



# Bethalto FC Handbook

## 2026

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## Welcome to Bethalto FC

Dear Players and Families,

Welcome to another exciting season with Bethalto FC (BFC)!

We are thrilled to have you as a part of our soccer community. Weather you are new to Bethalto FC or are returning, thank you for choosing to grow with us on and off the field.

At Bethalto FC our mission is to positively impact the development of youth in our community by providing soccer programs to young players of all ages and playing abilities. Hoping to create a

lifelong passion for the sport of soccer, and to help raise the level of soccer in our community. This handbook is designed to help guide you through the season and set clear expectations for players, Parents, and coaches alike.

Please take a few moments to review the information in this handbook. It outlines our core club values, policies, and practices that help us ensure fairness, respect, and consistency across all teams within the club.

We look forward to season full of growth, excitement, and great memories. Thank you for being a part of the BFC family—we're glad to have you with us.

See you on the field.

## Bethalto FC

### Our Mission

Bethalto FC is a nonprofit soccer organization located in Bethalto, IL. Since 2013, we have been one of the most trusted clubs by many in the region. We aim to provide a supportive environment for players like you so you can develop your skills, and achieve the mental and emotional growth that you need.

### Our Vision

Bethalto FC strives to develop soccer players who pursue their personal best as athletes and individuals alongside coaches and parents.

### Our Values

- Respect
- Integrity and Sportsmanship
- Teamwork
- Excellence

### Program Overview

Bethalto FC is dedicated to providing a positive and developmentally appropriate soccer program for players of all ages and skill levels. Our programs are designed to foster growth in technical skills, tactical understanding, physical fitness, and character development—while keeping the game fun, inclusive, and challenging.

### Age Group Structure

Bethalto FC offers programs for players ages K- 8th, organized by grade level.

## K - 3rd (Foundation Phase)

Players develop core technical and tactical skills. Training emphasizes building core technical skills (dribbling, passing, defending, etc). All while promoting good sportsmanship.

## 4th - 8th (Tactical Phase)

A more advanced training environment where players begin to refine their skills, learn systems of play, and learn adjustments based on game situations. Commitment, teamwork, and leadership are highlighted.

## Season Format

Bethalto FC offers a fall season, typically running:

**Fall Season:** August to November

Each season includes weekly practices and weekend games, as well as opportunities for club wide training, friendly matches, etc.

## Training and Development

All training sessions are led by Bethalto FC volunteer-trained coaches using age-appropriate, evidenced-based methods that are in line with US Soccer standards. We aim to provide:

- A safe and inclusive learning environment
- Individual skill development and teamwork
- Respect for coaches, teammates, opponents and referees
- A focus on improvement and growth

## Game Play

Bethalto FC recommends that our teams compete in CASA (Collinsville Area Soccer Association) during the fall season. CASA typically hosts their matches on Saturday or Sunday. CASA has been a valued supporter of Bethalto FC for many seasons and offers a level of competition we feel fits the need of the club. However, if a certain team would like to play in a league that differs from the club recommendation, that coach should bring that to attention of the Administration team and it will be decided upon a case by case basis.

## Team Organization

Based on US Soccer's recommendation, all Bethalto FC sponsored training, coaching, and playing activities will be organized and/or conducted by Bethalto FC coaching staff or Bethalto FC approved trainers. All volunteer coaches within Bethalto FC will be required to take "Safe Sport" training, will be US Soccer certified, or practice plans will be provided by a US Soccer certified member of our Administration team. If a volunteer coach is unable to attend a training

or match, they must first notify the club President or Vice President of the who the replacement for that training or match will be.

# Equipment and Uniform Guidelines

## Uniforms

Bethalto FC utilizes Champro as our uniform supplier. A link will be provided for athletes to purchase their uniforms. A minimum kit is required, and typically includes a home jersey, shorts, and one pair of socks. Our uniforms consist of a purple jersey, purple shorts, and gold socks. Each player should make their best effort to wear the team approved uniform to every match. Cleats and shin guards are not included but are required for training and matches. Uniforms are typically updated on a 3-year cycle, but could remain for a longer cycle.

## Required Equipment

Soccer Ball: Players should bring a properly inflated ball to every practice. Bethalto FC will have a limited number of extra balls.

- Size 3: U5 – U8
- Size 4:: U9 – U12
- Size 5: U13 and older

Shin Guards: Must be worn under socks for all training sessions and games. This is required for safety and compliance with league rules.

Soccer Cleats: Athletic footwear appropriate for grass. No baseball cleats or football cleats (toe spike).

Water Bottle: Labeled with the player's name. Hydration is critical—please ensure the player is sent enough water for the entirety of the training session.

Weather-Appropriate Clothing: Layers for cold weather (gloves, hat, thermal shirt/leggings under practice gear), rain jacket. No hooded sweatshirts allowed during matches for safety.

# Code of Conduct and Commitments

## Players and Coaches

We have a responsibility to hold high standards of behavior in the game. Bethalto FC will implement this code of conduct to ensure soccer can be enjoyed in a safe, positive environment. Remember, youth soccer is a fun time for players to develop their technical, physical, tactical and social skills. Winning isn't everything. Play your part and help enforce the Bethalto FC Code of Conduct for Players and Coaches at all times.

### When playing soccer, I will:

- Always give my best effort
- Play fairly – I won't cheat, complain, or waste time
- Respect my teammates, the other, the referee, and my coach/trainer
- Play by the rules
- Shake hands with the other team and referee at the end of every match
- Listen and respond to why my coach/trainer tells me
- Never engage in, or tolerate, offensive, insulting, or abusive language or behavior

### I understand that if I do not follow the Code of Conduct, any/all of the following actions may be taken by Bethalto FC:

- Be required to apologize to my teammates, the other team, referee, or team coach
- Receive a formal warning from the coach or the club administration
- Be substituted
- Be suspended from training or match play
- Be required to leave the club

## Parents/Guardians

Soccer is an exciting, fast moving and, fun game. Coaches, players and fans should remember that the objective is to have fun and learn the game of soccer. It is important to our soccer program that all participants conduct themselves in a positive and responsible manner.

Bethalto FC will **NOT** tolerate the behavior that brings the club, team, or game into disrepute. Remember, youth soccer is a time for players to develop their technical, physical, tactical and social skills. While we strive for winning and competitiveness, it is not everything. Inappropriate comments or actions by adults bent on short-term success rather than the long-term benefits, undermines competition and introduces stresses that are unsuitable for our athletes.

**I will set a good example for my child by behaving in accordance with the Bethalto FC Code of Conduct by following:**

- I will not openly criticize the referees before, during, or after matches
- I will not openly criticize our opponents or engage in arguments with their parents or officials during or after matches
- I will only give positive feedback to players on both teams
- I will cheer at all matches within the spirit of fair play
- I will be mindful of our opponents when cheering for our team in lop-sided games.
- I will do my best to teach my player to become a student of the game and do likewise
- I will show the quality of our sportsmanship during and after each match and encourage my child to congratulate opponents and match officials after every match
- I will do my very best to have my child on time and prepared for every match
- I understand that, improper behavior at a match, training, or other Bethalto FC sponsored events may result in a parent being asked to leave the field or the event by a referee, coach, or administration member
- I understand that, upon review of improper behavior by members of the administration team, a parent can, and will if necessary, be suspended from watching their child play, should such behavior be considered rude or otherwise offensive
- I will the leave the instruction to the coach/trainer and refrain from giving my child or teammate any instructions during training or matches
- I will endeavor to give timely notice (more than 24 hours) to my coach/trainer should my child be unable to attend a team event
- Should I have soccer-related concerns regarding my child, I agree to reflect for at least 24 hours before raising the issue with the coach/trainer

Failure to comply with the Parent Code of Conduct could result in removal from the fields or club.

By accepting any position within the club, parents and athletes agree to the code of conduct.

# Bethalto FC Policies and Procedures

## Forming of Teams

Teams will be formed based on the following guidelines:

- Teams will be formed first foremost by grade level to allow for team continuity year over year.
- A player may be allowed to play up a grade level only if their current grade level has a surplus of players, and with special consent from Bethalto FC administration staff and the child's parent or guardian. The league may also require a consent form to be signed.
- Assignment – Bethalto FC will do our best to keep players with the same team and coach they played with the previous season, unless otherwise requested by the child's parent/guardian
- Bethalto FC reserves the right to move any player to any as the need arises based on multiple factors, including but not limited to registration numbers, teams in a specific grade level, etc.

## Guest Players

Guest players on a given can only consist of currently registered Bethalto FC players with a club approved uniform and should be within the age group of the team in need. **NO** player will be allowed to play down an age group. **NO** guest players from outside of Bethalto FC shall be allowed. If a guest player is needed, that coach should reach out to the administration team if help is needed.

## Club Conflict and Resolution for Players/Parents

At Bethalto FC, we believe open, respectful communication is key to resolving conflicts in a positive and productive way. If issues arise between players, parents, or coaches/trainers, we encourage concerns to be addressed calmly and directly following a clear process that supports understanding and resolution. Our goal is to maintain a supportive environment where everyone feels heard and respected. Use the following steps to assist with any conflicts that may arise:

- If a conflict arises between your player and the coach, please contact your coach to schedule a meeting time after training or a match. At U13 and older, we believe that part of growing as a player is to be able to communicate with your so it is important that your player be present for such issues as playing time concerns, effort concerns, or performance questions.
- For other concerns and if your concerns above were not satisfactorily met, please inform your coach that you would like the club President or Vice President to be involved. Contact the President or Vice President to arrange a time to discuss the concerns.
- If the concerns are still not addressed and you feel you need to talk to the Bethalto FC administration team, please inform the President or Vice President, and they will arrange to have a meeting with current Administration team members. The full administration team will be notified of the request and reserves the right to be present at the meeting.

## Payment of Fees

All players will be expected to pay their fees **before the first league game**. Payment can be made via cash or online. Bethalto FC will work hard to help parents and players navigate payments, but it is the responsibility of each Bethalto FC family to make sure they are up to date on payments.

For the 2026 Bethalto FC season the club fees, league fees, and uniform costs are broken down as follows:

- Bethalto FC Club Fees: \$35
- CASA League Fee: \$95 (Kindergarten)
- CASA League Fees: \$115 (1st - 8th Grade)
- Uniform Fees: \$88

Bethalto FC club fees are used for, but not limited to, secure our field rentals, summer programs, player sponsorships, and other administrative costs.

There may be other costs associated with a specific team/coach, such as tournaments. Those fees are above and beyond the fees listed above.

## Weather Policy

Bethalto FC collaborates with the Bethalto School District, on which the fields sit. We take great pride in our fields, and Bethalto School District puts a great deal of time and money into their upkeep. As such, when the fields are wet and the potential of harming field integrity is high. **ALL** fields will be closed.

Bethalto FC follows common guidelines on weather delays. Training and matches will be suspended and will not resume until 30 minutes after the last sign of lightning/thunder.

Bethalto FC follows US Soccer guidelines regarding extreme heat.

## Practice Cancellations

On those days when inclement weather forces the sports complex to close, you will be notified by your coach/trainer.

## Photo Release

Informed consent will be obtained and documented by signing for photo consent form.

## Risk Management

Bethalto FC requires all persons over the age of 19 that will directly work with youth players (e.g. Head Coaches, assistant coaches, trainers, etc) to complete "Safe Sport" training according to US Soccer guidelines.

## Player Safety Policy

Bethalto FC is committed to providing a safe environment for players, parents, coaches, and administrator by having all coaches/trainers complete the following:

- Curated training program by Bethalto FC Administrators
- Complete US Soccer "Safe Sport" training
- Complete US Soccer Grassroots certification

During the registration process players, parents, and coaches agree to follow Club Expectations and Club Policies.

## Concussion Procedures

Guidelines are in place through Safe Sport, which outlines the proper protocol when dealing with a suspected concussion. All Bethalto FC coaches/trainers have successfully completed Safe Sport training.

**As mandated by US Soccer, player age 11 and under will not be permitted to head the ball.**

## Return to Play (RTP) Procedures After a Concussion

Return to activity and play is a medical decision. The athlete must meet all of the following criteria in order to progress to activity:

1. Asymptomatic at rest and with exertion (including mental exertion in school) AND have written clearance from their primary care provider or concussion specialist (athlete must be cleared for progression to activity by a physician other than an Emergency Room physician, if diagnosed with a concussion)
2. Once the above criteria are met, the athlete will be progressed back to full activity following the step-wise process detailed below. (This progression must be closely supervised by Certified Athletic Trainer. If your school does not have an athletic trainer, then the coach must have a very specific plan to follow as directed by the athlete's physician.)
3. Progression is individualized and will be determined on a case by case basis. Factors that may affect the rate of progression include: previous history of concussion, duration and type of symptoms, age of the athlete, and sport/activity in which the athlete participates. An athlete with prior history of concussion, one who has had an extended duration of symptoms, or one who is participating in a collision or contact sport may be progressed more slowly.
4. Step-wise progression as described below:

**Step 1:** Complete cognitive rest. This may include staying home from school or limiting school hours (and studying) for several days. Activities requiring concentration and attention may worsen symptoms and delay recovery.

**Step 2:** Return to school full-time.

**Step 3:** Light exercise. This step cannot begin until the athlete is no longer having concussion symptoms and is cleared by a physician for further activity. At this point the athlete may begin walking or riding an exercise bike. No weight-lifting.

**Step 4:** Running in the gym or on the field. No helmet or other equipment.

**Step 5:** Non-contact training drills in full equipment. Weight-training can begin.

**Step 6:** Full contact training can resume.

**Step 7:** Play in matches. Must be cleared by physician before returning to play.

The athlete should spend 1 to 2 days at each step before advancing to the next. If post-concussion symptoms occur at any step, the athlete must stop the activity and the treating physician must be contacted. Depending upon the specific type and severity of the symptoms, the athlete may be told to rest for 24 hours and then resume activity at a level one step below where he or she was when the symptoms occurred.





## Bethalto FC Concussion Return to Play Form

This form is adapted from the Acute Concussion Evaluation (ACE) care plan on the CDC website.

**Please initial any recommendations that you select below:**

1. Athletes should not return to to training or matches for at least 24 hours after their head injury has occurred.
2. Athletes should never to return to play if they still have ANY symptoms.
3. Athletes: Be sure that your coach/trainer are aware of your injury and symptoms, and that they have the contact information for the treating physician.

Athlete's Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Date of Injury: \_\_\_\_\_

THIS RETURN TO PLAY IS BASED ON TODAY'S EVALUTION

Date of Evaluation: Care Plan Completed By:

Return to This Office (Date/Time):

The following are the return to sports recommendations at the present time:

- Do NOT return to sports practice or competition at this time.
- May gradually return to sports practices under the supervision of the healthcare provider for your school or team
- May be advanced back to competition after phone conversation with attending physician.
- Cleared for full participation in training and matches

Evaluators Name:

Office Number:

Evaluators Signature:



## PARENT'S WEB PHOTO CONSENT AND RELEASE FORM

Bethalto FC requires a signed release form from the subject of any photograph or image used on its web site or social media pages. This form must be completed by individuals or parents of individuals who wish to submit photographs for publication or who may be the subject of photographs to be published on this website. Bethalto FC will not publish any image of a minor unless his or her parent or legal guardian has signed a release form.

### PHOTO RELEASE AND CONSENT FORM

I hereby grant permission to Bethalto FC to use my image on its web site, Facebook page or promotional material without further consideration. Permission is also granted to use images of my children listed below. I understand that no names will be used on the web site unless specific permission, in written form, is given to an appropriate staff member. I understand that once any image is posted to the Bethalto FC web site, the image can be downloaded by any computer user around the world. I hereby attest that I am the legal parent/guardian of the child(ren) listed below. This consent is effective until such time as I revoke it in writing and provide a copy of the revocation to Bethalto FC.

Effective immediately, on the \_\_\_\_\_ day of \_\_\_\_\_, 20\_\_\_\_\_.  
\_\_\_\_\_  
(Print full legal name of parent or guardian.)  
\_\_\_\_\_  
(Legal signature)  
\_\_\_\_\_  
(Print full legal name of minor.)  
\_\_\_\_\_  
(Print full legal name of minor.)  
\_\_\_\_\_  
(Print full legal name of minor.)

**If you have questions regarding this policy please contact us:**

Email: [socceradmin@bethaltofc.org](mailto:socceradmin@bethaltofc.org)

Message us on Facebook

