



AYSO Region 44

Sunnyvale, California

August 16th, 2005



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INTRODUCTION

Hello Coaches -

I want to thank all the Coaches that attended the Positive Coaching Alliance Workshops. The turnout was fantastic and I received several good comments on the workshop itself. I thought the presenter we had for both workshops, Bob Heckman, was outstanding. Makes me want to go see a Mountain View High School basketball game later this year.

Obviously there was quite a bit of information and tools discussed, I will be adding a section to future Newsletters containing items from the workshop. I thought the slide he did towards the end stating “just try using 3” of these items made sense - a “take what you like and leave the rest” approach.

Make sure you keep those Double Goal Coach certification cards, we will be using those for the Earthquake “Coaches Observation Clinic” on **August 27th**. I had stated the Coaches Observation Clinic would be September 24th in the past but I was wrong on the date. The clinic is August 27th. For those that couldn't attend the workshop, I have extra workbooks if you are interested in the material.

For those that missed the Coach Meeting information, I have included all of the topics covered at the end of the Newsletter. Even if you made the meeting, might be worthwhile to give the Coach Meeting Notes section a quick glance just in case you missed anything.

Darin Roland
Sunnyvale AYSO Region 44
Assistant Coach Administrator

NEWS

Coaches Observation Clinic (Earthquakes August 27th)

The Coaches Observation Clinic as stated is on August 27th at the San Jose Earthquakes. If you attended the Positive Coaching Workshop, you are invited to attend the clinic. If you are planning on making this event (and it's “free” as part of our “Student of the Game” package), please reply to this Email so we can give the Earthquakes an indication of how many of us are attending. I'm planning on going and look forward to seeing as many of you there as possible.

Rosters Released

As you all know by now the rosters have been released and practices can be scheduled and the season can get underway. As you get your first practice scheduled, remember you need to have a signed copy of the registration forms with you at the field at all times. The registration form acts as a medical release form and it's critical to keep these forms with you.

As a Coach you can print all of these registration forms or ask that each of your parents bring a signed copy. In WebYouthSoccer under Coach, click Team Reg Forms link to create one pdf of all player's forms.

“Teaching Speed” Course

An AYSO Course presented by Sean O’Keefe, our Section Coach Trainer, is offering a free course for Coaches and Assistant Coaches. Any Coach can attend but is probably designed for U12 Coaches and above. The course takes place on Saturday August 20th, from 1:30 PM - 3:30 PM at Creekside Park (off Miller Ave).

Equipment and Uniforms - All Divisions

Hopefully most of you were able to pickup your equipment and uniforms over the weekend, but if not please contact Kat to schedule a time to pick everything up:

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 25 th	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 8 th	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 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 27 th	8:00 AM - 5:00 PM	Raynor Park Building	U10/U12 Intermediate Coaches Clinic
August 27 th	Game is at 8:00 PM	Earthquake Arena	San Jose Earthquakes Game
August 28 th	8:00 AM - 5:00 PM	Raynor Park Building	Intermediate Coaches Clinic
September 8 th	6:30 PM - 9:30 PM	Raynor Park Building	U7 Referee Class
September 10 th	3:00 PM - 4:00 PM	Ortega Fields	U6 Referee Class
September 10 th The Season Begins!! - All Day and All Over			
September 25 th	11:30 AM - 4:00 PM	Ortega Park	League Picture Day

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

PRACTICE FIELDS

We have been assigned the following fields by the city to use for practice. You can pretty much practice anywhere you can find an open patch of grass but be aware that Sunnyvale Alliance may hold permits for that field, and if the field gets crowded, they may ask you to leave.

During the days and times slotted, you have priority over any other group. Those days and times are Tues-Thurs, 4:00pm – 8:00pm. If you have any questions about practice field use, contact the RC or RCA.

- Cumberland School
- Hollenbeck/Challenger School
- Las Palmas Park
- Nimitz School
- Panama Park
- Ponderosa Park/School
- Raynor Park
- San Antonio Park
- Sunnyvale Middle School
- West Valley School

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. If you are a U7B or U7G/U7B Coach I will be sending you a separate Email with a document explaining the details from our Referee Administrator, Russ Melton. 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.

Once Rosters are released and you have your team contact information please 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 (I think the only thing more challenging is calling balls and strikes on your own team in Little League - while Coaching).

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 (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

ASSISTANT COACH OBLIGATIONS

Most of you should have been contacted by your Coach by now, although at the lower division levels that might not have happened yet. About the only obligation you have left besides the Safe Haven clinic, is to help your Coach out.

Below are the notes from the Coach Meetings, please check them out as necessary. Thanks for Coaching our kids and see out on the fields.

Darin

FALL 2005 COACHES MEETING NOTES

AYSO Guiding Principles

These principals are guided by how children play:

- Everyone Plays** When kids play, they all play. In soccer we tend to add more structure but the same rules should apply. Children should play as much as possible. Our region's guideline is that no child should play 4 quarters unless all children have played at least 3 quarters.
- Balanced Teams** When children form teams it is normally done by choosing up sides. If the game isn't fair, they choose up again. We try very hard to create balanced teams. This is very difficult and further complicated by numerous requests. We have adopted the AYSO methodology of choosing teams and ignore parent requests.
- Positive Coaching** Children prefer to just be allowed to play. If you must interfere, make it positive. We train and encourage our coaches to make the extra effort to understand and offer positive help to our players, rather than negative criticism.
- Open Registration** Our program is open to all children between 4½ and 18 years of age who want to register and play soccer. Interest and enthusiasm are the only criteria for playing.
- Good Sportsmanship** We strive to create a positive environment based on mutual respect, rather than a win-at-all-costs attitude, and our program is designed to instill good sportsmanship in every facet of AYSO.

Registration Forms

Most parents registered online and only turned in one signed copy, which will go to National. Each coach needs a copy at the field. The coach can print all and have parents sign or ask parents to print another and bring to first practice. In WebYouthSoccer under Coach, click Team Reg Forms link to create one pdf of all player's forms.

Practice Fields

During the fall season, you can pretty much go anywhere, with the exception of Ortega Park. We're not allowed to practice there. This is the list of fields we are assigned by the city to use for practice. If you want to practice at a field that is not listed here, be aware that Sunnyvale Alliance may hold permits for that field, and if the field gets crowded, they may ask you to leave.

Field use time is Tues-Thurs, 4:00pm – 8:00pm. If you have any questions about practice field use, contact the RC or RCA.

Cumberland School
Hollenbeck/Challenger School
Las Palmas Park
Nimitz School
Panama Park
Ponderosa Park/School
Raynor Park/School
San Antonio Park
Sunnyvale Middle School
West Valley School

Nets Up and Down

U10 & above – Use standard size goal

U8 – Use standard goal with one segment missing (6ft H x 6 yds W).

U6 & U7B – Use popup goals provided by AYSO.

Team Formation

Team formation is done by taking into account ratings from the previous year as well as parent evaluations on new children. This is not an exact science and children can change significantly from one year to the next. The division coordinators spent significant time creating teams, give them a kind word, regardless as to whether you think the teams are well balanced.

This year, no parent requests were taken into account when forming teams. The computer generated teams with respect to ratings and parental volunteer commitment.

Safety

When a player returns to play after an injury, they need to bring a signed release from a doctor for the coach to keep on file.

The coach should have a copy of the signed player registration forms at every practice and game. These are your medical releases in case something were to happen. Head coaches should make copies of all registration forms for each assistant coach.

Volunteer Screening

Volunteers that spend time with the children must have a signed volunteer form on file. This applies to coaches, assistant coaches and referees. If you have not filled out a form, do so tonight.

Coaches Web Site

We have a coaches area on the website that is password protected. As coaches, you can get rosters, schedules, team statistics and much more from the web. To login the first time you will need to request a username/password. This is done interactively and only takes a minute, if you know your child's birthday.

Our goal is to have everything you need to know accessible via the web. Could be in time this meeting will not need to be held ☺

Your Contact Information, email, work phone

Enter your team name and colors

Team Rosters

Team Volunteers (mid August)

Game Schedules (late August)

Player Statistics (during the season)

End-of-year Player Evaluations

Schedule

Check the website for latest schedule changes, www.ayso44.org. We will make a serious effort to keep it up-to-date.

Referees / Conflict Resolution

Remember that referees are volunteers as well. Even though they have received training, there is no substitute for experience. If you have a problem with the way a game is called, feel free to speak with the referee at half time or following the game in a respectful manner. Or contact your division coordinator with

a problem you wish to have escalated. Under no circumstances should you be confrontational or act in an unsportsmanlike manner. Remember, you are a role model for the players.

Note: Sometimes referees leave right after the game to go watch their child's game.

You should also feel free to contact the following people to resolve an issue or conflict:

Referee Administrator, Russ Melton, 408-739-7459

Coach Administrator, John Robbins, 408-730-9967

Regional Commissioner, Becky Cotton, 408-749-9500

Work to get parents on your team to sign up for a ref course. It is easy and very much needed. Wouldn't be a bad idea for you to attend a ref clinic as well.

Post Season

Remember that at the end of the season you will be required to submit a player evaluation before you can pickup your pictures. You may want to start on these a couple weeks early. At about mid-season you'll get more info on the player evaluations, which will be done online.

Uniforms

All uniforms will not be recycled. If there is an issue with your uniforms, contact Rebecca Cotton at 408-774-1439 for assistance.

Equipment

Equipment Manager is Kathryn (Kat) Caturegli...

Game Cards

Game cards should be printed out prior to arriving at the field on game day. Please go to the Coaches Section of WebAYSO to find and print the game cards.

Also, remember to leave the area on the right blank. The referee will take care of noting who is out each quarter and who is keeper. If you fill this in before the game starts and make changes during the course of the game, injuries, etc. it makes the card hard to interpret later.

Note: U6 division does not use game cards.

Rainouts

Please call the AYSO hotline (408) 749-1950 x701) on Saturdays when there is rain. Sunnyvale is very protective of its fields and we tend to call off games earlier than you would expect. Once we have made the decision to call off the games, if the weather improves later in the day we will not reverse the decision.