



Summer Coaches Meeting 2022

Meeting Agenda



- New Coach Orientation
- Full meeting begins
- President's Report
- Registration Update
- Referee Update
- Competition Update
- Rainier Athletes Program Overview
- Practice Field requests
- Uniform & Equipment Update
- Return to Play, Best Practices & Q&A
- Adjourn



New Coach Orientation

- Equipment
- Practices/Fields
- Player and Coaching Development
- Pre-Season Prep and Communication
- Parent Meeting
- Adjourn
- Pre-game Prep
- Team Roster
- Games
- Post-Season Tournament
- Return to Play

President's Report



■ About Lake Hills Soccer Club

■ Important Dates

- Late Aug Equipment Pickup
- 9/10 Fall Season Begins, Micro Coach Training
- 9/17 Micro Program begins
- 9/17 Picture Day (Mod and Rec), Micro TBD
- 11/5 & 11/6 EYSA U8-U10 End of Season Game Event (more info to come!)
- November LHSC Annual General Meeting. Date and location TBD.

Registration Update



- This season, Rostered 400+ players, 39 Rec teams, 12 Club Select teams, 20+ Micro teams
- Coach On-boarding needs to complete by Monday 8/22
 1. Register on TeamSnap
 2. Safety Training
 3. Background Check
 4. Access team roster & contact players
- Reminders:
 - Only the kids on your TeamSnap roster are allowed to participate in practices and games; No siblings, friends, kids from the neighborhood should participate in practices and games
 - 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
 - If a player is injured at a practice or game and requires medical care, contact Registrar and complete forms



Registration Update, continued

- Coaches, Assistant coaches and team managers need to complete the on-boarding requirements and be rostered in TeamSnap
 - Insurance—LHSC does not carry medical insurance for participants. Player registration gives players secondary insurance through WYS. LHSC has liability coverage in case it can be demonstrated that we the club, including you as coaches, 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
 - Emergencies arise in which a coach has a parent fill in at a single practice or game, but anyone who is doing the following must be rostered:
 - 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. generally does not need to register. If in doubt, ask.
- Signed Medical Waiver forms are required from each player and required to be available at every practice and game; Coaches should confirm to Registrar when all forms are received

Referee Update



- Referee shortage- Be thankful you have a ref
- Who provides refs?
 - EYSA Referees U8-U12
 - East King County Referees Assoc U13+
- Be familiar with rules of the game
 - U8-U12 rules can be found here <http://www.eyesareferees.org/documents/EYSA%202018%20Handbook.pdf>
 - Confirm the basics with the referee (timing of quarters or halves, if direct kicks will be awarded etc.) before the start of the match
- Please be a role model!
- Coaches are responsible for their sidelines. Set expectations before the start of the season and frequently remind parents and supporters that this is not a World Cup game.
- Treat the referees as you would want to be treated or how you would want your kids treated. Be a referee coach not a critic. They are learning too.

Competition Update



- Schedules will be distributed as soon as they are available, likely late-August
- Please read the schedule email carefully for any instructions to make sure you are set up in the system and ready to go.
- After schedule release, please contact me at competition@lakehillssoccer.org with any scheduling issues or reschedules needed
- Game times will be dependent on city and school field availability for your appropriate age/field size.
- You will be asked to complete a team evaluation at the end of the season to assist with next year's placement. We want to ensure appropriate competition levels for continuing teams.

Rainier Athletes Program



Jacob Tobis, Rainier Athletes

Practice Fields



- Practice schedules will be out mid next week
- Practice fields available starting week of 8/29
- Never enough fields
 - Try for 2 teams/field, but more likely 3 or even 4
 - In September we can do 2 "sessions" per field, but in October sunset is too early so we'll be down to 1 session
- Practice day preferences

Uniforms



- Uniform provider – Winners Sportswear
(12031 NORTHUP WAY, SUITE 201, BELLEVUE, WA 98005, PH: 425-505-2149)
- Last Year – new kit year, all players got new uniforms
- This Year – U8 players, new players & replacement items for returning players
- Uniform cost included in Fall registration fee (**returning players must pay for replacement items except if scholarship eligible**)
- Pick up process –
 - Pick up dates/times August 20th - September 9th
 - Thursday - Friday 3:00 PM – 6:30 PM
 - Saturday 10:00 AM – 1:30 PM
 - Sunday - closed
 - Mask wearing is encouraged. Don't wait until the last minute to pick up your uniform & other soccer needs
- Jersey numbering – based on first come first served from available numbers not already assigned to a teammate

Equipment



- Equipment distribution/returns details TBC
 - Timing – Expect min. 2 days end of Aug (1 weekend / 1 weekday)
 - Location – LHSC storage facility (Safeguard Self Storage - 1015 164th Ave NE, Bellevue, WA 98008)
- Equipment items –
 - Balls (size 3 U6-U8, size 4 U9-U12, size 5 U13+)
 - We are awaiting backordered shipment of size 3 & 4 balls (used balls available)
 - Mesh ball bag to be provided as needed
 - Pinnies to be provided based on team size as needed
 - WOS markers/cones to be provided as needed
 - PUGG (pop-up) goals – 1 set (6' size) to be provided
- Coaches taking over an existing team please connect with last year's coach for their equipment
- Retiring coaches or those going up a ball size please return your equipment during one of the TBD distribution dates

Coach Gear



- LHSC wants to improve on field branding for our Rec coaches
- Club supplying head coaches with gear free of charge –
 - LHSC branded training t-shirt
 - LHSC branded royal blue hoodie
 - LHSC branded knit beanie
- T-shirt and hoodie sizing to be collected via Google sheet, more details to come
- Visit Winner's Sportswear website to view these items and additional coach/spiritwear for purchase
- LHSC Coach Gear/Spiritwear (Winners Sportswear)



COVID Recommendations



- COVID Policy is in the process of being updated and will be on the website.
- Soccer is an outdoor activity and with reasonable precautions should not be a place for COVID to be spread.
- Precautions include:
 - Coaches and players should not come to practices or games if ill.
 - Do not share water bottles
 - Keep the kids spread out- don't bunch for instruction & keep kids spread out on the bench
 - Use hand sanitizer after touching equipment & before and after practice.
- Carpools are risky for contact. Close quarters often for more than 15 minutes.
- Follow isolation procedures as dictated by school authorities. Will trump any other directives.
- If there is a high risk contact or if a coach/player gets COVID use the King County COVID isolation and quarantine calculator- Link on Lake Hills website
- Any further questions after reviewing resourced on the Lake Hills website contact Lisa Getzendaner 206-399-6406

Coach/Player Development



- Here to Help!
- Have as detailed a development program as you need, complete with individual Drills, Team Drills, Strategies etc.
- Key Things to Remember while coaching at Rec Level
 - Everybody plays an equal amount
 - Winning is not the first goal; it's the result of good Practice, good Teamwork, Skill Growth and Consistency
 - You are building a strong foundation for kids to have fun in a great Sport for years to come
 - You are a Role Model not only for your Team but the Parents too.
- We have a lot of Coaching Experience across Lake Hills Soccer Club and the LHSC Board

Q&A

