



Recreation ALD Handbook

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Program Descriptions

All recreation programs within the White Bear Soccer Club are held within the summer season. The White Bear Soccer Club does not sponsor fall Recreation soccer. Fall Recreation soccer is organized by the Parks & Recreation Department with the White Bear School District.

Micro Soccer

Under-5 and Under-6 players and coaches are introduced to soccer through our Micro Soccer program. Micro Soccer (3-v-3, no keeper) features an 8-10 game schedule primarily during June and July on small fields to enhance skill development. Girls and boys have separate leagues. Games are played on weeknights. Teams typically play one game per week against other WBSC teams, and practice once per week.

Under-7/Under-8

Under-7 and Under-8 teams play 5-v-5 (4 field players plus a keeper). Both play an 8-10 game in-house schedule. Games are played on weeknights. Teams typically play one game per week against other WBSC teams, and practice once per week.

Under-9/Under-10

Under-9 and Under-10 teams play 6v6 games (5 field players plus a keeper). Games are played on weeknights and are refereed. Recreation teams may be asked to scrimmage against other U9/U10 traveling teams to further expand their skills and experience. Both boys and girls play an 8-10 game in-house schedule.

Under-11-14 Recreation Plus

Recreation Plus is an intermediate program for players who want to continue playing soccer without the level of commitment of that of a traveling team. Teams are formed within the same guidelines (roster size) as traveling teams at the same age-group. However, tryouts are not be utilized to form the teams. All players, regardless of skill-level are allowed to play within this division. Games will be scheduled with other Recreation Plus teams and/or C-3 teams within the same age-level. Playing nights are dependant on team and field availability. Eight games are recommended for this program.



Team Formation

Micro Soccer

Teams are formed with minimum of 7 players per team with a maximum of 9 players per team.

Under-7/Under-8

Teams are formed with 10 players per team with a maximum of 12 players per team. The goal in forming teams this size it to make sure kids have the opportunity to play approximately $\frac{1}{2}$ of each game.

Under-9/Under-10

Teams are formed under the guidelines of the MYSA travel-team requirements. U9 teams must have a minimum of 8 players and a maximum of 12 players. U10 teams must have a minimum of 8 players and a maximum of 14 players registered. * This may have recently changed at the Annual Meeting

Under-11-14 Recreation Plus

Teams are formed under the guidelines of the MYSA travel-team requirements. U11 teams must have a minimum of 10 players and a maximum of 14 players registered. U12-U14 teams must have a minimum of 11 players and a maximum of 18 players registered. Additional guidelines can be found at mnyouthsoccer.org.

Age-Group Assignments

Age-group assignments follow the MYSA guidelines that can be found at www.mnyouthsoccer.org/leagues/birthyear.cfm. The White Bear Soccer Club adheres to these guidelines to assure the integrity of the teams. Whereas players can request to "play-up" to an older age-group, requests to play-down will not be honored. This is consistent between the Recreation program as well as the Traveling program.

Registration

Registration for the summer program typically takes place in February of that given year. Teams will be formed by early April, if not before to allow sufficient time for getting uniforms



and for pre-season practices, if desired. Players will be notified of their teams by early May at the latest.

Season Play

All recreation programs have an 8-10 week playing program. Games may be scheduled after Memorial Day through July 31st. The summer program playing months are set to allow players to continue with spring sports and not have conflicts with the soccer program. Teams will be allowed to begin practices at the discretion of the coach prior to the regular season (typically in Mid-May). Coaches will be notified when the fields are marked and available for usage by the Recreation Coordinator. Age-level Directors may schedule 1-2 games per week on the given playing nights and times. Some age-groups may have a shortened playing window to allow for make-up games at the end of the season. Other age-groups may choose to play 1 game per week, leaving the 2nd night for make-up games and practices. Practices outside of the playing nights designated below are not required for a recreation program. Because this is a recreation program, it is recommended that the coaches only schedule practices on the available nights and times for their age-group.

Playing Nights/Schedule

Beginning in summer 2009, all age-groups will follow the same schedule as listed below. This is to assure consistency between age-groups, common expectations for parents and less confusion in scheduling games and fields.

Alternating Game Times for U5-U8

	Monday	Tuesday	Wednesday	Thursday
	Boys	Girls	Boys	Girls
U5	6:00	6:00	7:15	7:15
U6	7:15	7:15	6:00	6:00
U7	6:00	6:00	7:15	7:15
U8	7:15	7:15	6:00	6:00

U9 & U10 Girls: Playing nights Tuesday and Thursday. Times are dependent on field availability and referee schedules and may vary from week to week.

U9 & U10 Boys: Playing nights Monday and Wednesday. Times are dependent on field availability and referee schedules and may vary from week to week.



U11-U14 Girls: Playing nights are dependent on schedule coordination with C3 teams as well as other Recreation teams. Please see the MYSA playing night reference for the current MYSA C3 playing night assignments.

U11-U14 Boys: Playing nights are dependent on schedule coordination with C3 teams as well as other Recreation teams. Please see the MYSA playing night reference for the current MYSA C3 playing night assignments.

Uniforms

The club provides team uniforms at the given price for the year. Typically, uniforms are good for several years and include 2 t-shirts and a set of soccer socks. Uniform numbers will not be provided on the t-shirts and are not included in the price of the uniforms. T-shirt numbering is at the discretion of the team coach to organize and collect funds if needed. Coaches may allow any numbering and can have multiple players with the same numbers.

A uniform "pickup" day will be scheduled for parents to get their uniforms. Remaining uniforms will be distributed to the Age Level Directors to coordinate with their coaches. You should receive a list of uniform sizes for each child from the Registrar, Diana.

Required Equipment

The following equipment is to be provided by the parents of the players.

U5-U8

Size 3 soccer ball and shin guards. Outdoor soccer shoes are recommended as well.

U9-U12

Size 4 soccer ball, shin guards and outdoor soccer shoes.

U13-U14

Size 5 soccer ball, shin guards and outdoor soccer shoes.



Practice Schedule

Every effort will be made to allow each team to practice on the appropriate size field. In addition to the practice fields provided by the White Bear Soccer Club, teams may choose to practice at neighborhood fields not maintained by the club. These fields are 1st-come, 1st served access and may be shared with multiple sports including Lacrosse, Football and other sports. It is up to the coaches to adhere to sportsmanlike conduct in sharing the fields.

Player Training

The White Bear Soccer Club may provide sponsored training opportunities at a subsidized cost. In addition to club training opportunities, the club may provide recommendations for training outside of club sponsorship. The White Bear Soccer Club does not require additional training at the Recreation Level but encourages the opportunity to advance skills with the opportunity to provide a fun, learning experience for those desiring the training.

Coaches Training

Youth Modules

These are primarily intended for Recreation coaches but travel coaches in the U9/U10 level may also attend.

U5-U8: 4/7 & 4/9, 6-8:30, White Bear Lake H.S. North Campus, attend both days

U8-U10: 4/14 & 4/16, 6-8:30, White Bear Lake H.S. North Campus, attend both days

E-License Certificate

The White Bear Soccer Club is hosting an e-license training this year. Coaches will need to register and pay for the training up-front but will be reimbursed by the club once they have completed the program. Attendance on all days is required. Sessions are held at White Bear Lake North Campus (weeknights) and Sunrise Middle School (Saturday).

3/23: 6-9:00

3/24: 6-9:00

3/25: 6-9:00

3/26: 6-9:00

3/28: 8am - 3pm



PACT Training

This is a training course in helping parents and coaches work together to provide a positive playing environment for kids. Travel coaches are required to attend. However this training is also available to recreation coaches and parents. The cost is free!

Coach's Training: 3/12 6-8:15 Century College Room W1006. Register by 3/9

Parent's Training: 3/26 6-8:15 Century College Room W1006, Register by 3/23

Coaches Meeting

A meeting will be held in April for all Recreation Coaches. Dates will be published shortly. Club information as well as league information will be distributed at this meeting including balls & flags for games.

Bytesize Coaching

This is a website for WBSC Coaches with drills, practice games and practice plans. A link to this website can be found at wbsoccer.org at the bottom of the left pane.

Background Checks

For the safety of the kids, the White Bear Soccer Club requires all volunteers to register with McDowell. A link to the website can be found at wbsoccer.org on the left side of the website. A step-by-step reference is provided as a link as well. Please try to register by the coaches meeting in April. You **MUST** register before you can practice with your team.

Team Pictures

The Age-Level Director may choose to arrange a time for all teams to have their pictures taken by a photographer with payment to be provided by the player's family. The ALD may also provide a list of potential photographers so that coaches may choose a service on their own.

Jamboree

Each Age-Level Director may choose to provide an optional team-Jamboree. These can be held on scheduled playing nights or weekends. This provides an opportunity to teams to scrimmage each other on shorter intervals as well as provide an overall team-building experience.



MYSA Coaches Code of Ethics

The following was taken from the Minnesota Youth Soccer Association Coaches Code of Ethics which can be found at <http://mnyouthsoccer.org/coaches/ethics.cfm>

MYSA Coaches Code of Ethics

Several years ago, the MYSA adopted the following Coaches Code of Ethics. No mandate was given and no policing or penalties were suggested in its adoption. Within the MYSA Policy and Rules Manual, the “catch all” area for unethical behavior is section 8.0 CONDUCT. Rule 8.2.2.2 covers harassment and offers a broad definition for what harassment can be.

Clearly, a similar code of ethics can apply to referees, parents and administrators. Here though, the focus is on coaches as they hold a prominent and influential position in youth soccer. It is apparent that a majority of our coaches operate within these ethical guidelines all the time. However, it also clear that some coaches pick and choose which guidelines to follow and currently, that is possible within the broad scope of the rules we operate by.

Perhaps it is worth considering, as another season comes to end, if the membership would support more enforcement in ethical behavior, modification of the Coaches Code of Ethics or continuing with the “honor code” basis in its current form.

While youth soccer and youth sports become more “professionalized” and competitive at all levels, we need to remind ourselves that “youth” is still the constituent. As such, all adults involved need to be prepared, and perhaps required, to observe higher standards of ethical behavior.

The MYSA Youth Council adopted the following Coaches Code of Ethics on February 10, 2002. The MYSA owes tremendous gratitude to the National Soccer Coaches Association of America for allowing us to use their template for a code of ethics, that they compiled after several years of deliberation.

- 1. Soccer is the player's game. The paramount concern of coaches is the holistic development, welfare, enjoyment and safety of their players.*
- 2. Coaches bear responsibility for teaching players to strive for success while playing fairly, observing the laws of the game and the highest levels of sportsmanship.*
- 3. Coaches shall treat officials with respect and dignity, and shall teach their players to do the same.*
- 4. Our opponents are worthy of being treated with respect. Coaches will model such respect for opponents and expect their players to do likewise.*
- 5. In both victory and defeat, the behavior of the coach shall model grace, dignity and composure.*
- 6. Coaches shall adhere to the highest standards and the regulations of the institutions they represent: clubs, schools, sponsoring organizations and sports governing bodies.*
- 7. Coaches shall model inclusive behavior, actively supporting cultural diversity while opposing all types of discrimination, including but not limited to, racism and sexism, at all levels of the game.*
- 8. Coaches are responsible for taking an active role in education about, and prevention and treatment of drug, alcohol and tobacco abuse; both in their lives and in the lives of their players.*
- 9. Coaches shall refrain from all manner of personal abuse and harassment of others, whether verbal, physical, emotional or sexual, and shall oppose such abuse and harassment at all levels of the game.*
- 10. Coaches shall respect the declared affiliations of all players.*
- 11. Coaches shall seek to honor those who uphold the highest standards and principles of soccer and shall use appropriate protocol to oppose and eliminate all behavior that brings disrepute to the sport - violence, abuse, dishonesty, disrespect and violations of the laws of the game and rules governing competition.*