



AYSO Region 44

Sunnyvale, California

August 10th, 2005



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INTRODUCTION

Hello Coaches -

The rosters have been released and you can now access your team and start getting your teams together.

The U6-U10 Coaches Meeting is tonight at **Raynor Park**. Coaches from the older divisions are welcome to attend if you missed last weeks meeting. By attending the Positive Coaching Workshop you will be invited to attend the September 24th Earthquakes game and participate in the “behind the scenes” locker room feature of the “Student of the Game” partnership we have with the Earthquakes.

Coaches attending this game will enjoy a private pre-game and half-time talk by the coaching staffs of the Earthquakes and their opponent. The discussion will involve strategy and how they will utilize various tactics and methods to win the match.

Darin Roland
Sunnyvale AYSO Region 44
Assistant Coach Administrator

NEWS

Equipment and Uniforms - All Divisions

From **6:00 PM - 9:00 PM** on **Friday August 12th** and **Sunday August 14th** you can pick up your equipment and uniforms. The location is the same and if you can't make those times please have your Assistant Coach (once rosters are released) pickup the equipment and uniforms. If that still doesn't work, please call Kat Caturegli to schedule a time:

Contact Information and Address:
Kathryn (Kat) Caturegli
(408) 735-0875
660 Bend Drive

Additional Safe Haven Courses

If you missed the August 6th Safe Haven course and you can't attend the Safe Haven course on August 20th, then here are some alternatives:

Date	Time	Location	Event
August 24 th	7:30 PM - 9:30 PM	JLS Middle School Cafeteria Palo Alto	Safe Haven Course http://www.ayso26.org/
August 25th	7:30 PM - 9:30 PM	JLS Middle School Cafeteria Palo Alto	Safe Haven Course http://www.ayso26.org/
August 31 st	7:00 PM - 9:00 PM	Cubberley A2 Palo Alto	Safe Haven Course http://www.ayso26.org/
September 8th	7:00 PM - 9:00 PM	Cubberley A2 Palo Alto	Safe Haven Course http://www.ayso26.org/
September 13 th	7:00 PM - 9:00 PM	Cubberley A2 Palo Alto	Safe Haven Course http://www.ayso26.org/

CALENDAR

Date	Time	Location	Event
August 10th	7:00 PM - 9:30 PM	Raynor Park Building	U6-U10 Coach Meeting and PCA Workshop
August 13th	8:00 AM - 5:00 PM	Cesar Chavez School, EPA	U10/U12 Intermediate Coaches Clinic
August 14th	8:00 AM - 5:00 PM	Chesar Chavez School, EPA	Intermediate Coaches Clinic
August 20 th	8:00 AM - 1:00 PM	Raynor Park Building	U6/U8 Coach Clinic
August 20 th	1:00 PM - 3:00 PM	Raynor Park Building	Safe Haven
August 27th	8:00 AM - 5:00 PM	Raynor Park	U10/U12 Intermediate Coaches Clinic
August 28th	8:00 AM - 5:00 PM	Raynor Park	Intermediate Coaches Clinic
September 10 th The Season Begins!! - All Day and All Over			
			

PRACTICE GUIDELINES

An important aspect of age-appropriate coaching is the length of time that players should practice. There are no hard and fast rules, but coaches should not place unreasonable demands on players' time, nor practice beyond the maximum recommended limit for a given age bracket.

Coaches must recognize that there is always more to teach than either the time available or the attention span of the players, and that players have many demands on their time. Putting the kids first means practice times which match their development level and commitment. Also, part of keeping our teams balanced is everyone following the same guidelines.

The following table gives our region's recommendations for practices by age group:

Division	Season	Length	Pre-Season
U6	20-30 minutes before games (Once every two weeks or a few times during season is OK)	30-45 minutes	2-3 practices total
U8/U7	Once per week	45-60 minutes	Max 2 per week
U10	Once or twice per week	60 minutes	2 per week
U12/U14/U16/U19	Twice a week	60-90 minutes	2-3 times per week

REFEREE'S WANTED

Please keep in mind that referee's are still wanted:

This year we are short of volunteer ref's in several divisions, especially the U8 and U7 divisions. We do have shortages elsewhere so if all Coaches could help enlist the aid of the parents, this will help. I'll have copies of this document available for the Coach Meetings as well.

Rosters have been released and you have your team contact information so you can start enlisting the aid of more parents (or teenage siblings) to help out. When there is a shortage of referee's, the job usually falls to the Coaches to assist with that duty. Nothing like having to call fouls on your own players.

The goal is to have 2 parent volunteers per team to Referee.

AUGUST COACH OBLIGATIONS

Just a reminder of some duties for the month of August

- If you are planning on attending a Coaching clinic (13th, 20th and 27th events - all Saturdays), please Email john_d_robbins@yahoo.com to let him know you are planning on attending
- For the above, if you forget or decide late - please show up anyway! The more attendee's the better, the Email is mainly for an estimate
- If you are a new Coach or haven't yet attended a Safe Haven clinic these are mandatory from National AYSO. There are several sessions and you can attend any of the Safe Haven clinics (August 20th) or even look at other Regions and attend a Safe Haven elsewhere
- Please make every effort to attend the Coach Meetings on August 10th. If you are an assistant, it is also important to be at the meetings for the Positive Coaching Workshop.

ASSISTANT COACH OBLIGATIONS

Assistant Coaches, please plan for the following:

- Attend the Coach Meeting on August 10th if you haven't already
- Safe Haven clinics are mandatory from National AYSO for Assistant Coaches as well so if you haven't been Safe Haven certified please plan on attending one of these sessions listed on the Calendar

EARTHQUAKES NEWSLETTER

The link below will take you to the most recent Earthquake Newsletter, please forward this to parents and players if you like (once you have that information of course).

http://www.mlsnet.com/offsite/newsletter/sje/2005/07_2005/07_26_05/sog072605.html

Thanks for taking the time to read everything and thanks for volunteering to Coach our kids.

Darin