

FC Sol

Introduction:

Since its inception a few years ago Sonoma County Futbol Club Sol has enjoyed growing success in soccer. We have quickly developed a strong training program, a dedicated coaching staff, and a strong club environment. During this time we have also encountered some problems.

Before you become a member of FC Sol we want to be clear about what can be expected from your club participation. The club has a few basic rules and regulations which if followed will insure everyone's participation will be a positive one and will insure you and your children will remain a member for a life time.

We have found many of the problems are related to a lack of communication or unclear communication between the Club, coaching staff, the players and the parents. We have designed this agreement to inform you about the club, its programs and its decision making process. Above all we hope to help all of the club members – players, parents and coaches - enjoy their participation in the club and maximize each players training program.

SOLgoals:

The goals for the SOL program are simple.

First and foremost we want the players to enjoy soccer and to have fun. We want players to look forward to soccer. We want them to want to play on their own, watch soccer to TV and watch local live soccer. We want to show them a side of soccer seldom experienced by most Americans.

We believe every aspect of the program should be fun for players. It is vital to set and strive for this goal. But while fun and enjoyment must be our main goal we need to educate player's that dedication, hard work, concentrating and training can be fun.

Our second goal is to help each player become better players and people. We have an agreement with each player who makes a team to help them develop and improve as much as possible. We place their early development above winning when the players agrees to follow the rules, practice and participate as a team member to the best of their abilities.

This agreement is based on the understanding players want to improve and are willing to work with the coach to do so. All parts of the program are designed to help the players improve. Practice, games, tournaments and homework exist for players to enjoy soccer and improve.

Players can expect to have their development as our main goal. Development is more important than winning, especially at an early age, although they are not mutually exclusive. The balance between winning and development is ever present.

Each team has players with different abilities. If we choose to play only the best players because we wanted to win we would not give the other players a chance to play, develop or have fun. While it may be better for the teams winning percentage it is not better for the players who receive little or no game experience, have a bad experience and quit our club. Development of all players must happen in SOL.

The third goal is to offer a sound, uniform coaching program presented to the players in a positive manner. Players can expect to be coached in a positive, energetic way.

Coaches should be able to motivate, encourage, lead and teach in a fair manner. Coaches should use their playing experience, coaching experience and soccer expertise to challenge players each time they step on the field.

This does not mean the coach will not be critical or demand discipline. It does mean that when they are critical they offer solutions in a positive way that instructs the player – they coach.

The fourth goal is to give any motivated players, when selected, the opportunity to play for SOL. With our teams, using scholarships, carpools and fundraising we can make sure that every selected player can become a part of an exciting, cutting edge soccer program – SOL.

Where do we play:

SOL is a Competitive Club Soccer program with teams competing at the highest possible level for youth soccer. Our clubs participate events sanctioned by US Club Soccer. Our teams participate in a Spring League, a Fall league, selected tournaments and a state cup – Norcal Cup.

In the Spring league play we participate in a Spring League run by Norcal Premier Soccer which sanctioned by US Club Soccer. Teams in the Spring League play against teams from Fresno to Sacramento, from Santa Cruz to Ukiah. This league provides division of play which insures, most often, our teams will compete against teams of a similar ability.

In the fall we participate in a District playing league which is comprised of teams from other Class I programs from Marin, Sonoma, Napa, Mendocino, Lake and Humboldt Counties. This league has no divisions of play.

We also attend tournaments – Jamboree's and Play Dates for U9's-10's- primarily in Northern California with older teams traveling to Southern California, Oregon and other states.

All younger teams attend the Norcal Cup held in the fall and winter. This event has a seeding process which allows teams to compete against teams of their level. In addition, all FC Sol younger teams attend CYSA State Cup which is held in January for younger teams (U11-U13) and March- April for older (U14-U19). Any teams advancing in the State Cup can expect to compete at least an additional two weeks. There is no seeding for this event and if teams lose on the first weekend they are eliminated.

Training Program:

Our team's average two - three practices a week. Our practice times vary from 4-8pm. The average practice time is 1 1/2 hours.

All of our teams are coached by a soccer experienced individual selected by our technical staff and approved by the FC Sol Board of Directors. The soccer program is headed by the Director of Coaching who oversees establishments of seasonal goals for each team, curriculum development, goal keeper training, College Assistance Program (CAP), Player evaluation's and all other aspects of the field program.

The Academy Program is overseen by Academy Head Coaches and, who assists the coaches, runs the Academy one night a week.

In addition we have a technical director who will assist in primarily training and coaching the clubs teams when necessary.

Financial Commitment:

There is a financial commitment incurred if your son/daughter is chosen for a team and decides to participate for the season. In addition to a Club registration fee, there are "Club Dues" averaging \$100 per month per player with the average season lasting eight months... You may choose to pay in one payment, four payments or pay monthly. In addition to Club dues there are costs for Hotels, food, travel and tournament entry fees (three tournaments fees are paid for by the club). The Club dues are non-refundable, and are paid regardless of non-participation due to vacation, illness or injury. The Club Dues pay for the FC Sol Soccer program, the Coaching Staff, tournament fees, uniforms, insurance, referees, and registration fees.

Fundraising:

We have families each year who fund raise the entire cost of the year and do not have to pay any expenses out of their pocket, we have families who pay one sum at the beginning, and we have families who do a combination of both. You have the ability to raise as much money as you want.

Our club requires your participation in two Fundraising events. The first is a dinner dance and the other our tournaments. Each team must cover a certain amount of work for each event and it is the team's responsibility to organize your help. These are the clubs two main fund-raisers and your help assists in defraying the club costs.

In addition to Club Fund-raisers each team and individual has the ability to raise money. Teams raise money in many different ways. The money raised on an event is divided into the accounts of the people who helped in the event. If you choose not to help you will not receive any of the proceeds from that particular event. Individuals can raise money for their accounts by selling Candy bars, raffle tickets and participating in the Human Race - three primary ways for individuals to raise money.

The Individual:

In FC Sol we constantly ask, "What is best for the individual"? This does not mean that the individual can behave to the detriment of the team or the club. Rather we try and develop each player to their potential within a team sport.

The players are expected to play soccer away from the team. Players who want to excel at the game of soccer must play soccer at home, watch soccer games – on tv and at the stadium – and become a fan of soccer. Parental involvement and encouragement in this area is necessary and required. If your child embraces the game of soccer they will have a stronger likelihood of sticking with the game and having a life long soccer experience.

Problems:

If a problem arises on a team, the player must go to the coach and explain his or her position. If after talking to the coach the player and parents still feel there is a problem they should talk to the Director of Coaching. If your disagreement can not be solved the problem can be brought to the attention of the Board of Directors. Once the BOD has made a decision you must agree to abide by the decision without future animosity towards the club or the individuals involved. This can be extremely disruptive for teams and has proved to create a poor environment for the players, coach, team and club and could be regarded as dismissal from the club. We want to have a good environment, which allows for parental and players concerns therefore if there is a problem it should be addressed right away. Do not hesitate to contact your coach if there is a problem or your DOC if you think the problems needs to be addressed further.

Player Evaluation and Selection:

The player evaluation and selection will be the responsibility of the club. The interests club and the team will come first, the players performance will be evaluated in annual tryouts, training's, scrimmages, games and behavior off the field. The DOC, and the professional coaching staff will confer in matters of evaluation and selection.

There are many ways used to categorize and describe soccer abilities. To make things simple, we will evaluate present and potential team members in four areas. It is important to know the players will be evaluated in drills, games and using past experiences.

Four areas of evaluation - TIPS

1. Technical ability (skills, ability to control the ball)
2. Insight (tactical awareness, reading the game, decision making ability)
3. Psychological (character, discipline, leadership, personality)
4. Speed (speed, quickness, fitness, endurance, athletic ability)

Your understanding here is important, for us. The players and parent have freedom to choose a club or level without unfair pressure and with a full understanding of what is expected, the DOC and Coaching staff needs the same freedom to work without any negative feelings or animosity. We think being clear in our expectations will help avoid this from happening. We will not always agree on issue's as sensitive as players evaluation and selection, but hopefully we can still maintain friendships.

Tryouts:

Club tryouts will be held annually and are open to all players who meet the age requirements for the teams in questions. Each prospect will be given a fair chance to make the club. Announcements will be published to inform the public of the specific dates and times of the open tryouts. If the DOC thinks it necessary, he will hold special tryouts at any time of the year. This could consist of having particular players of interest attend training's sessions with a specific team.

The tryout period may last from one to five tryout sessions. In order to avoid wasting anyone's time, the DOC reserves the right to make cuts after the first tryout, or to ask certain prospects to remain after the published tryout dates. Evaluations and selections will be based solely on how prospects perform in the four evaluation areas according to the coaching staff. Previous experiences with players will weigh in the decisions as they obviously provide valuable information concerning the four areas. The DOC and coaching staff will determine whether you play on an Express team at or above your age bracket.

Disciplinary Actions:

Our attempt with this agreement is to lay out in very clear detail exactly what will be expected of you and what you can expect of your, club, your team and your coaches. If you are ever uncertain what is expected it is your responsibility to ask one of your coaches. Knowing and understanding these things, your participation in our club will be positive and fun for you as you develop your soccer skills to the very highest level possible but we have very high expectations of ourselves, our club and you.

These expectations are really the rules, regulations and policies for the FC Sol So that you and every player in our club can get the maximum benefit, we need you and every player to abide by our rules, regulations and policies. If players repeatedly fail to comply, disciplinary actions may be taken. Any disciplinary action will be decided and taken entirely by the DOC and Coaching Staff with board approval. Every effort will be made to objectively listen to you but the final decisions must be abided.

Our desire is to work in a positive, constructive way with our players; we realize everyone has problems time to time. We will make every effort to work with you to help solve problems and after we have exhausted all efforts we will be left with little choice other then to pursue disciplinary action. If even these efforts fail, and everything that can be done has been done, the next step is expulsion from the club.

We are the first to admit that this player/parent agreement asks a lot but his stems from knowing through long involvement, what to expect. We are simply trying to ensure that the environment exists that allows the Coaching Staff to coach without un necessary distractions and the players to flourish in soccer.

Your Coach: mentor

The coaches for the FC Sol Soccer Club are instructed to conduct themselves first as teachers and next as soccer coaches. Our intent is to maintain and enhance a positive, healthy environment which nurtures our

players as they grow and mature into young adults. Little positive will come of the club's efforts if we produce top players who do not know how to conduct themselves as successful human beings. In this regard the coaches will conduct themselves as positive role models and display appropriate behavior. Our coaches fully understand we deal in an important way with young people and we cannot overlook the impact we have on their lives.

Coaches are responsible for the conduct of the team on and off the field when the team is together and part of a club event. We will insist our players are polite, well behaved and respectful.

Players and parents can expect honesty, communication, consistency and reliability from your coach. You can expect the coaching staff will do everything possible to help you become a top player and the rest is up to you.

The coaching staff is responsible to create an environment where you can play quality competitive soccer and still have fun doing it. Our approach will be relaxed but the team and soccer we play will be taken very seriously. We recognize there are things more important in life than soccer. In terms of priorities your family and school should come first. However, if the coaching staff sees you are not willing to put your soccer above other recreational activities or sports during the season, it may affect your playing time or status with the club the following season.

The Players:

You are not under any pressure to join our club. Instead we hope that you and your parents will consider all of your options and choose what will be best for you, taking into consideration your goals and aspirations as a person and a soccer player.

Once you commit to join FC Sol Soccer Club, you agree to abide by the policies of the club and your team. The commitment is for one soccer season only. At the end of the season your commitment to the club is over and you are free to leave the club if you feel it is in your best interest. At the beginning of the next season he/she is free to try out again under the same guidelines previously mentioned.

We expect our players and parents to honor their commitment and therefore you should make your decisions thoughtfully and carefully. Once your commitment is made, the club expects your full participation and support for the entire season. Once you have committed to the club, the club will commit to you. No players will be cut from a team during the season unless it is for disciplinary reasons. Decisions made regarding the temporary suspension from the club will be made by the DOC and board of directors.

As a member of FC Sol Soccer Club, you are responsible for your own performance and conduct. Honesty, communication, and reliability will be expected at all times. The club asks that you care about yourself and the sport of soccer. This requires that you maintain a healthy lifestyle and a healthy team attitude. Any use of drugs, alcohol or cigarettes is not acceptable to our club and may result in temporary or permanent expulsion from the club. In addition, our club will insist that you maintain a positive team attitude and a personal sense of sportsmanship and fair play. We ask your commitment to be the very best player you can be for your team and yourself. At all club or team functions you will be expected to conduct yourself in a positive and respectful manner and to represent the team and club in a positive way.

Before, during and after games or practices: cell phones

During the soccer season you and your team will be participating in practices, league competition, tournaments, and State Cup games. From the time you arrive at all practices and games we expect you to concentrate on soccer. You must arrive on time with the required equipment (shoes, proper uniform, warm-ups, soccer ball, shin guards, etc.) and be ready to practice or play. Since practicing and playing at your very best requires your undivided attention, there will be no visiting between you and your parents, family friends, pets or others (who might cause you to lose focus) from immediately before practice or game until you have been dismissed by your coach. This includes half-time and the conclusion of games, when you will be expected to get water and then join your team and coach for game discussion and team adjustments. When your team responsibilities are over, you are free to join your family and friends.

Nutrition and rest are also part of your personal responsibilities of an FC Sol Player. We expect you to eat nutritious, healthy food in a timely fashion so as not to interfere with your performance. If you have any questions about which foods are best for performance check your handbook or ask the Coaching Staff.

The Parents

Parental support and involvement in the club is essential and required. If your son/daughter is selected and chooses to commit themselves to the FC Sol Soccer Club, your commitment is also necessary. If your son/daughter is to make a quality commitment to the club you must see to it, that they attend all team functions (practices, meetings, games, etc...).

There will be times when conflicts cannot be avoided and other more important events will occur, of course, and we need your communication, planning and understanding to minimize the conflicts.

It is our club's responsibility to present a monthly schedule in a timely fashion to allow time for your planning. When you or your son/daughter have an unavoidable conflict, we expect timely communication to see if the club or team can make an adjustment. Final decisions on scheduling and adjustments will be made by the coaching staff after careful consideration of your need and those of the club or team.

There will be no coaching by parents. No matter how good your intentions are, we insist there be no shouting instructions to your daughter/son or yelling (complaining) to officials before, during or after the games. Your vocal support and encouragement is welcome after a good play. "GO", "SHOOT" or "KICK IT" is interpreted as instructions and as such is not desirable. It is important the players not be confused during practices and games and are given only one set of instructions by the coaching staff before during and after practices and games. For this reason, the club insists the Coaching Staff be the only voice giving instruction at practices and games.

I have read this player/parent agreement and I agree to abide by the policies set forth by the FC Sol Soccer Club for the 2007-2008 seasons. At the end of the season my commitment is over and I am free to play for another team if I so choose. Likewise, the FC Sol Soccer Club's commitment is complete at the end of the season.

Player _____ **Date** _____

Parent _____ **Date** _____

DOC _____ **Date** _____