



AYSO Region 44

Sunnyvale, California

July 24th, 2007



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INTRODUCTION

Hello Coaches,

For those that have been Coaching in AYSO for awhile you will of course be familiar with the Newsletters. For those new to AYSO Region 44, the Newsletter is our main source of communication during the season. The new Fall 2007 Season is almost upon us and it's time to start marking up your Calendars.

This is the start of the weekly Newsletter and once the season is under way, I'll probably switch to bi-weekly.

Feel free to Email me with any questions you might have. You might check out the web-site as many common questions are listed here:

<http://www.ayso44.org/information/faq.php>

Thank you all for volunteering to Coach our kids for the Fall 2007 Season.

Darin Roland
Sunnyvale AYSO Region 44
Regional Coach Administrator

*** For those of you no longer Coaching that are still on my distribution list just send me a note if you don't wish to receive the Newsletters anymore.

NEWS

U7B and U8B Division update

Last year the U7B and U8B Divisions were combined. This year I'm happy to announce that these division will once again be separate.

Positive Coaching Alliance Partnership

Our region is now going on our 3rd year of partnership with the Positive Coaching Alliance. Our "Area" is now doing the same which includes Mountain View, Palo Alto and other neighboring cities. There will be some Positive Coaching workshops scheduled that as soon as the dates are set I will let you know.

Since our Partnership began the number of conflicts and complains has dropped considerably. Our Region continues to support and model our Coaching philosophy after the PCA. You can find more information about the PCA here:

<http://www.positivecoach.org/default.aspx>

Coach Clinics

Check the Calendar for our August Coach Clinics! If you are new to AYSO the mandatory requirement is to get Safe Haven certified. There is an on-line option if you can't attend the August session.

Coach Meetings

I have scheduled our Coaches Meeting for August 7th. All Coaches are invited and at least one Coach from each team should attend. It's possible the rosters for some teams won't be completed by this date but please plan on attending if at all possible.

Online Courses (Safe Haven Offered)

There are several on-line courses offered through eayso.org. You can sign up for an AYSO ID number and select the courses you want - it's all free! Safe Haven is also offered on-line. Safe Haven is designed to protect you, our volunteers as well as our children. I took the on-line course again as a refresher so even if you attended a Safe Haven 5 years ago, you might give the on-line version a spin.

To use the on-line courses, do the following:

- Obtain a AYSO ID (sign up as a volunteer on www.eAYSO.org - if you filled out the paperwork last year the AYSO ID will be in our system and I might be able to look the number up - just send me an Email)
- Go to AYSO Online Certification and Training (at aysotraining.org)
- Select the Safe Haven for Coaches (or any of the other options)

CALENDAR

Date	Time	Location	Event
August 7 th	7:00 PM - 8:30 PM	TBD	Coaches Meeting (All Divisions)
August 11 th	8:00 AM - 5:00 PM	Raynor Park	U10/U12 Intermediate Coaches Clinic
August 12 th	8:00 AM - 5:00 PM	Raynor Park	Intermediate Coaches Clinic
August 18 th	9:00 AM - 1:00 PM	Raynor Park	U6/U8 Coaches Clinic
August 18 th	1:00 PM - 3:00 PM	Raynor Park	Safe Haven Clinic
August 25 th	8:00 AM - 5:00 PM	Graham Middle School (Mtn View)	U10/U12 Intermediate Coaches Clinic
August 26 th	8:00 AM - 5:00 PM	Graham Middle School (Mtn View)	Intermediate Coaches Clinic
September 8 th The Season Begins!! - All Day and All Over			
			

Items in **blue text** on the Calendar are coming up next week. Items in **red text** will indicate a new listing.

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 similar 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	60-75 minutes	2 per week
U12/U14/U16/U19	Twice a week	60-90 minutes	2-3 times per week

AUGUST COACH OBLIGATIONS

Just a reminder of some duties for the month of August

- Attend August 7th Coach Meeting
- If you are planning on attending a Coaching clinic (listed in the Calendar section), please Email john_d_robbs@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. An on-line course is now offered.

ASSISTANT COACH OBLIGATIONS

Assistant Coaches, besides waiting to hear from your Coach once Rosters are released, please plan for the following:

- 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
- Attend the Coaches Meeting on August 7th

COACHES CORNER

Same links as before, including one more time before I use this space for something else.

<http://soccer.org/>

AYSO National web-site, click on COACHES then Drills and games

<http://www.decatursports.com/drills.htm>

Pretty much has it all

<http://www.and-again.com/default.asp>

No frills but plenty of information

<http://www.finesoccer.com/index.html>

Some stuff they try to sell, stay with the CONTENT area

<http://eteamz.active.com/soccer/>

Darin