

**KEMPTVILLE DISTRICT  
SOCCER CLUB**

**PARENT / PLAYERS  
HANDBOOK**

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## 1. / Mission Statement

The Kemptville Soccer Club was initiated to attend to the needs of soccer player within North Grenville.

The goals of the Club are:

- 2) To teach a high level of soccer skills and strategy;
- 3) To encourage our players to be their best;
- 4) To attend to the needs of the whole club as well as the individual;
- 5) To increase physical, mental, social and emotional fitness; and
- 6) To have FUN!!

## 2. / Club Organization

The Kemptville District Soccer League is made up volunteers who are elected annually at the club's AGM. Several other volunteers come forward to fill non-voting positions on the board.

The executive is made up of the following:

- 7) President
- 8) Vice-president
- 9) Treasurer
- 10) Secretary
- 11) Head referee
- 12) Equipment manager
- 13) Members at large

Please feel free to approach any member of the executive with your concerns. Our office location is:

200 Sanders St.  
Basement Floor  
Fax: 258-1987

The office is open 1230h-1530h on Saturday by the Club Secretary. We will try to extend the hours during the season. Please contact the Club for current hours.

## 3. / Facilities

Kemptville is fortunate to have the soccer facilities that it does. It is our hope to continue to improve those facilities for the enjoyment of our members. With this in mind there are a few rules we would ask you to follow.

- 7) Please do not go on the fields with pets.
- 8) Please clean up after your pets.
- 9) Please place trash in garbage cans or take it with you.
- 10) Drive slowly through all soccer facilities.
- 11) Park vehicles on gravel areas only.
- 12) Soccer nets and goals are expensive, so please treat them with respect.

Also, you can find maps to all Kemptville fields at the Club website

<http://www.kemptvillesoccer.com> . If you should see any hazards on or near the fields please advise your coach or a board member immediately.

#### **4. / Insurance Coverage**

The insurance provided through the Ontario Soccer Association affiliation may change in its exact coverage from year to year. In general, the insurance provides coverage for all players, managers and coaches registered with its association while participating in club related play under the conditions of the league. This cost is covered in your registration. For more information, contact your coach or team manager.

#### **5. / House League Fees**

The Club will annually set the registration fee for the House league. This fee will cover the costs for your child to participate except their personal equipment. In order to insure that all fees are collected, players will not be permitted to play until their fees have been paid or other arrangements have been made.

#### **5. / Representative Fees**

As you move into Rep. soccer, parents can expect higher costs than those encountered at the house league level, due to outside league fees. Provided is a brief outline of the types of costs which can be expected, but since these costs vary from year to year, we cannot provide specific cost information. In order to insure that all fees are collected, players will not be registered until their fees have been paid or arrangements have been made.

- 14) Kemptville District Soccer Club fees;
- 15) Personal Travel Cost;
- 16) Tournament Fees;
- 17) Equipment; and
- 18) Other Incidental Costs

#### **7. / Alcohol & Drug Policy**

It is the firm commitment of the KDSC to take an active role in the prevention of drug and alcohol abuse within our youth membership. Our policy is no drugs, no alcohol, and no smoking in conjunction with club events. Violation of this policy may be the basis for suspension or dismissal from the team. As our players get older, they are expected to be positive role models for the younger players, both on and off the field. Coaches and players are reminded of provincial laws.

#### **3. / Dress Policy**

Whenever a player is in uniform, he or she is representing the Club and in doing so must abide by the following policy:

- 19) Jerseys are to be tucked into shorts;

- 20) Socks must always cover shin guards;
- 21) Shoes should be polished and the laces should be replaced when needed; and
- 22) Leave ALL of your jewelry and hairpins (except for rubber bands or other elastic bands) at home or in your soccer bags.

### 9. / Uniform Policy

All players are provided with a complete uniform including, a jersey, shorts, and socks. **At the end of the season both the jersey and the shorts will be returned.** As per FIFA laws of the game, players must be dressed in a proper uniform or they may not be permitted to play. Should sizing be a problem, please speak to your coach.

### 10. / Equipment

In order for your child to play, he or she must have both shin pads and proper soccer footwear.

## **TEAMS**

### 2. / Team Structure

The organization of a soccer team centers around the coaching staff. Each team is organized as follows:

- 23) **The Head Coach** - The head coach will have overall responsibility for the team, and is responsible for team discipline, setting up practices, teaching game strategy, notifying players and parents of scheduled game times, etc.
- 24) **Assistant Coaches** - Assistant coaches aid the head coach in his duties. They are usually a parent of one of the players and help with equipment, practices and transportation of players.
- 25) **Team Manager** - The team manager handles the administrative aspects of the team, and quite frequently is a parent's first point of contact when addressing a concern, problem or question. If you are interested in becoming a team manager, or assisting the team manager, please contact your coach.
- 26) **The Parents** - The parents are an integral part of the team, as they are usually the volunteers who help with duties such as, transportation, game refreshments, chaperoning tournaments, and fund raising.

### 2. / Coaches

The coaches within the club are volunteers who give generously of their time to the game of soccer. The Club encourages coaches to develop in hopes of providing your children with the skills required for their continued enjoyment of the game. At the same time, the Club is conscious of your concerns about your children's safety. All coaches must agree to have a criminal record check done. We ask that you support your coach in their endeavor. Should concerns about your coach arise, please feel free to talk to the coach or a board member.

### 3. / Coaches Rules

The Club has established the following rules which we ask our coaches to follow:

- 27) Attend all practices & games.
- 28) If you are unable to make it to either a practice or a game, you must notify the Club Head Coach.
- 29) Conduct yourself in a professional manner at all times.
- 30) Insure that all players wear their uniforms as per Club uniform policy.
- 31) No foul language or abusive conduct.
- 32) No smoking in the presence of players.
- 33) No alcoholic beverages in the presence of players.
- 34) When traveling with the team you should know where your players are, insure that proper attendance is taken, and inform the players and chaperons of their tournament schedules.
- 35) During league play, each player must play half of the game if they have satisfied the coach's practice requirements.
- 36) During tournament play and playoffs, however, the 50% playing time rule does not apply, and the coach has the discretion to substitute as necessary.
- 37) The KDSC reserves the right to replace a coach for any unprofessional behavior.

#### **4. / Team Selection**

Before the start of league play a player evaluation camp will be held. After the evaluations are complete, players will be divided into teams with the hopes of having balanced teams within the league. If your child is unable to attend you *must* contact the convenor for his or her age group.

#### **5. / Tryouts**

At the beginning of the soccer season, the Club holds open tryouts for the Rep. level teams. Both Rep. and House league players are given the opportunity to tryout for team positions. Tryouts usually start in the beginning of May.

The tryout sessions are divided by age group, and allow the coaches to evaluate the potential of each player. However, selection to a team one year does not guarantee that player a place on the team the following year.

#### **5. / Commitment Letters**

If your child is selected to become a Rep. level player, they will be asked to sign a Player Commitment Letter. It is important that before your child accepts this new responsibility that they understand the obligations that come with becoming a member of a competitive soccer team. When your child signs the letter they will be signing an agreement with our Club agreeing to:

- 38) Practice;
- 39) Practice properly, and
- 40) Apply themselves to becoming a skilled soccer player and a contributing part of a competitive soccer team.

In addition, the Club also requires all of our coaches to make the same commitment to the Club, its players and parents. The Coach should hand out copies of their signed letter to players at the beginning of the season.

## 7. / Playing Time

In hopes of player development, we ask our coaches to give players approximately half a game worth of time in league games. This time can be adjusted if a player continually misses practice. Please keep in mind that you have registered your child in a team sport, and commitment to team activities is required, practice being one of them.

## 8. / House League Practices

Teams will generally practice once a week. We ask that players make a strong effort in attending, as this is where the skills necessary to enjoy the game will be learned. If your child is unable to attend, please call your coach.

**Players who miss practice on a regular basis may see their playing time reduced.**

## 9. / Representative Practices

If a player is to compete at the Rep. level of soccer attending practice is a must! We know that many of our players have other interests and demands on their time, but it is very important that they make every effort to attend each practice. They will need the skills learned at practice to maximize their potential and remain competitive.

The teams generally practice once to twice each week during the soccer season. The times and days of your team's practice will be set by the Club and the Coach. Since practices are so vital to the development of the team as well as the individual player, the following rules have been established:

41) if a player misses a practice the coach has the right to sit him or her out for part or all of the next game.

b)if a player is not putting enough effort in practice, is not paying attention, or is distracting the other players, the coach has the right to sit them out for part or all of the next game.

42) if a player comes to practice and practices to their full potential, they will play at least one half of all league games

## 10. / Games

Soccer is a very demanding sport and it is our hope that every player has the opportunity to play their best. Your child can be prepared to do his or her best, help the team, and be less likely to suffer injury, if he or she abides to the following:

43) Get plenty of rest the night before a game;

44) Drink plenty of water the day of and the day before the game;

45) Eat sensibly, especially on the day of the game(i.e. milk, peanuts or carbonated drinks will shorten a player's wind); and

46) Half-time refreshments should be limited to a moderate amount of water (not too little, not too much).

Make certain that you have proper equipment, and bring them to each practice and game. Every player should have a soccer bag containing the following items:

- 47) Alternate uniforms;
- 48) Water bottle;
- 49) Soccer shoes;
- 50) Shin guards;
- 51) Extra pair of shoelaces;
- 52) Extra pair of socks;
- 53) Hair repair items;
- 54) Band aids, tape, sunscreen, etc.; and
- 55) Dark hand towel.

Arrive at the game early and warm up your muscles (exercises and stretches done before the game are essential to help prevent injuries)

### **11. / Poor Weather Conditions**

Even if it is raining, the games will be played unless there is a threat of lightning or the fields have been closed. Soccer is a game that is played in all weather conditions, and it is necessary that all players and parents learn that this is part of the commitment to the game. The ref is the only person who can cancel a game due to weather, please show up at the game to insure that your team does not forfeit.

### **2. / Tournaments**

Tournaments give you the opportunity to play several games in a short period of time. That opportunity for frequent repetitions of skills and tactics is often times the key to improvement for players and teams. Tournament play also helps to teach a team how to play and win in a pressure situation. In addition, it gives your child the opportunity to travel, and to meet soccer players in other cities and provinces.

Because of the importance of tournament play to the development of a team, all Club players are expected to participate. This means that all players will share in team tournament expenses, unless they are injured and cannot attend. To aid in planning, you should always know the dates of the tournaments that are to take place each season. A game and tournament calendar will be handed out to all players, but if you are ever in doubt contact your team manager.

### **3. / Fund Raising**

Soccer enjoys its reputation as a sport less costly than many others. And yet, when you reach the level of Rep. soccer, you begin to experience the need for better facilities, tournament costs, etc. Teams are encouraged to fund raise to help ease the cost of tournament travel and play. If you have a fund raising idea, talk to your team manager.

#### 4. / Voicing Your Concerns

The KDSC has a Committee that is charged with the responsibility for investigating internal Club complaints and disciplinary problems. When problems are referred to the Committee, a hearing may be held and appropriate remedial measures may be directed.

Please look first to your Coach for the handling of any problems, which you encounter. If, after consulting with the Coach, you still feel that additional attention to the problem is needed, then you may refer the matter to the higher authorities. Your team manager can provide you with a complaint form. For the Committee to review any problem, it must be submitted in writing.

## THE GAME

#### 1. / Rules of the Game

Without providing too much detail, here are some of the basic rules of soccer:

#### Laws of the Game

##### 10) The Offside Rule ( ***Does not apply to Jr. & Sr. Tyke*** )

- 1) A player is in an offside position if they are:
  - 1) ahead of the ball (closer to the opponent's goal than the ball is);
  - 2) in the opponent's half of the field; and
  - 3) there are fewer than 2 opponents ahead of or even with them (A player is onside if they are even with the second to last opponent).
- 2) A player in the offside position, described above, may be declared offside if they either:
  - 1) participate in play;
  - 2) interfere with an opponent; or
  - 3) otherwise try to take advantage of their offside position.
- 3) The position of the player at the moment the ball is played by a teammate determines whether the player is offside. However a player who is in an offside position will not be penalized:
  - 1) if the ball is last played by an opponent; or
  - 2) they receive the ball directly from a throw-in, corner kick or goal kick.
- 4) The penalty for being offside is an indirect free kick for the opposing team to be taken at the position of the offside player.

##### 2) Penal Fouls:

- 1) There are nine penal fouls which are prohibited in the game of soccer. In order to be called foul they must be committed intentionally. They are as follows:
  - 1) kicking or trying to kick an opponent;
  - 2) tripping an opponent;

- 3) jumping at an opponent;
- 4) charging an opponent violently or dangerously;
- 5) charging an opponent from behind, unless they are screening you from a ball, which is in playing distance. In which case you can charge from behind, shoulder to shoulder blade, *safely*;
- 6) hitting, trying to hit, or spitting at an opponent;
- 7) holding an opponent;
- 8) pushing an opponent;
- 9) touching the ball with your hand, while intending to control the ball.

56) The penalty for a penal foul allows the opposing team a direct free kick, or a penalty kick, if the foul takes place in the penalty area.

### 3) Non-Penal Fouls:

1) The five non-penal fouls are as follows:

- 1) dangerous play, which consists of high kicking, or trying to play a ball held by the goalkeeper;
- 2) fair charging with the ball **OUT** of playing distance;
- 3) illegal obstruction (putting yourself between the ball and the opponent when the ball is out of playing distance);
- 4) charging the goalkeeper in the goal area when he or she does not have the ball;
- 5) goalkeepers cannot:
  - (1) take more than 4 steps while controlling the ball with their hands;
  - (2) release the ball into play, then handle the ball again before another player touches it;
  - (3) control the ball with their hands when intentionally passed back from the foot of a teammate; and
  - (4) waste time.

**Remember that under the “advantage clause”, the referee does not have to stop play to punish a foul if, in his or her opinion, the fouled team is better off if play continues.**

### . / Guidelines for Conduct & Support

The key to being a successful soccer parent is by offering your unconditional support and being a good role model for your child and their teammates. Here are a few helpful reminders to help you in your commitment to your child’s progress and future in soccer:

- 57) Be your child’s biggest & best fan;
- 58) Encourage all the players on the team--soccer is a team sport and as such, teamwork is a very important aspect of the game;
- 59) Support the team--volunteer or fund raise. Let the coach’s coach--your child doesn’t need another coach, they need a cheering section!
- 60) Behave appropriately--do not yell at the referee, the coach, other parents, opposing teams, etc. Help your child focus his attention on what they can control (their own fitness, skill & ability);
- 61) Encourage good eating & sleeping habits; and
- 62) Have FUN!!!!!!