



VACAVILLE LADY KNIGHTS

U-10 Girls Soccer Team
Vacaville, CA
www.vacavilleladyknights.com



Ricardo M. Serrano, Head Coach
Ken Loban, Assistant Coach

Lorrie Rose, Team Manager
Kim Wilson, Assistant Coach

This is for all of the parents who will be watching their daughters play soccer on the Vacaville Lady Knights. Please follow these guidelines when observing our games. If you have any questions about why these rules exist, please feel free to talk to me at your convenience.

I. DO NOT COACH: Coaching means telling players what to do before it happens. For example, telling a player to pass the ball, to give the ball to Susie, to shoot, to clear it, to dribble or to take any specific action on the field. I am interested in knowing what your daughter knows about the game, not what you know. It is important for the coaches to understand what your daughter does not fully understand about the game and we will never learn that if all the kids do is listen to their parents yell at them during the game. For us to know what needs to be worked on in practice we need to observe the girls making their own decisions (good or bad) so we can figure out what needs to be worked on.

Look at games as a test. We will spend practices getting ready to do the "real thing" (i.e. play games). The practices are where most of the teaching goes on. In games (the test) we find out what the kids learned and what we need to spend more time on the next week in practice. There are many times in practice when we work on things that you may not see or understand. We may spend 3 weeks learning how to drop back in defensive cover, how to shepherd the ball handler away from the middle of the field or how to provide offensive support for the player in front of the player without the ball. All of these concepts require patience and thinking by the child. However, when the game rolls around and the parents are yelling "GO GET THE BALL" (At the top of their lungs) the kids then lose their focus and start chasing the ball to please their parents instead of doing what we taught them to do.

2. PRACTICES AND GAME: You will have your daughter show up on time and already dressed in appropriate attire (including shin guards and cleats) for all practices and games. The term "timely" for practices means at least 5 minutes (for stretching and warm up) before the designated practice time (e.g. by 5:55 if the practice starts at 6:00). The term "timely" for games means 45 minutes (for stretching, warming up, and game strategizing) before the scheduled game time (e.g. by 11:15 if the game starts at 12:00, etc.) Arrive 45 minutes before game time, this means that the kids are at midfield (with me) and have their jersey, cleat, socks and shin guards on 45 minutes before kick off. It does not mean the kids are just starting to get their stuff on in the car as you pull into the parking lot 20 minutes before the game starts. I highly encourage the players to get dressed at home and step out of the car ready to go. Even though our girls are still so young, I also recommend making the players responsible for having their uniform, cleats, shin guards and water ready before every game. As I tell the kids, your parents' job is not to baby-sit and they need to take responsibility for their soccer lives and not rely on their parents to do what they know needs to be done before every game. You will need to call me or one of our Assistant Coaches if your daughter will be late to practice/game. (Note: If your child will miss a game, it is crucial for the Lady Knights Coaches to receive as much advance notice as possible.)

If your daughter is late to a practice or game, it will affect her playing time. If you have any problem with getting your daughter to the game, or to the game in time, call me. We have many, many parents that are willing to help you out if you have scheduling conflicts, car trouble, unexpected relatives or any other expected or unexpected problems. I am always available via e-mail which is the best way for you to reach me. I would rather try and arrange something with the Lady Knights Car Pool Coordinator than your child miss or be late to a game. It is crucial to the team's overall success.

3. HALF TIME AND POST GAME: At halftime I want time alone with the kids to talk about what needs to be done in the second half. Sometimes the kids want to say things and ask questions that they do not want to have everyone listen too. Additionally, I want to have the kids paying 100% attention to me because we only have a few minutes to clear up matters for the second half. At half time please do not feed the kids. Drinking fluids is the best way to rehydrate. After the game I want a few minutes to discuss the game and what did not go well. Once again I would like the kids undivided attention and then they are free to go. This is the cooling time with minor stretches.

4. DESIGNATED POSITIONS AND PLAYING TIME: The Metro League is still a recreational league; however, your daughter is not guaranteed a designated position. It is therefore understood that your daughter's designated position in league, tournaments and jamboree games will be subject to the discretion of the Lady Knights Coach. All players will play at least 50% of the time, unless there are issues such as your daughter's timeliness and absenteeism in making team practices/games; attitude and behavior.

5. WATER: Bring water to every game. We never know when we will be at a field with no water fountains and I want the kids to grab their water at half time and come over to coaches. This will not happen if they are off looking for water. EVERY time a player substitutes out of a game I want her to drink water. It is way too easy to get dehydrated if they do not develop the habit of drinking water every time they come out a game. This includes games in the rain. They sweat in the rain too; they just do not feel it like they do in the heat. It is very easy to get dehydrated in the rain because you do not get overheated at the same time. This leads many players to "think" that they are not thirsty.

6. REFEREES: Expect lousy refereeing in every game and be pleasantly surprised when they are competent. I will deal with bad refereeing. Keep in mind that bad refs will not improve if they are yelled at by our team. In fact, they will probably get worse because they will get mad at you and take it out on your child. Most referees are not intentionally bad, but some of them are not very good at what they do.

Referees control the sidelines through the coach. If a parent yells at the referee (i.e. jerk, are you blind, you stink) and the referee is offended then the COACH gets a red or yellow card, not the parent. Trust me on this point, if I get a yellow or red card because of something that you say I will not only be very upset but the chances of being a returning player may be compromised. A coach who gets a red card will get at least a two, or more likely a four game suspension. If a parent, brother, cousin, uncle, grandparent is harassing the referee I will ask them to leave the game.

The Lady Knights Coaching staff will spend a lot of time teaching the girls to respect the game, their teammates, their opponents, their coaches, their parents and the referees. It is tough to ask them to be respectful to all of those people if their parents and coaches are not setting a good example. The only player allowed to talk to the Referee is the Captain. The other players on this team know they do not even speak to a referee and the Captain does it with the utmost respect. Part of what we are teaching our player is sportsmanship in victory, defeat and in the face of adversity. It is easy to be a good sport when everything is going your way. It is harder to be a good sport when you are losing or when you think the referee is not top notch. However, it is in the face of challenges when we find out who understands the meaning of sportsmanship. The discipline the kids learn in treating the game and all of its participants with respect will benefit them on the long run, both as soccer players and as young women.

7. INDIVIDUAL CONCERNS OR COMPLAINTS: An individual's concerns or complaints shall be directed solely to the Lady Knights Coaching Staff and not to other parents or other persons. It is crucial that any concerns or complaints be directed solely to the Coaching Staff in order to maintain harmony, cohesiveness, positive morale and integrity within the team. At no time is it appropriate to approach the Head Coach while coaching a game. Unless it truly is an emergency, please wait until the end of the game.

8. TRUST: Some of your daughters "have been playing soccer for half of their lives". They began learning the game as small children (4 years old) and a lot of what they do is instinctive and based on years of playing soccer. They know how to play this game. They are learning to get better with every touch of the ball. They want to get better and win every time they step on the field. You need to trust their instinct for the game and

their desire to play well. The more we trust them, and let them learn from their own mistakes, the better players they will be and the better decisions they will make on the field.

Finally, trust me when I tell you that this is a great group of kids and they would not be on this team if they were not excellent soccer players.

9. TOURNAMENTS: The team will be participating in tournaments covering locations within Northern California, around the Sacramento area. Your daughter will be expected to participate in every tournament regardless of whether you are able to attend. If you are unable to attend, you agree to ask another players family to take your daughter and serve as a "host family".

You will be responsible for all costs necessary for your daughter/yourself to attend tournaments. If you are unable to attend and another family is taking your daughter, you will be responsible for providing funds to the "host" family to cover your daughter's expenses. These expenses include, but may not be limited to, meals, snacks, water, pocket money, etc. It shall be the responsibility of you and the "host family" to come to an agreement regarding the type and cost of these expenses. If you do not feel comfortable contacting another family, contact the Lady Knights Head Coach who will help you find a family to host your child. Whenever feasible, you agree to serve as a "host family" to another player who may have this need

10. FINANCIAL ISSUES: Direct questions or issues related to team/individual financial matters to the Team Manager. The manager shall be responsible for maintaining all team and individual account records and providing updates regarding these accounts on a periodic and year end basis. You agree to keep your account current at all times.

11. TEAM POSITIONS AND RESPONSIBILITIES: It is important that you as a parent be directly involved in the soccer development of your daughter. It is also expected that each family will actively participate in the team efforts such as fund raising activities, garage sales, car washes, pizza coupons; and other tasks such as field setup/take down, team manager, team VUSC representative, treasurer, coordinators: car pool, phone tree, referee, flag/banner, snacks, video/pictures, yearbook, etc. Your daughter's success depends on your participation in our team's activities.

12. LADY KNIGHTS GUIDELINES: You agree to comply with the "Lady Knights 2009 Team Guidelines". These guidelines include the team expectations for parent and spectator behavior. ("Spectator" herein means any person attending a game on behalf of your daughter). If you have any questions, please forward them to me at vysl@sbcglobal.net – 707/365-6875. I am looking forward to seeing you on the field.

All the best,

RicardoMSerrano

Ricardo M. Serrano, Head Coach, Vacaville Lady Knights
Vacaville United Soccer Club
CYSA Instructor, Licensed "D" National & State Soccer Coach

PARENTS SIGNATURE SECTION

By affixing my signature below, I agree that I have fully read, understand and agree to adhere to all of the "Lady Knights 2010 Team Guidelines" terms and conditions contained herein. I further understand that failure to adhere to the "Team Guidelines" can directly impact my daughter's playing time and/or continuance as a Vacaville Lady Knights player.

Player Name

Parent (Print Name)

Parent (Signature)

Date