



Summer Coaches Meeting 2023

Meeting Agenda



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



New Coach Orientation

- First – THANK YOU!
- What Coaching Means to Lake Hills SC & the Community
- Equipment
- Practices/Fields
- Player and Coaching Development
- Pre-Season Prep and Communication
- Parent Meeting
- Adjourn
- Pre-game Prep
- Team Roster
- Games
- Post-Season Tournament

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 8/21
 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.

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)
- All new kit for everyone (U8-U18) this year
 - 1st time ever Home & Away jerseys + shorts + socks
- Uniform cost included in Fall registration fee
- Change in distribution process –
 - Uniforms will be packaged by team & provided to coach or team manager
 - Distribution to coaches/managers likely at Equipment Distribution (late Aug dates TBD)
 - Pick up at Winners for late registering players only
- Jersey numbering – assigned by Winners this year. We may look at option to request/retain numbers starting next year



Equipment



- Equipment distribution/returns details TBC
 - Timing – 2 days end of Aug/Labor Day weekend
 - 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+)
 - 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 – **2 sets** (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 or drop on my front porch (1004 179th PL NE, Bellevue)

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 (long sleeve)
 - LHSC branded windbreaker jacket
 - LHSC branded knit beanie & baseball hat
- Long sleeve t-shirt and jacket 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)



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



Rainier Athletes Program



Amy Hunt, Rainier Athletes