U10/12 under most likely) **2 teams/practice time**

Atlantic 1 -U12 Up **2 teams/practice time**

Hornet-CHALLENGER M-Th 8-10pm Fri-4-10pm U12Up

Krusi Outfield-U7/8/10 **2 teams/practice time**

Rittler-Being used for U7/8/10 Challenger M-Th



Rain Out Procedure

Procedure on ASC Website

ARPD has a phone hotline you can call for Field Closures - Practices and Games - **(510) 747 7540**

Field Coordinator will attempt to send email out if fields are closed.

Jack London has a Rain Hotline for U10 and above Teams
(510) 812-6051

Do Not Practice if the fields are closed!

If you do then you risk losing your practice permit and practice field!



ALAMEDA SOCCER CLUB REQUIREMENTS OF FIELD USAGE

- **1.** All coaches must complete Coaches Agreement posted on ASC website.
- **2.** Keep permit on hand at all times when using any fields. ARPD and ASC will perform random verifications.
- **3.** Pick up all trash after each practice. Return goals to their original location and lock to prevent theft.
- **4.** Ensure players are respectful & careful around goals - no hanging from cross bars or using un-anchored goals.
- **5.** Each team is permitted for half a field per practice – respect other coaches space and time.
- **6. Allow Field Lining crew to line fields on Thursday**
- **7.** Contact the Field Coordinator (fields@alamedasoccer.org) for any hazardous conditions that you may encounter on the field or with the equipment (including goals, nets, corner flags, chains and locks).
- **8.** Issuance and privilege of use fields is conditional on following the above including allowance of the lining of fields. Permits shall be revoked upon the discretion of the Field Coordinator, Equipment Coordinator and President of ASC for any actions which are deemed to be detrimental to ASC, ARPD or members of the ASC and ASC contractors



Coaches Agreement

All coaches must review, sign and date the coaches agreement and return to field coordinator to be issued a practice permit. Listed on the ASC website

Use of Goals

Coaches using goals during practice as well as games should review the ASC Goal Use Policy (Properly secured with J-Hooks)

Goals should always be locked over night and when not in use

The Club has placed small PVC goals at each field for practices. These goals are intended for use of our club and need to be locked at end of use.

Game Day Goal Placement

We use Field Stewards to help Move the goals on weekends.

Field Stewards move the goals into position and place flags in corners.

Leave goals assembled and nets attached.

The field steward will lock up the goals overnight to prevent theft.



Ian Kennedy
ian@pobox.com

- Son Tyler played Rec until high school
- Daughter Julia plays on Competitive U14
- Lived in Alameda since 2004
- Christmas Tree Lane



ALAMEDA SOCCER CLUB

Alameda Soccer

RECENT POSTS

- Sponsorship Specials
August 22, 2013
- Discounts just for girls use
August 12, 2013
- We have 1 more Soccer camp available
August 12, 2013
- 1st Boys take 2nd place in tournament
August 1, 2013
- 20% off at Sports Authority this Weekend
July 31, 2013

USEFUL LINKS

- Jack London Youth Sports Soccer League
- Norcal Premier Soccer League
- CYSA Cal North
- Sponsorship
- Alameda Futbol Club

UPDATE VIA EMAIL

Enter your email address

ABOUT ASC • HELPS • FOR COACHES • FORLANS • MEMBERS • REGISTRATION • STORE

ANNOUNCEMENT

SPONSORSHIP SPECIALS

BY ASSISTANT TO DIRECTOR • LAST MODIFIED • LEAVE A COMMENT • POST

Thank you and welcome to everyone that's registered for the

Alameda Soccer Club

Page Messages Notifications Publishing Tools

Alameda Soccer Club

Timeline

Share items to the this Page

Reach a new audience
100 Likes
Promote Page

ABOUT

- Add street address City, State, Zip
- Add phone number
- Add Price Range
- 10% Off at Sports Authority

11 Photos and videos



Alameda Soccer Club
@alamedasoccer

ASC fields more than 100 teams with over 1,400 kids from the ages of four and to sixteen. Membership is open to all.

Alameda, CA
alamedasoccer.org

Tweet to Alameda Soccer Club

11 Photos and videos

Instagram

alamedasoccerclub FOLLOW

Alameda Soccer Club The Alameda Soccer Club is located in Alameda, California.
alamedasoccer.org

9 posts • 35 followers • 1 following

FALL SOCCER REGISTRATION OPEN
Register Online Now!

ALAMEDA SOCCER

- alamedasoccer.org
- facebook.com/alamedasoccer
- twitter.com/alamedaislander
- instagram.com/alamedasoccerclub



alamedasoccer.org

Announcements, Reference Pages, Maps, Calendar, Forums, Reg. Info
Leave comments on posts if you have questions
Contact Form and Board Member Contact info
Coach Posts Welcome – see ian@pobox.com for details
GO HERE FIRST

facebook.com/alamedasoccer

Parents hang out here. Post photos here. Easy way to interact with league

twitter.com/alamedaislander

Basically re-posts from blog on alamedasoccer.org

instagram.com/alamedasoccerclub

The occasional photo. Would love someone to take this account on and post more regularly.

[Ye olde email from webmaster@alamedasoccer.org](mailto:webmaster@alamedasoccer.org)

We have an email list for email blasts. Primitive but it works.

Contributors Welcome!

REFEREE COORDINATOR

Presented By: John Richer

**At the Alameda Soccer Club
Annual Coaches Meeting
Wednesday, August 12th 2015**

refcoordinator@alamedasoccer.org

ZERO TOLERANCE POLICY

FOR PHYSICAL AND VERBAL ABUSE

“verbal or physical abuse, harassment, *or threatening behavior*”

“by anyone involved in the league in any capacity”

(parents, players, coaches, board members, volunteers and fans)

“who are abusive (verbally or physically)”

“toward any person”

(opposing teams, parents, coaches, referees, players, and spectators)

“will be suspended”

2015 Fall Referee Requirements

EVERY TEAM NEEDS A REFEREE

- **Each referee can be affiliated with 5 teams, each referee must officiate at least 3 games**
- **New Rec teams are exempt in first season, must meet requirements next season (spring or fall)**
- **New Competitive teams are exempt in their first spring season, must meet requirements beginning with their first fall season**

Game Credit Requirements - Fall Season (effective Fall 2015)

U9-U10 Recreational and Competitive Teams and U12 Recreational Teams playing 8v8

- Affiliated referees must earn 5 game credits for spring season.

U12-U19 Recreational Teams

- Affiliated referees must earn 15 game credits for spring season.

U11-U19 Competitive Teams

- Affiliated referees must earn 18 game credits for spring season.

- **Fine: \$30 fine per game credit not earned**

Game Credit

- **All assignments receive 1.0 credit with the exception of U15-U19 CR , receiving 1.5 credit**

Game Day Protocol

BEFORE THE GAME

- ✓ **GAME CARD (home team) with TEAM ROSTER and PASSES**
- ✓ **Every player must have a laminated PLAYER PASS (no pass – no play)**
- ✓ **Every COACH must have a PASS and anyone on the bench**
 - **No registered coach = No game**
- ✓ **NO jewelry/NO Tape, NO sunglasses, NO Armstrong band, NO hard cast**
- ✓ **Players' equipment: shin guard must be worn, no baseball cleats, no hats**
 - **Goalkeeper allowed to wear soft bill (baseball) caps.**
- ✓ **IF NO REFEREE ASSIGNED – licensed referee from any team, any adult**
- ✓ **NO DOGS ON FIELD (games and practices)**
- ✓ **BE FAMILIAR with the FIFA Laws of the Game & Competition Rules**

Game Day Protocol

DURING THE GAME

- ✓ **COACHES ARE RESPONSIBLE** for players and spectators on the sideline
- ✓ **SUBSTITUTES:**
 - **When you yell 'Sub!' – you are requesting to make a Sub.**
 - **The Referee will decide whether to allow the sub**
 - **You DO NOT SEND YOUR PLAYERS ON THE FIELD**
 - **You call your players off the field**
 - **The Referee will call them on to the field.**
- ✓ **SOCCER IS ONLY A GAME**
- ✓ **REMEMBER THAT YOU SIGNED THE JLYSL PCA AGREEMENT**
- ✓ **SPORTSMANSHIP RULE – RECREATIONAL TEAMS ONLY**
- ✓ **JLYSSL Rules – <http://www.jlysl.org/rules.asp>**

Game Day Protocol

AFTER THE GAME

- ✓ Shake hand with players, coaches and referees
- ✓ DO NOT ENTER into a 'discussion' with the Ref about your opinions
- ✓ Game Card
 - Jack London house league – referee keeps Game Card
 - District 4 – winning coach (in case of tie, home team) keeps card, reports result
 - NorCal game – Home Team retains game card and reports result
 - Submit Game Report – MySoccerLeague (<http://www.mysoccerleague.com>)
- ✓ IF YOU HAVE A PROBLEM (<http://www.jlysl.org/rules.asp>)
- ✓ Serious Problem Report – incidents or field conditions in need of remedy
- ✓ No-Show Report – if you appeared for a game but your opponent or assigned referee did not