

While we're doing our part to "socially distance" and "flatten the curve," MVSC would like to help keep your kids active and healthy, while also providing them with some much needed structure and routine. We may be kept off the fields and kept away from our teammates, but we can still train, improve our skills and fitness, and enjoy the soccer ball together!

MVSC is excited to test online, interactive Zoom video training sessions for all of our Spring Academy registrants. Zoom sessions will take place weekly, from **April 6 - May 8**.

## **FAQ**

### **What is Zoom and how do I access it?**

Zoom is a free video conferencing App that is easy to use for remote learning. We will be offering live, professionally coached training sessions through the Zoom App to connect with our Academy players, keep everyone active, and continue to build skills during this challenging time.

In order to access a zoom session, you need to download the zoom app onto your device. Due to the screen size, we suggest your player use either an ipad or a laptop, rather than an iphone. We will email you an invitation to join a zoom session for your group. In that invitation you will see a hyperlink and a meeting ID number. You will need both of these to join the meeting.

### **Step 1: Install Zoom App**

- iPads or iPhones: [CLICK HERE](#) (install "Zoom cloud meetings")
- Android Devices: [CLICK HERE](#)
- Mac or PC: [CLICK HERE](#) (install "Zoom Client for Meetings")
- Chromebook: [CLICK HERE](#)

**Step 2:** If you aren't familiar with Zoom meetings yet, please take a moment and watch [this short tutorial](#) about how to test your microphone and camera prior to a session.

**Step 3:** Join the session:

- Five minutes prior to the scheduled session time, click your session link.
- Wait for your Coach to join the meeting.
- Click "yes" to use your camera & microphone
- Choose "call using Internet Audio"
- Click "start video" if you cannot see yourself

Recap:

1. Download the Zoom app to an ipad, laptop, computer, or last choice: mobile phone. You do not need to register for an account. Our Coaches will have accounts, but our players need only the app and an invitation to join.

2. An email with a link to Zoom sessions will be sent to the parent email addresses we have on file (sent on 4/4 or 4/5).

3. At the start time of the meeting, click on the hyperlink in your email invitation. This will take you to a page where you will be asked to join zoom.us. Click on zoom.us and you will be asked to enter your meeting ID number. From here, you will be connected to your session.

4. Once you connect, you will see your Coach and other players in the group as they join the session. Sessions will last approximately 30-45 minutes.

### **What is the schedule of Zoom sessions offered for my child's group?**

[SCHEDULE](#)

### **Do I need to RSVP?**

No. Your child can join sessions assigned to his or her group whenever he or she is able to do so.

### **What else do I need to know?**

First, it's important to keep in mind that (for obvious reasons) our Coaches will not be able to supervise participants. Parents are responsible for the safety and well being of your children during Zoom interactive learning sessions.

### **What does each player need to bring?**

Players should have the following at each training session:

- Computer, ipad or phone with Zoom App
- a soccer ball
- a space that is at least 5 yards X 5 yards
- 5 cones or 5 socks (for markers) on the ground/floor
- Players should wear clothing appropriate for training

We recommend that players use an outdoor space whenever possible, to prevent accidental damage inside the home! Also, please take care where you locate the audio/video device, to avoid damage to the device from the soccer ball.

### **Do you recommend any online video training sessions that my child could do on his or her own?**

MVSC has posted a number of links to good self-training soccer workouts [HERE](#).

### **Questions?**

Please contact Rick Fullerton, MVSC's Director of Coaching and Player Development:

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