



Squamish Youth Soccer Association 2009 – 2010 Season

For up to date information (including schedules) on Squamish Youth Soccer access the web site at www.squamishsoccer.ca

SYSA Executive:

- **Chair** Vacant
- **Vice-Chair** Katrina Doherty vp@squamishsoccer.ca
- **Secretary** Sue Sweeney secretary@squamishsoccer.ca
- **Treasurer** Melanie Hurlbert treasurer@squamishsoccer.ca
- **Directors** Tammie Cassettari concession@squamishsoccer.ca
Andrew Bauer kaants@shaw.ca

Equipment:

Kim Stanley* equipment@squamishsoccer.ca

Uniforms:

Pat Gilbert uniforms@squamishsoccer.ca

Referee in Chief:

Jose Oreamuno* 898-5579/ headref@squamishsoccer.ca

U9/U11 Referee Scheduler

Diana Geller referees_jr@squamishsoccer.ca

Travel Team Coordinators:

- Girls Katrina Doherty travelg@squamishsoccer.c
- Boys Tsan Chester-Bauer travelb@squamishsoccer.ca

Concession Coordinator:

Tammie Cassettari concession@squamishsoccer.ca

Webmaster:

Pat Gilbert webmaster@squamishsoccer.ca

Stats / Scores:

Pat/Roz Gilbert scores@squamishsoccer.ca

Division Coordinators:

- U7 Girls Jen Larson u7g@squamishsoccer.ca
- U9 Girls Jen Larson u9g@squamishsoccer.ca
- U11 Girls Patti Gates u11g@squamishsoccer.ca
- U14 Girls Lorraine Ross u14g@squamishsoccer.ca
- U18 Girls Roz Gilbert u18g@squamishsoccer.ca
- U7 Boys Carole O'Brennan u7b@squamishsoccer.ca
- U9 Boys Angie Venekamp u9b@squamishsoccer.ca
- U11 Boys Roz Gilbert u11b@squamishsoccer.ca
- U14 Boys Lorraine Ross u14b@squamishsoccer.ca
- U18 Boys Philip Trueman u18b@squamishsoccer.ca

Picture Day Coordinator:

Tracey Scott pictures@squamishsoccer.ca

* also a director

EXECUTIVE/ VOLUNTEER COMMUNICATION

Please feel free to contact the executive at any time, we are here to help you, but please think before you phone, we are all **volunteers** with our own personal lives.

Here are a few items to consider before contacting us:

- 1) Can you answer your own questions by re-reading briefing packages and/or WebPages?
- 2) Can another parent or coach in your League help you?
- 3) If it is not urgent, **please** use e-mail and we will respond as soon as we can.
- 4) If you do need to phone, don't be angry...or call late at night. Be reasonable and we'll try to help.
- 5) Remember...we are all here to help our children and youth have fun, playing this great game!

Squamish Youth Soccer Association
www.squamishsoccer.ca

Welcome to another season of soccer! A BIG thank-you to our returning coaches and a BIG welcome to new coaches joining us!

For the fall portion of the 2009-2010 season SYSA will be engaging in interlocking play with teams from Whistler and Pemberton in the U11, U14 and U18 divisions. Squamish teams will receive points for wins or ties when playing a Whistler or Pemberton team. All Squamish teams will play an equal number of games throughout the season. Points from the interlocking games will go towards the final standings in each division.

NOTE: There are no games scheduled for the Thanksgiving weekend in October or for the months of December, January or February



Coaches LOGIN

All coaches and assistant coaches can access team information through the SYSA registration system. You can link to this from the "Coaches' Corner" page on our website. Please contact your divisional coordinator for your login and password.

Age groups for the Season

League	Gender	# on Field*	Ball size	Half time (2X)	Officiated	Offside	Field of Play
U7	Girls	4	3	20 min	No	No	Field 9 & 10
U7	Boys	4	3	20 min	No	No	Field 9 & 10
U9	Girls	6	3	25 min	No	No	Field 5 & 6
U9	Boys	6	3	25 min	No	No	Field 5 & 6
U11	Girls	8	4	25 min	Yes	Introduce	Field 7 & 8
U11	Boys	8	4	25 min	Yes	Introduce	Field 7 & 8
U14	Girls	11	4	30 min	Yes	Yes	Field 1 & 4
U14	Boys	11	4	30 min	Yes	Yes	Field 1 & 4
Senior	Girls	11	5	40 min	Yes	Yes	Field 2 & 3
Senior	Boys	11	5	40 min	Yes	Yes	Field 2 & 3

note that this number includes the goalie

- 1) 5-minute half time
- 2) Make sure game starts at scheduled time. **IF YOUR GAME DOES NOT START ON TIME YOU WILL LOSE GAME TIME (i.e. 10 MINUTES LATE 5 MINUTES LESS PER HALF) Game after you will not start late to accommodate.**

Coaches on the field:

- U7 & U9 may have one coach on the field for the **whole game** the **whole season**
- U11 may have one coach on the field for the **whole game** for the **first half of the season**.
- U14 and up have **no** coaches on the field.

Fields open or closed???

Go to www.squamishsoccer.ca and click on "Field Update"

SCHEDULES

You will find your team list and schedule attached to this package. Schedules are also available on the web site at www.squamishsoccer.ca

UNIFORMS

- shin pads are mandatory (please insist that players wear them under their socks)
- soccer cleats are mandatory
- proper uniforms must be worn (black shorts, league shirt, black socks)
- shirts must be tucked in
- no jewellery (watches, bracelets, dangling chains, and earrings should be removed)
- no hard peaked caps
- in cold weather, warm-up layers for younger players should be worn under the uniform

EQUIPMENT

Each team will be given a ball bag, balls, and a pump. Please contact Kim Stanley at equipment@squamishsoccer.ca should you have any equipment difficulties.

ALL EQUIPMENT SHOULD BE RETURNED AT THE SAME TIME AS JERSEYS ON SOCCER WIND-UP WEEKEND

Please return all equipment at the end of the season. Lost balls and equipment not being returned will result in cost increases to players.

BALLS ARE EXPENSIVE PLEASE TRY TO GET THEM BACK TO US AND EVERYONE WILL SAVE SOME MONEY!

PICTURE DAY

Picture day is scheduled for Sunday October 18th. Order forms and the time of each team's picture will be given out by the team coach or manager. Picture day co-ordinator is Tracey Scott and can be reached at pictures@squamishsoccer.ca.

UNIFORM POLICY

Enclosed in your uniform box is a form for filling out jersey numbers and player names and numbers. This form is also available on line. Coaches or team managers are to complete this form and collect a \$25.00 deposit from each player in the form of a post-dated cheque to SYSA dated April 12th, 2010.

The uniform deposit in this form of a posted-dated cheque **must** be received by the team coach or manager before a uniform can be issued. This money will be held by the team manager until the uniform is returned at the end of the season.

Anyone that does not return his or her uniform by the end of the FINAL WEEK-END (April 11th) will NOT RECEIVE THEIR DEPOSIT BACK

Uniforms should be collected by team coaches and/or managers on Soccer Wind-up Weekend and returned to Pat Gilbert on that day. NO NEED TO WASH PRIOR TO RETURN.

Due to the lack of returned uniforms we are forced to put this policy in place because of the tremendous cost of replacing the uniforms.

WE ARE TRYING TO SAVE FAMILIES MONEY ON REGISTRATION COSTS.

No player is allowed on the field of play with any jewelry (this includes both male and female players) or without the proper uniform on.

A proper uniform consists of:

- League Jersey (provided by the league) - **must be returned**
- All Black Socks (provided by the league) - **player keeps**
- All Black Shorts - **player provides**

Jewelry includes barrettes, bracelets, rings, earrings, necklace and any other item that the referee deems to be a danger. Jewelry **MUST BE REMOVED**; players are not permitted to play with taped items.

The referee is within his rights to send a player off the field for not wearing a proper uniform or for refusing to take off jewelry/accessories.

RULES/BITS AND PIECES

- FIFA rules apply in all games
- **EVERY PLAYER MUST PLAY AN EQUITABLE AMOUNT OF TIME.**
- **PLAYERS FROM OTHER ROSTERS ARE NOT ALLOWED TO PLAY FOR YOUR TEAM AT ANY TIME.** IF YOU ARE CONSISTENTLY SHORT OF PLAYERS PLEASE CONTACT THE REGISTRAR AS THERE MAY BE PLAYERS WAITLISTED.
- **IF A PLAYER FROM ANOTHER ROSTER HAS BEEN REPORTED PLAYING ON A TEAM, THAT TEAM WILL FORFEIT ANY POINTS AWARDED.**
- U7 & U9 boys and girls will not play offside.
- Do not play unregistered players, they are not insured.
- If a child is no longer coming out, call the home, find out if they've quit. If so, collect the uniform and inform your division coordinator. Please also email the soccer association at registrar@squamishsoccer.ca as there may be players on the wait list who can be added to your roster.
- At the beginning of the season, the executive reserves the right to move players in an attempt to balance teams.
- Do not tell anyone they can be on your team. SYSA assigns children to team rosters, not the coaches and/or parents.
- A first aid kit and telephone are available in the concession. Professional medical attention (911) is the best when an injury occurs. Keys to open the gate for an ambulance are also in the concession stand. Please report serious injury to your division coordinator.
- Coaches must supply team names (i.e, Yellow Jackets). E-mail your team name (make sure you include what division you are in) to your division coordinator by September 30th.
- Start your games **ON TIME**. 10 minutes at 9:00am turns into 45 by 12:00 pm. 11-a-side soccer may start with 8 on the field; the opposing team does not have to reduce to equal strength.

IF YOUR GAME IS LATE STARTING YOUR GAME TIME WILL BE SHORTENED TO ENSURE THE FOLLOWING GAME STARTS ON TIME.

REFEREES

THE DECISION OF THE REFEREE IS FINAL

It is the responsibility of the coach to maintain a respectful atmosphere for the referee, his team, team parents and of course themselves.

If you have a referee problem please contact Jose Oreamuno at 604-898-5579 or at headref@squamishsoccer.ca

REMEMBER CHILDREN ARE OFFICIATING MOST GAMES, AND THEY ARE LEARNING TO BE OFFICIALS JUST AS THE PLAYERS ARE LEARNING TO BE PLAYERS. THEY ARE EASILY INTIMIDATED. Even if you think you are being constructive you may not be. Let Jose deal with specific problems or misunderstood rules.

If a player is red carded they are automatically suspended from the remainder of the game and the next scheduled game.

Our goal is to have referees at all games; a schedule will be placed on the concession stand bulletin board for the refs to sign up for specific games. At times, not enough refs may be available. **Please let Jose or Diana know if you are going without refs.**

PLEASE LEAD BY EXAMPLE WHEN DEALING WITH OUR REFS AND MAKE THAT EXAMPLE A POSITIVE, RESPECTFUL ONE.

Note: There may not be referees at the U7 & U9 level.



RAINY WEATHER

Please remember this is BC not Arizona, so try to play all your games whenever possible.

The squish test will happen Friday afternoon at approximately 4:00 pm and the soccer website will be updated as soon as possible thereafter. Please consult the website www.squamishsoccer.ca for confirmation.

In years past, all grass fields have been closed when it has been deemed by the designated squish tester and the head referees that damage would occur to fields if played on and/or the safety of the children is compromised.

A Field closure policy has been drafted with the District of Squamish and is on the following page.

Please read closely and adhere and respect the decisions made by the field managers.

NO GRASS PRACTICES ALLOWED ON THE BRENNAN PARK FIELDS FROM NOVEMBER 1, 2009 THROUGH FEBRUARY 28, 2010

U14 and older (plus travel teams) will have access to the all weather fields in the event the grass fields are closed. An alternate schedule will take effect (games times may be different from the original schedule) and will be posted on the website at www.squamishsoccer.ca/pages/schedules.php in early October.

GAME CANCELLATIONS

If you **MUST** cancel a game (not enough players) you must do so prior to Friday night. Give the other team as much notice as possible.

**IF YOU CANCEL A GAME, YOU MUST ALSO ARRANGE TO CANCEL YOUR REFEREE:
CONTACT: Jose (U14/U18 or Travel – headref@squamishsoccer.ca) or
Diana (U7/U9/U11 – referees_jr@squamishsoccer.ca)**

Teams just not showing up forfeit the game and their points.

If you are scheduled in the concession and you cancel your game you are still on the hook for your shift. Blanket cancellations....concession is closed....LUCKY YOU!

Coaches are responsible for rescheduling cancelled games. Please check with your division coordinator so confirm that a field is available and contact Jose or Diana to arrange for a referee.

The league play ends November 28, 2009. All games must be played by the end of December 2009 to count towards league play standings.

OPEN/CLOSURE POLICY FOR SOCCER FIELDS DURING UNCERTAIN WEATHER CONDITIONS

There is collaboration between experienced representatives of soccer user groups (Squamish Youth Soccer & the Squamish Soccer Association) to work through field opening/closure decisions during uncertain weather conditions. However, the District of Squamish makes the final decision.

Policy guidelines and actions

At 4:00 pm on a Friday a representative of Squamish Soccer (Chief Referee, Jose Oreamuno or his designate) will meet with the Parks' representative to walk the fields. This cannot be earlier due to work commitments of volunteers.

a) In the first instance they will look at safety - ice, snow or extensive standing water would cause total field closure.

b) Secondly, the aim will be to maximise usage, both for the week-end in question and considering the upcoming weeks. This means avoiding excessive damage, but accepting that usage of fields will indeed lead to some damage requiring repair and maintenance.

c) Thirdly, variable opening of fields, allowing younger (lighter) players to go on grass, when older players or adults may be moved to all weather. It is expected that U7, U9, U11 and U12 games will always be played on grass, except where there is a safety issue. Be sure to check the website if there is any doubt.

d) Fourthly, in marginal conditions, where limited games may be acceptable and/or conditions are improving (as they often do within hours, as weather changes), the senior referees (Jose or Bobby) may choose to open grass selectively. This is a critical flexibility with regard to some travel team situations, i.e. cup games.

e) Between Nov 1st and February 28th all teams will be instructed to train on the all-weather fields. That is, grass will only be open for games. This will reduce wear and tear and allow recovery time between week-ends.

Communication to Users

Based on the above, SYSA will communicate via its website to its members regarding any closures. The Parks and Recreation Department will advise the Rec. Centre front desk in up to date to answer public enquiries.

A permanent sign, noting field numbers and allowing for variable open/close signs.

Based on the above, SYSA would work closely with ground staff to monitor any transgressions and encourage compliance, using penalties on teams that do not follow the new, clear, joint policies.

PRACTICES

Brennan Park grass fields are available for House League practices on Mondays and Wednesdays and Travel Practices on Tuesdays and Thursdays. Mid-week scheduled or

make up games take precedence over practices. U11 and older should practice at Brennan Park when possible. School fields may be used for the younger divisions.

School Gyms

Please contact Diane Gamba at the School Board Office 604-892-5228 to enquire about the availability of school gyms and the cost.

If you want to practice in a school gym during the winter, it is your responsibility to book the gym through the school board office. You will enter into a contract directly with School District #48. It is your team's responsibility to pay for the gym or school field admin costs.

All Weather Fields (LIGHTS)

The All-Weather fields are available for practice. Normally two teams can practice at the same time on each field (A and B). A practice schedule will be prepared and coaches will be able to book fields. The procedure for booking fields will be announced on the web site www.squamishsoccer.ca in mid September.

All Weather fields have a \$20.00 per hour fee for using the lights. SYSA does not assume any responsibility for the payment for the use of lights. Individual teams are responsible.

Coaches wanting to book the all-weather fields will need to contact Katrina or Sue to schedule practice time(s). Lights are turned on remotely at the Civic Centre for scheduled practices. You do not need to sign in to have the lights turned on.

Please ensure that all children have been safely picked up prior to leaving the grass or all-weather fields. Please ask parents to ensure that a coach is present before leaving their child at the field for evening practices.

PARENT COMMUNICATION

Copies of a Parent Code of Conduct is enclosed with your coaches' package to distribute to parents at your first practise/game. It reminds **us all of how we should behave**. Soccer should be a positive experience for everyone involved and individuals' behaviour is the key to achieving this goal!

SCORES

After each game please make sure to sign the ref's slip (they can't get paid without it.)

All U14 and U18 teams are to report scores (whether you won or lost) to scores@squamishsoccer.ca by Monday at 6:00 pm in order to have the score included in the standings.

IF YOU DO NOT REPORT YOUR SCORE BY MONDAY AT 6:00 PM YOU WILL FORFEIT YOUR POINTS - NO EXCEPTIONS.

When reporting scores, please make sure you include: date, team # & name (as well as the opposing team #), division & gender, and of course the score. There are a lot of teams, so Pat will not know who you are talking about if you just say the Red Cherries won 4-3.

In accordance with BC Soccer rules, U7, U9 and U11 leagues will not be keeping standings so you DO NOT need to report scores. No "winner" will be declared at the end of the season, and all children will receive a token of their participation in soccer. The goal in these age categories is skill based. This is in keeping with the philosophy of mini-soccer, which facilitates skill development in small groups and the emphasis of fostering a fun environment where everyone has a positive experience, keeping these players in the game for the long term.

CONCESSION SCHEDULE

Each team will be responsible for providing 3-4 volunteers for a given date and time. The Concession Schedule will be posted soon at www.squamishsoccer.ca/pages/concession.php

Please make sure your team provides 3-4 volunteers for your assigned time slot. Each team will be responsible for an am or pm shift in the fall and in the spring. One week prior to your team's scheduled time, you must confirm you will be able to cover your shift by email at concession@squamishsoccer.ca. If a team has not confirmed their attendance, or does not provide volunteers, the concession will be closed for that time period and a sign posted.

YEAR END PLAYER EVALUATION

At the end of the season, we will be asking all coaches to complete an on-line evaluation of all of the players on their teams. The evaluation "scores" and particularly any supporting commentary are invaluable tools when trying to balance teams for the next year. Each coach / assistant coach may separately submit evaluations for each child.

Please complete the evaluation by the last weekend of the season. It really assists coordinators when they are making teams next year.

RISK MANAGEMENT FORM

Every coach and assistant coach **must** complete the risk management form accompanying this package. These forms must be returned to your division coordinator no later than **September 22nd**.

SYSA FORMAL BULLYING POLICY

-- Please review with your team--

(Also posted online at www.squamishsoccer.ca/pages/bullying-policy.php)

Statement of Intent

We are committed to providing a caring, friendly and safe environment for all of our members so they can participate in a relaxed and secure atmosphere. Bullying of any kind is unacceptable at our association. If bullying does occur, all athletes or parents should be able to tell and know that incidents will be dealt with promptly and effectively. We are a TELLING association. This means that anyone who knows that bullying is happening is expected to tell the coach, manager, coordinator or any executive member.

What Is Bullying?

Bullying is the use of aggression with the intention of hurting another person. Bullying results in pain and distress to the victim. It is done to intimidate, coerce, fear, control, embarrass or exclude.

Bullying can be:

- Emotional being unfriendly, excluding (emotionally and physically), sending hurtful text messages, tormenting, (e.g. hiding cleats/clothing, threatening gestures)
- Physical pushing, kicking, hitting, punching or any use of violence
- Racist racial taunts, graffiti, gestures
- Sexual unwanted physical contact or sexually abusive comments

- Homophobic because of, or focussing on the issue of sexuality
- Verbal name-calling, sarcasm, spreading rumours, teasing

Bullying may be:

- Planned or unintentional
- Individual or group action(s)
- Of an isolated or continual nature

Why is it Important to Respond to Bullying?

Bullying hurts. No one deserves to be a victim of bullying. Everybody has the right to be treated with respect. Athletes who are bullying need to learn different ways of behaving.

This association has a responsibility to respond promptly and effectively to issues of bullying. Bullying will not be tolerated.

Recommended Action If You Are Bullied

1. You may try to deal with it yourself – but don't feel you have to, you will be supported
 - stay calm.
 - ignore it (use self talk and remember often those who bully are disguising their own problems) walk away.
 - ask them to stop
 - identify a network of trusted adults or peers you can talk to, seek support from your network - it is good to let someone know what is happening.
 - *If this does not stop the bullying, persist!*
2. You may choose to confront the person
 - take a support person e.g. a friend, an executive member, or an older athlete.
 - stand up for yourself - let them know how it makes you feel.
 - tell them you don't like what they are doing and you want it to stop.
 - tell them they are breaking association rules that the association will enforce.
 - *If this does not stop the bullying, persist!*
3. You may seek help - you will be supported
 - go to an association official, coach, parent, another adult
 - tell the adult everything.
 - *Keep on telling until the bullying stops!*

Procedure

1. Report bullying incidents to the coach, manager, coordinator or a member of the executive.
2. Coach/adult needs to contact the executive immediately.
3. Parents should be informed and will be asked to come in to a meeting to discuss the problem.
4. If necessary and appropriate, police will be consulted.
5. The bullying behaviour or threats of bullying must be investigated and the bullying stopped quickly.
6. An attempt will be made to help the bully (bullies) change their behaviour.
7. If mediation fails and the bullying is seen to continue the association will initiate disciplinary action.

Recommended Action

If the association decides it is appropriate for them to deal with the situation they should follow the procedure outlined below.

1. Reconciliation by getting the parties together. It may be that a genuine apology solves the problem.
2. If this fails/not appropriate a small panel (including executive members and the division coordinator) should meet with the parent and child alleging bullying to get details of the allegation. Minutes should be taken for clarity.
3. The same panel should meet with the alleged bully and parent/s and put the incident raised to them to answer and give their view of the allegation. Minutes should again be taken.
4. The same panel should also interview any witnesses to gather additional information; again, minutes should be taken.
5. If bullying has in their view taken place the athletes should be warned and put on notice of further action (see below). Consideration should be given as to whether a reconciliation meeting between parties is appropriate at this time.
6. All coaches involved with both athletes should be made aware of the concerns and outcome of the process i.e. the warning.

Consequences For Those Who Bully

Athletes found to be bullying teammates or members of other teams/clubs may face consequences including:

- Restitution for any damage to property or personal possessions
- Temporary or permanent suspension
- Benching

Any retaliation by athletes, or their parents, against someone who reports bullying will be dealt with very seriously.

Prevention

- Bullying discussion will be added to initial meeting with coaches.
- Bullying policy will be added to the association's web page.
- Bullying policy will be emailed to all parents at the beginning of each season.

LAST NOTE

Please remember to call your executive if you have any questions or concerns, we can't act if we don't know. But at the same time please remember that, like you, we are all volunteers. We all respond better when spoken to in a polite and considerate manner.

PARENTAL SUPPORT

THE KEY TO PEAK PERFORMANCE

The role that parents play in the life of a soccer player has a tremendous impact on their experience. With this in mind, we have taken some time to write down some helpful reminders for all of us as we approach the upcoming tougher games. If you should have any questions about these thoughts, please feel free to discuss it with us, the coaches.

1. **Let the coaches coach:** Leave the coaching to the coaches. This includes motivating, psyching your child for practice, after game critiquing, setting goals, requiring additional training, etc. You have entrusted the care of your player to these coaches and they need to be free to do their job. If a player has too many coaches, it is confusing for him and his performance usually declines.
2. **Support the program:** Get involved. Volunteer. Help out with fundraisers, car-pool; anything to support the program.
3. **Be you child's best fan:** Support your child unconditionally. Do not withdraw love when your child performs poorly. Your child should *never* have to perform to win your love.
4. **Support and root for all players on the team:** Foster teamwork. Your child's team-mates *are not* the enemy. When they are playing better than your child, your child now has a wonderful opportunity to learn.
5. **Do not bribe or offer incentives:** Your job is *not* to motivate. Leave this to the coaching staff. Bribes will distract your child from properly concentrating in practice and game situations.
6. **Encourage your child to talk with the coaches:** If your child is having difficulties in practice or games, or can't make a practice, etc., encourage *them* to speak directly to the coaches. This "responsibility taking" is a big part of becoming a big-time player. By handling the off-field tasks, your child is claiming ownership of all aspects of the game - preparation for as well as playing the game.
7. **Understand and display appropriate game behaviour:** Remember, your child's self esteem and game performance is at stake. Be supportive, cheer, be appropriate. To perform to the best of his abilities, a player needs to focus on the parts of the game that they can control (his fitness, positioning, decision making, skill, aggressiveness, and what the game is presenting them). If he starts focusing on what he can not control (the condition of the field, the referee, the weather, the opponent, even the outcome of the game at times), he will not play up to his ability. If he hears a lot of people telling him what to do, or yelling at the referee, it diverts his attention away from the task at hand.
8. **Monitor your child's stress level at home:** Keep an eye on the player to make sure that they are handling stress effectively from the various activities in his life.
9. **Monitor eating and sleeping habits:** Be sure your child is eating the proper foods and getting adequate rest.
10. **Help your child keep his priorities straight:** Help your child maintain a focus on schoolwork, relationships and the other things in life beside soccer. Also, if your child has made a commitment to soccer, help him fulfil his obligation to the team.
11. **Reality test:** If your child has come off the field when his team has lost, but he has played his best, help him to see this as a "win". Remind him that he is to focus on "process" and not "results". His fun and satisfaction should be derived from "striving to win".
12. **Keep soccer in its proper perspective:** Soccer should not be larger than life for you. If your child's performance produces strong emotions in you, suppress them. Remember your relationship will continue with your children *long after* their competitive soccer days are over. Keep *your* goals and needs separate from your child's experience.
13. **Have fun:** That is what we will be trying to do! We will try to challenge your child to reach past their "*comfort level*" and improve themselves as a player, and thus, a person. We will attempt to do this in environments that are fun, yet challenging. We look forward to this process. We hope you do to!