



LHSC Frequently Asked Questions (FAQ)

PLAYERS

Who can play soccer with Lake Hills Soccer Club?

Lake Hills Soccer Club (LHSC) serves children ages 5-18 who live or attend school within the Bellevue city limits.

To join a Recreational team, children should be registered during the open registration period of April 1-May 31.

To join a Club Select team, children must try out, usually during May. ([Club Select Tryout Schedule](#))

Players living and/or attending school outside of [LHSC boundaries](#) are welcome to try out for Lake Hills Club Select teams. Player residence and/or school is not taken into consideration when offering spots on a Club Select team.

Eastside residents not within Lake Hills area can consult [Find a Club](#) for clubs serving other Bellevue neighborhoods as well as Mercer Island and Issaquah. Kirkland and Redmond are served by [Lake Washington Youth Soccer Association](#).

Lake Hills Soccer Club and Washington Youth Soccer believe that soccer is for everyone. TOPSoccer creates an opportunity for players with disabilities to be part of the soccer community. Visit <http://www.washingtonyouthsoccer.org/programs/topsoccer/> for more information.

What equipment will my child need?

All players need soccer shoes and shin guards. Both are available at soccer specialty stores, sporting goods stores, and even your local Fred Meyer or Target. Shin guards can cost as little as \$5 or more than \$50, depending on the materials. Low-cost shin guards are perfectly fine for younger players. Older players should wear what is comfortable—the shin guards don't help if they're sitting in your child's backpack. Footwear can range from indoor soccer shoes (grooved rubber sole), to turf shoes (small rubber nubs), to cleats (10-12 molded plastic pieces on soles). The field surface and weather conditions will determine the appropriate footwear. The flatter and harder the field, players will want flat, soft shoes (indoor or turf). Playing on grass usually requires cleats.

My child is small for their age, can they play on a younger team? Can they be placed on a low division team?

My child is very talented, big, strong, fast, etc. Can they play up? Can they be placed on a Division 1 team?

All recreational players are placed on teams according to age and gender, with no consideration given to size, maturity, or perceived talent level. Recreational players will not be evaluated by coaches or the club to determine an "appropriate placement."



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Washington Youth Soccer does allow children with significant health/size/safety concerns as documented by a doctor to petition to play down one age level. Contact Registrar@lakehillsoccer.org for more information about the Medical Play Down process. All petition materials must be received by the club before the Second Monday of May to be reviewed at the board of directors meeting.

PROGRAMS AND TEAMS

What levels of play are offered by Lake Hills Soccer Club?

LHSC offers Recreational and Club Select teams for youth from pre-K through high school. For US Youth Soccer Premier level play, Bellevue is served by [Eastside FC](#).

[Micro Program](#) (U6 & U7 Recreational)

[Modified Recreational](#) (U8-U12)

[Recreational](#) (U13-U19)

[Club Select](#) (U10-U19)

How does a player join a team?

Recreational players register online through our website April 1- May 31. Players are assigned to teams by the registrar in June/July. Club Select teams hold tryouts in May (with the exception of U16+ Boys, whose tryouts are held in February).

Do you offer soccer lessons or private coaching?

Lake Hills Soccer Club is a team experience. Instruction is provided by coaches and clinicians at team practices. There are many local coaches who provide private individual training for motivated players. LHSC does not recommend or endorse any specific private coach.

Where are practices? How frequently do teams practice?

Both Recreational and Club Select teams practice twice a week in the afternoon and evening on school and park fields within [LHSC boundaries](#). Rec teams generally practice at schools, Club Select teams usually practice at Robinswood Park.

Whenever possible, the practice field surface type will be the same as the game field surface. Practice days/times/locations are assigned based on coach request with priority given based on volunteer and scheduling criteria. Scheduling practices for 50+ teams is a complicated process. We cannot accommodate requests for specific practice days/times for individual players.

When and where are games?



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Games are played on weekends. Younger teams' games are played on Saturdays in Bellevue, Issaquah, and Mercer Island. Recreational games for ages 10+ may also take place in the Snoqualmie Valley and Northshore/Bothell. Rec BU14+ and GU15+ play on Sundays.

Club Select teams play throughout Western Washington, with the majority of games taking place on the Eastside and in Seattle.

Please refer to individual program pages for more information.

Do you offer indoor soccer?

LHSC does not offer indoor soccer. Many of our teams organize themselves to play together at local indoor facilities during the offseason, but LHSC is not involved in that process.

Are there winter and spring leagues?

LHSC operates mainly in late Summer and Fall. Mod and Rec teams play a fall season, September-mid November. Our U6-U19 Recreational teams do not participate in Winter or Spring leagues at this time. Club Select teams play league games September-November, with the addition of State Cup play in January. Girls U15-19 play winter league December-March, plus State Cup in April and May to allow for participation in High School team soccer.

What team will my child be on?

Your child will be on a team with others of his/her same gender and birth year. Exceptions to birth year placement are made only to maximize player participation by keeping teams viable. Parents may not request that their child play up simply to be with friends or grade level peers.

[EYSA Rec Policy](#)

How are U8-U19 players assigned to teams? What is the Placement Policy utilized by EYSA clubs for Recreational teams?

EYSA member clubs have agreed to abide by the EYSA Recreational Team Formation Policy for U8 and above. Individual player placements are made using the following prioritized criteria:

1. Date and time of registration with payment
2. School
3. Home Address if school team is not available



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How do you determine team composition?

Registrants are placed on a team in order of date/time of registration. Teams are formed with registrants from the same school whenever possible. If more than one team is formed for a particular school, registrants will be placed on a team with schoolmates according to time stamp with consideration given to mutual friend requests when possible. If there are not enough registrants from one school to fill an entire roster, registrants from another school will be combined to form the team. Every effort is made to build teams from geographically close neighborhoods and to place players on teams with other children from their school or neighborhood. Team formation is subject to the availability of volunteer coaches. **Micro Soccer team rosters (U6 and U7) have absolutely no influence on the formation of teams at U8 and above.**

Can we request to be on the same team with a friend?

New in 2018: Friend requests are allowed with the following conditions:

1. EYSA clubs are **not required** to allow friend requests. LHSC is accepting them this year with **NO PROMISES** that any or all requests are fulfilled. Please set your and your child's expectations accordingly and do not promise that they will be on the same team with a specific friend. Our sister clubs (Bellevue United, Newport, Mercer Island, and Issaquah FC) are allowed to accept friend requests, but may choose not to accept them. Each club is working to achieve the best outcome for all of their players.
2. Any single player may request the maximum of one (1) friend per registration period.
3. In order for a request to be considered, it must be mutual. If multiple friend names are included on registration, only the first name will be considered.
4. The goal of this new policy is to help each player increase their chances of playing on a team with a friend, not to build exclusive teams through a "daisy chain" list of requests entered by multiple parents.
5. Abuse of the friend request option or of club staff may result in the revocation of requests for all.

Why was my child's friend request not honored?

Common reasons include:

- The friend is in a different age group based on birth year.
- The request was not mutual
- The requested friend is on an existing team that does not have space for any more players



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Will my child be on the same team as last year?

Returning players from last year’s U8-U18 recreational teams active the previous year are given priority for placement on the same team if registered **before June 1**. Returning players who register after that date will go into the general player pool and be assigned to teams based on the date and time they registered and the availability of space on those teams.

IMPORTANT NOTE: Micro Program teams do not carry over to U8. All U8 players will be assigned to newly formed teams in the Modified Recreational program with placement emphasis based on the player’s elementary school as in the above placement criteria.

My child is trying out for Club Select. Should we register for Recreational?

It's a good idea to register for Recreational in April if you're not sure if your child will receive or accept an offer to play Select. While returning players from the previous year’s U8-U18 recreational teams are given priority for placement on the same team if registered before June 1, the lineup of teams and coaches available can change significantly in U10-U13 Rec. We work hard to place all Rec registrants, but signing up in late May can be risky for both new and returning players. Securing a spot in Recreational keeps your player's options open. Fees paid toward Rec can be applied toward LHSC Club Select registration. Players moving to a different club can request a refund, less \$25 admin fee.

Does my child have to return to the same team as last year?

When registering for U9-U19 you will be asked if your player wants to return to last year’s team, so you can answer no and if possible, your player will be placed on a different team. If that is not possible, the registrar will contact you to explain your options. Specific questions or concerns about your player’s



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placement should be sent to Registrar@lakehillssoccer.org **BEFORE MAY 31**. After registration closes on May 31 your player's options may be limited. Once rosters are written in mid-June, players will NOT be moved to different teams.

How do coaches influence team composition?

Coaches are not part of the Recreational team formation process. Coaches cannot request or "approve" new players on their roster. No rosters from coaches are accepted. Parent coaches are always guaranteed to have their child on their Recreational team.

Why is my child on the waiting list?

State rules limit team roster sizes. Sometimes the number of registered players does not align neatly with the number of teams and player spots available. If all teams are full, but there are not enough registered players to form another viable team, the registrants who signed up last will be placed on a waiting list. Between registration closing on May 31 and the start of school, most age groups do have a few players withdraw, so it's definitely possible to join a team from the waitlist. Waitlisted players are given the option of a full refund and referrals to our sister clubs if they do not want to wait for a spot to become available.

REGISTRATION

When is registration open?

Registration for U8-U19 Recreational is open April 1-May 31. Some age groups may reopen for late registration over the summer if space is available. Register in APRIL for the best chance of placement on a team with friends/schoolmates.

Registration for Micro U6 & U7 is open April 1 through early September as space allows.

Registration for Club Select TRYOUTS is open online beginning in April.

Registration for Club Select teams takes place soon after tryout offers are made. All Club Select players must be registered for the upcoming season in order to participate in summer tournaments.

How do I register my child?

Registration is online through our website, primarily April 1- May 31. Payment by credit or debit card is required at the time of registration. Contact Registrar@lakehillssoccer.org if you need help registering or need to use a different payment method.

Proof of Age must be submitted **within 7 days of registration** if this is your first time registering with our



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Club, or the Club does not have receipt of documentation on file. **Registration will be revoked if proof of age is not received.**

What documents are accepted as Proof of Age?

According to Washington Youth Soccer (WSYSA), proof of age shall consist of a:

- State-issued OFFICIAL birth certificate (hospital certificates are not official and not accepted)
- Uniformed Services Identification and Privilege Card (DD Form 1173) issued by the uniformed services of the United States
- Birth registration issued by an appropriate government agency or board of health records
- Passport
- Alien registration card issued by the United States government
- Certificate issued by the Immigration and Naturalization Service attesting to age
- Current Driver's License or Permit
- Federal, state, or local government identification card
- Certification of a United States citizen born abroad

What can I do if I can't register my child online?

Email Registrar@lakehillssoccer.org

How much does it cost?

Current registration fees are posted on each program's information page. Registration after May 31 may be subject to a late fee.

What is your refund policy?

In order to receive a refund, requests to withdraw from Recreational U8-U19 must be made in writing no later than July 15 of the year of registration. A \$25 administrative fee will be deducted from the refund.



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Requests to withdraw from Micro (U6 &U7) must be made in writing no later than September 1 of the year of registration. A \$25 administrative fee will be deducted from the refund.

Email refund requests to: Registrar@lakehillssoccer.org

What can I do if I can't afford the total registration costs? Are scholarships available?

Lake Hills Soccer Club is determined to make soccer available to as many children as possible. We offer a scholarship program which reduces the total registration costs for Recreational and Club Select players. In order to be eligible for the scholarship program, families provide documentation that they qualify for free or reduced lunches through public school. Any/all financial info collected from parents will be kept private and confidential. Recreational U6-U19 fee is reduced to \$30. Club Select registration fee is reduced to \$120. Contact the club registrar for more information. Registrar@lakehillssoccer.org

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What happens after we register?

You should receive a confirmation email from TeamSnap (our registration software platform) with a receipt for your payment. Check your junk mail folder if you don't see it in your inbox and adjust your settings so you will receive future emails from TeamSnap. If you definitely do not receive an email, check



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with Registrar@lakehillssoccer.org to confirm that your email address is correct in the TeamSnap system.

After registration closes on May 31 the registrar will evaluate the number of players registered and the number of coaches who have volunteered. A group of players is not considered a team until they have a coach. If there are not enough coaches the club will contact parents and try to recruit a volunteer. The club provides equipment, training, and league administration, but we do not provide coaches—that's up to the parents!

Once teams are established for each age and gender, registered players will be assigned to teams. Parent coaches always have their child/ren assigned to their team unless otherwise requested.

- **U8-U19** Team rosters will be provided to coaches on TeamSnap in late June.
- **Micro** rosters are given to coaches in early September
- **Micro teams do not carry over to U8.** New teams are formed when players move up to the Mod/Rec program.
- After rosters are released, **Players will absolutely not be moved to different teams.**
- You will receive an email from LHSC through TeamSnap inviting you to your player's team.
- Coaches are asked to welcome everyone to the team when rosters are released. Remember, coaches are volunteers. Please be patient if you don't hear from yours immediately.
- Uniforms will be available for pick up and purchase in August. Expect an email in July with more info.
- Practice days and times are assigned to coaches in August after the club receives our fields from the city and school district. If you have specific needs or requests, let your coach know when you hear from them over the summer.
- Game schedules will be available in late August
- Team practices usually begin in August, as directed by the coach. Each coach is responsible for notifying team about practice and game schedules

Why haven't I heard from the coach yet?

Coaches are asked to welcome players and families to the team on TeamSnap when they receive their roster in late June. Remember, coaches are volunteers and be patient if you don't hear from yours immediately. You are able to reach out to your coach directly, via TeamSnap once the team is set up in the system.



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When do practices start?

Most teams start practicing in mid to late August. Assigning practice fields is a time-consuming process based on coach requests and field availability. Once the coach receives their practice field assignment they are expected to notify their team.

How do we get a uniform?

Micro, Mod and Recreational uniforms are available from Winners Sportswear. Visit the UNIFORMS page on our website for more information. Club Select uniforms are purchased through the team manager.

What do I do if I have a problem with the coach (such as not treating all players fairly, unequal playing time, etc.)?

Talk to the coach first. Most problems can be resolved immediately simply by taking up your concern with the coach. If you feel that this hasn't provided a solution to your concern, the next step is to contact the chair of your child's program, club vice president, or the club president. Club leadership wants your child to have a good experience, so please don't "suffer in silence" all season!

Is it possible to have my son/daughter register and play on two different Washington Youth soccer teams?

No player can register and/or play on two different Washington Youth Soccer Association teams (Parks and Recreation, CYO, Boys and Girls Club, indoor, and school teams are NOT part of WSYSA). No player can register or be rostered on two recreational teams in two clubs, a select team and a recreational team, two teams of different age groups, or two teams in different leagues or divisions.

The only players eligible to compete in league games for a team are the players on the official roster as issued by the registrar. Other players may not play as a "guest" in league or State Cup games regardless of whether the player might be a member of another EYSA club team. Such "help" could result in forfeit of games.

How are teams placed in divisions?

After rosters are released to coaches in June, the LHSC Competition Chair requests the coach's input on a survey. Coaches are asked to gauge how well the team did in the past season and to guesstimate whether they believe the team should be moved into a more or less challenging division for the next season. The competition chair, in conjunction with the league use that information along with past season standings and other league data to place all teams in a division to provide them with a FUN and competitive season.



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Our team has won our first three games, can we move up a division?

Placing dozens of teams in divisions is a complicated process, as is writing the actual schedules for all of the teams' games. Moving a team to a different division after the season starts is not possible. The coach should consult with LHSC Competition Chair and/or Rec Program Chair to find ways to maximize player development while still exercising good sportsmanship.

Our team was not in the right division this year, we won/lost all of our games. How do we ensure that we can change divisions next year?

In order to ensure that ALL teams land in a division where they can be as challenged and competitive as possible, coaches need to provide input. In late June/early July coaches are asked to fill out a survey regarding their teams' relative strength. Coach feedback is important in all cases. Along with feedback, the league takes the past season record into account when placing teams. In general, the top 1-2 teams in a division are moved up and the bottom 1-2 teams are moved down a division WHEN POSSIBLE. The number of teams in an age group changes from year to year, so the number of divisions sometimes does as well. For example: If an age group changes from having three divisions to two, it's not possible for the team at the bottom of Division 2 to move down, however their division will likely have teams from the previous year's Division 3, so the placement is likely to be more appropriate. Team-specific questions should be directed to the LHSC Competition Chair so they can be answered in the context of that team's age group and divisions.

COACHES

Who coaches for Lake Hills Soccer Club?

Volunteers. LHSC has a proud tradition of community-based coaching, primarily by volunteers and a few carefully chosen paid coaches. Our soccer coaches are parents, grandparents, older siblings, and community members. Coaches with an enthusiastic desire to learn will find training and guidance from both Lake Hills Soccer Club and Eastside Youth Soccer Association.

What is the time commitment for coaches?

The U8-U19 season runs September through early November. During that time, teams practice for 90 minutes twice a week and play one game a weekend, usually on Saturdays. A head coach should be available to attend and run most practices and games, but assistant coaches can and should fill in and help as needed. Coaches can handle team communications and admin themselves, or "hire" a team manager from the team's pool of parents. Delegation is a great way to foster team community and share the work.



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The U6 & U7 Micro Program is a lesser commitment and a great way to try coaching. Just 9 Saturday mornings 9-10:30 and a few emails to the team.

What are the requirements to coach for LHSC?

In the interest of the safety and well being of our young athletes, the following are required of all head and assistant coaches:

1. Register on TeamSnap as a coach with full legal name, address, and date of birth. (annually)
2. Apply for and pass a nationwide background check. (bi-annually)
3. Complete Sudden Cardiac Arrest and Concussion awareness training and submit certificate to registrar (annually)
4. Complete Abuse Prevention training (SafeSport) and submit three certificates to registrar (annually)

What does the club provide?

LHSC provides each team with appropriately-sized balls and field markers, access to training and mentors, reimbursement for WSYSA license fees.

How do I volunteer to coach?

Email Registrar@lakehillssoccer.org

Where can I learn more about coaching soccer?

Links to local resources: <http://www.lakehillssoccer.org/coaches/licenses-and-education/>

How do I get an assistant coach?

Once the team roster is released, head coaches seek parent volunteers from the team. If parents know in advance that they want to work together as coaches, the registrar or program chair should be contacted before June 1 so player/team assignments are made accordingly. After rosters are released, players will not be moved to accommodate co-coaching requests.

What are Mod Clinics?

The Mod Clinic is one of each U8-U10 team's two weekly practices. All LHSC teams in an age group (U8-U10) gather at one location each week in September and October. Club Clinicians work on skills and drills with coaches and players; Clinicians are also available to answer questions and offer support to coaches.

How do I get my equipment?

Equipment is picked up by a coach or team representative on a designated evening in early August. If a team misses the pick up, coach should email Equipment@lakehillssoccer.org and make arrangements.



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How do I get a practice field?

At the LHSC Rec Coaches Meeting each July, the club's volunteer practice field scheduler provides an overview of the process through which Rec coaches request practice field days/times/locations. The process is dependent upon the actual field allocations we receive from the City of Bellevue and the Bellevue School District.

When LHSC receives the fields from the city and BSD, request forms will be distributed to coaches. This page will be updated with more information about potential practice fields, game field surfaces, and Mod Clinic days.

Questions regarding practice fields can be sent to LHSC Practice Field Scheduler Eric Dawson eric.dawson@lakehillssoccer.org.

How do I get my game schedule?

Recreational coaches receive an email from their league in late August with detailed instructions for how to retrieve their schedule from either <http://www.eyesareferees.org/> (for U8-U12) or District 2 <http://www.wsysad2.org/> (for U13+)

Coaches are responsible for communicating the schedule to players/parents as well as posting on TeamSnap if desired.

I have not established communications with a player. Now what?

Make sure you're trying all available points of contact: click on the player's name on the TeamSnap roster to see parent email addresses and phone numbers. If you've emailed and called all with no success, you're encouraged to try mailing a letter to the home address listed. Other options could include asking other parents on the team if they know the family. Some coaches have also visited the home and introduced themselves... this can be helpful if there is a language barrier.

If contact has not been established by late August, do not assume the player is not going to participate. Definitely do not assume the player's spot on the team can be offered to someone else. Please reach out to registrar@lakehillssoccer.org for further guidance.

A player quit the team. Now what?

In general, the registrar needs email confirmation from the player's parent that their child is not going to participate. At that point, the registrar will remove the player from the roster. If the age group has a waiting list, the spot will be offered to the child at the top of the list. If there is no waiting list, registration may be reopened. Registration is generally not reopened for late players after the second week of the season unless the team roster size is very low.

Can I reschedule a game?



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Games are usually NOT rescheduled. Recreational teams are strongly encouraged to play games with the players available, with fewer players on the field if necessary. The season is short, extra fields are often not available, and getting enough players to agree to another date is difficult. However, there are exceptions, particularly for U11+ if both teams are motivated. Rescheduling is at the discretion of the HOME team's club. If the game in question is hosted by LHSC, you may contact registrar@lakehillssoccer.org to explore your options. If the game is an away game, you must work with the opposing team and are subject to their club's policy.

What do I do if there is no referee at the game?

Games should still be played even if there is no referee. If it's established that there is no "off duty" trained referee at the field, coaches must cooperate and establish acceptable officiating. In general, if a parent or coach is going to referee, it's best if each team provides an official for each half.

What do I do if there is a field conflict?

Scheduling errors, including double-booked fields do happen. Coaches and team parents need to set a good example of cooperation as they consult their schedules and confirm the conflict. If the field is indeed double-booked, sharing practice time may be practical and is encouraged. Obviously sharing game fields is not possible, so one game will need to be rescheduled.

As important as soccer is to us all, please keep your cool at the field.

Who is responsible for parent sideline behavior?

Coaches are responsible not only for their own behavior and that of their players, but also spectators. Abusive and/or profane language is not to be directed at referees, opponents, or other spectators. If you have a problem parent on your sideline, your team may be penalized. If necessary, assign another coach or parent to monitor behavior before it negatively impacts your team and our club.

Does the club provide medals/certificates/gifts at the end of the season?

The club does not issue certificates or medals. Many teams hold a celebration at the end of the season and collect money from parents for player and coach gifts. Teams are encouraged to be sensitive to all families finances and keep gifts small and affordable.

What do I do with my equipment at the end of the season?

Coaches who are continuing with the club are asked to keep the equipment over the offseason.

If that's not possible, or if you're not going to continue coaching, please email Equipment@lakehillssoccer.org for more information.