



# Summer Coaches Meeting 2024 08/07/24



# Meeting Agenda

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- What Coaching Means to Lake Hills SC & the Community
- New Coach Orientation
- Full meeting begins
- President's Report
- Registration Update
- Referee Update
- Practice Field requests
- Uniform & Equipment Update
- Best Practices & Q&A
- Rainier Athletes Program Overview
- Adjourn

# What LHSC Means To Bellevue



- Lake Hills SC has been around since 1963
- LHSC serves a wonderfully diverse area of City of Bellevue, a majority-minority big city
- Our ability to have an all-volunteer Board and Coaches, **as a non-profit sports organization**, allows us to keep our costs *extremely low*, to serve as many kids – U6-U19 – as possible
- Parents have many soccer choices across the Eastside; many of them much more expensive than LHSC



# How LHSC Plays Into Global Soccer



- Men's Euros and Men's Copa America – June 2024
  - (NA and South America national team tournament)
- Men's Club World Cup – 2025
  - Best 32 club teams in the world (Man City, Club America, Sounders)
- Men's World Cup – 2026
  - In US, Canada and Mexico
  - And Seattle will host WC games!!
- Ongoing
  - MLS Season (with Messi)
  - Leagues Cup – MLS vs. LigaMX
  - NWSL – Women's Soccer Pro League
  - Univ of Washington Soccer – Top-ranked
  - Ballard FC – 2023 USL2 Pro National Champions







# New Coach Orientation

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- First – THANK YOU!
- Equipment
- Practices/Fields
- Player and Coaching Development
- Pre-Season Prep and Communication
- Parent Meeting
- Adjourn
- Pre-game Prep
- Team Roster
- Games
- Post-Season Tournament

# President's Report

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- About Lake Hills Soccer Club
- Important Dates
  - Late Aug      Equipment Pickup
  - 9/7      Fall Season Begins, Micro Coach Training
  - 9/21      Micro Program begins
  - 9/28 (tentative) Picture Day (Mod, Rec, and Micro
  - November      LHSC Annual General Meeting. Date and location TBD.

# Registration Update



- This season, Rostered 400+ players, 34 Rec teams, 12 Club Select teams, 20+ Micro teams
- Coach On-boarding needs to complete by Friday 8/16
  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





# Registration Update, continued

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- 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 [registrar@lakehillssoccer.org](mailto:registrar@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.



# Referee Update

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- 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 [EYSA 2023 Handbook](#)
  - 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.



# Practice Fields

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- Practice schedules are published one month at time about 2 weeks in advance
- Practice fields available starting week of 8/26
- 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)
- New kit for everyone (U8-U18) every year
  - 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. Players likely to have a different number each 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

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- Here to Help!
- We 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
  - **DEVELOPMENT OF GOOD PLAYERS is the first goal**
  - WINNING is a result of good Practice, good Teamwork, Skill Growth and Consistency.
  - Your Role is to build a foundation for kids to have fun, to have solid base-level soccer skills, and enjoying a great Sport for years to come. The better players will hone their skills at Rec before trying out for the next level, Select.
  - 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

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# Rainier Athletes Program

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Amy Hunt, Rainier Athletes