

## Lake Hills Soccer Club 2019 Coaches Meeting Notes

### IMPORTANT DATES:

8/6 or 8/12	Equipment Pickup
Labor Day weekend	Optional EYSA Pre-Season U8-U12 Jamboree (one day, Saturday or Sunday)
9/7	Fall Season Begins, Micro Coach Training
9/14	Micro Program begins
TBD	Picture Day
11/3 & 11/4	EYSA End of Season Game Event (more info to come!)
11/13?	LHSC Annual General Meeting. Date and location TBD.

[NEW COACH ORIENTATION](#) Justin Hunt [VP@lakehillsoccer.org](mailto:VP@lakehillsoccer.org)

**President's Report**—Bill Capodanno [Prez@lakehillsoccer.org](mailto:Prez@lakehillsoccer.org)

**Registration Update**—Amy Hunt [registrar@lakehillsoccer.org](mailto:registrar@lakehillsoccer.org)

- Head coaches, assistant coaches, and team managers must fulfil all of the requirements listed here: <http://www.lakehillsoccer.org/coaches/>
- Emergencies arise in which a coach has a parent fill in at a single practice or game, but anyone who is doing any of the following must be registered, clear the background check and complete all required training:
  - **Regularly** attending practices and working directly with players
  - Using the title of coach, assistant coach, treasurer, or team manager
  - A parent who shags balls, sets up temporary goals, or otherwise helps with equipment, water, snacks, etc. but not players generally does not need to register. If in doubt, ask.
- **Volunteer Insurance**--LHSC has liability coverage if it can be demonstrated that we the club, including you as club staff, were in some way negligent which resulted in injury or loss. For a coach to be protected by that insurance they must be registered and rostered with LHSC. (see above)
- **Player Insurance**—Lake Hills does not carry medical insurance for participants. Player registration gives players insurance through Washington Youth Soccer.
- If a player is injured at a practice or game and requires medical care, complete the Injury Report form here: <http://www.lakehillsoccer.org/resources/forms/> This form, completed by LHSC coach or manager is required as STEP ONE of any player claim for insurance coverage.
- **Reminder regarding concussions:** as you know any player diagnosed with a concussion must be cleared in writing by a medical professional in order to return to play, *even if the concussion was sustained outside of LHSC soccer activities*. Please take time during your parent meeting to go over signs of concussion so parents and players know what to look for.
- Information about **Medical Waiver Forms** was emailed to head coaches on 7/23. The form is available here: <http://www.lakehillsoccer.org/resources/forms/>

- Information about **Consent for Transport** of players by Lake Hills Soccer Club staff was emailed to head coaches on 7/23. The form is available here: <http://www.lakehillssoccer.org/resources/forms/> Coaches are not required to collect this form, but it is recommended.
- The only children who can participate in practices and games are those on your TeamSnap roster. Siblings, friends, kids from the neighborhood... should not be practicing with your team and ABSOLUTELY are not allowed to play in a game.
- Players are only allowed to be on one US Soccer Federation roster. Examples include all EYSA sister clubs, Crossfire, FC Bellevue, Titans FC, Gunners... This does not include school teams, Boys and Girls Club, or indoor (Arena Sports, Pro Club, etc.).

**LHSC Player-Coach Development—Allan Gordon [ClubSelect@LakeHillsSoccer.org](mailto:ClubSelect@LakeHillsSoccer.org)**

Allan discussed all the information here: [LHSC PLAYER COACH DEV RESOURCES](#)

Allan is available to help any coaches with coaching and/or mentoring, don't hesitate to reach out!

**Uniforms and Equipment—Rick Waedekin [Equipment@lakehillssoccer.org](mailto:Equipment@lakehillssoccer.org)**

**[UNIFORM INFORMATION PAGE WITH SCHEDULE](#)**

- Official Lake Hills Uniforms are required for all players.
- The price of the recreational and micro uniform kit was included in all Rec player registration fees this year.
- Winners Sportswear is our recreational and micro uniform vendor.
- Winners is located in Bellevue at **12031 Northup Way SUITE 201, Bellevue, WA 98005** (they've moved to the SOUTH side of the same strip mall, so the entrance is down behind the retail that faces Northup (Subway, salon, etc.)
- Players moving up from 2018 Micro will need a Rec uniform—the Micro uniform is not appropriate for U8+ games
- Uniforms will be ready for pickup in August and parents will be provided with a designated day (see link above for schedule based on team gender/age) to pick up the uniforms for their kids. Specific days have been scheduled for each team to pick up their uniforms in order to avoid long lines and make it easier for pick up.
- Coaches are asked to encourage parents to pick up on designated days and not wait until the last minute. The store cannot handle it if hundreds of parents try to come in on September 6<sup>th</sup>.
- Coaches should email [Michael@winnerssportswear.com](mailto:Michael@winnerssportswear.com) with their list of jersey numbers

## EQUIPMENT DISTRIBUTION HANDOUT

- Please try to get to one of the scheduled Equipment pick up times listed on the handout. If that's not possible, email [Equipment@lakehillssoccer.org](mailto:Equipment@lakehillssoccer.org)
- If you're taking over a team for another coach, you're not responsible for tracking down the past coach and equipment. If you can, that's great, but don't worry if it's not possible.

**Referees**—Rick Waedekin on behalf of **LHSC Referee Coordinator David Gilchrist** ( [Refs@lakehillssoccer.org](mailto:Refs@lakehillssoccer.org) )

- Referee shortage! Youth referees are learning the job and tend to quit due to poor treatment by parents and coaches. Protect your players and protect the referees.
- There are two organizations that provide referees for the 100+ games played every weekend.
- EYSA Referees officiate U8-U12 games. These referees are mostly teenagers and should be treated with respect and kindness as they learn the ropes. Our soccer community is dependent upon these young people to grow up into adult referees. We do not want to chase them away from the job!
- East King County Soccer Referees Association officials ref U13-U19 Rec and all Club Select games. These referees are mostly adults (with some older experienced teens as AR's).
- U13 Rec and all of select require a Ref in Pool candidate to be submitted. Coaches have received an email about this. Questions should go to Cyril Bouanna, the EYSA VP of Referees: [EYSAReferees@gmail.com](mailto:EYSAReferees@gmail.com)
- Make sure you, your players, and their parents are familiar with the [rules of the game](#), especially the modifications in place for U9-U12.
- You not only model appropriate behavior for your players and parents, but you are responsible for the words and actions of the parents on your sideline. Let team parents know at the start of the season that you will be listening and can ask them to calm down or leave. If you hear a parent getting loud toward the referee or anyone else at the game, nip it in the bud.
- Please take the time to review your ref (with positive feedback) when you submit your scores.
- Remember that referees also review coaches and sideline behavior. Negative reports do come back to the club for follow-up.

[EYSA HANDBOOK](#) (the rules)

[REFERENCE CARD](#) (rule reference card & how to support your referee)

### **Competition—Chuck Bedrosian ([Competition@lakehillssoccer.org](mailto:Competition@lakehillssoccer.org))**

- Chuck emailed a Survey Monkey questionnaire to coaches so they could provide input for team divisional placement
- Schedules will be distributed as soon as they are available. Most likely that will be in late August.
- Read the schedule email carefully and follow any instructions so you are set up in the system.
- Schedules are dependent upon field availability. All clubs are at the mercy of city and school district distribution of fields.

### **Practice Field Requests—Currin Cyr ([Currin\\_Cyr@hotmail.com](mailto:Currin_Cyr@hotmail.com))**

- Many turf fields are coming online, which is great but challenging as we try to provide practice fields that mirror game fields. Example, a fall dirt field that cost LHSC \$800 in the past now costs \$2400 for the same field because it is turf. This will require more consolidation of teams on practice fields and less field options as in the past, but definitely better quality field options.
- Practice field requests are through a Google form. Head Coaches will be emailed by Currin when the form is live. August practice field time will be managed via email forthcoming from Currin.
- It takes some time to assign teams after coaches respond to the form. Currin will email you your schedule as soon as he can. He's a coach and knows you're anxious to get started.
- Questions related to practice fields need to go directly to Currin ([Currin\\_Cyr@hotmail.com](mailto:Currin_Cyr@hotmail.com))
- Questions regarding weekend game field scheduling go directly to Amy at ([Registrar@lakehillssoccer.org](mailto:Registrar@lakehillssoccer.org)). As a general rule, Recreational games are not rescheduled, particularly at the U8-U10 levels.

### **Best Practices for LHSC Coaches—Bill Capodanno ( [prez@lakehillssoccer.org](mailto:prez@lakehillssoccer.org) )**

1. Appropriate Background Screening
2. Education & Training
  - a. SAFE Sport
  - b. Sudden Cardiac Arrest
  - c. Concussion Awareness
3. Reporting (Form here: <http://www.lakehillssoccer.org/resources/forms/> )
4. Limiting One-on-One Interactions
  - a. One-on-One Interactions, including meetings and individual training sessions
  - b. Massages and rubdowns
  - c. Locker rooms, rest rooms, and changing areas; don't allow player to go alone.
  - d. Social media and electronic communications
  - e. Local travel
  - f. Team travel
  - g. Leaving Children at the Field Alone/Try to have another player/coach
  - h. Car rides (signed waiver before the season)