SOCCER League Packet

Bellevue Parks &
Community Services

PARENT LETTER

Welcome to the City of Bellevue Parks & Community Services Youth Soccer Program. We are pleased to bring you a quality program with a non-competitive atmosphere. Our goal this season is to take a leadership role in promoting physical fitness and participation through athletics for all youth and adults in Bellevue and neighboring cities.

We must stress the importance of the basic philosophy of this program - to stimulate the participation of all children by expanding the opportunities for young people to pursue an active and healthy lifestyle. To achieve the end result, a progression will be used in which playing rules, facilities and equipment are modified or scaled down to fit the needs of individual participant age groups. This program is not to be construed as an "all-star" program for chosen individuals.

Learning, participation, enjoyment and physical exercise are the main elements of this program. At all times we shall strive to maintain the conduct of this program at a very basic level for these children. Therefore, it is of the utmost importance to stress participation through our Parks & Community Services Department .

Parents are encouraged to attend activities and participate by supporting coaching staff and children, and also by volunteering your time to coach a team.

Through proper guidance and assistance, it is our firm belief and hope that we may positively shape the direction of the future of these children. Together, we are making a difference in the lives of youth throughout the Eastside.

We applaud your commitment to this program and look forward to working with you and your child(ren).

Steve Gonzales
City of Bellevue
Youth Sports Program Coordinator
425-452-4627

SOCCER PARENT CODE OF CONDUCT

I will enjoy my child's opportunity to experience the benefits of sport.

- I will trust in my child's ability to have fun as well as to perform and achieve excellence on his/her own.
- I will help my child to learn the right lessons from winning and losing and from individual accomplishments and mistakes
- I will respect my child's teammates and fellow parents as well as the players, parents and coaches from opposing teams.
- I will give only encouragement and applaud only positive accomplishments whether for my child, his/her teammates, their opponents or the part time volunteers and staff.

I will respect my child's coach and support his/her efforts.

- I will not instruct from the sidelines unless asked by the coach.
- I will ensure that my child will attend all games and practices possible and, when not possible, I agree to inform the coach in advance.
- I will respect all facilities.
- I will respect all equipment.

I will respect the volunteer coaches and staff and their authority during games.

I will never demonstrate threatening or abusive behavior or use foul language.

I will be responsible to report to the Youth Sports Coordinator any perceived misconduct by coach, player, parent or official so it can be dealt with in the appropriate manner.

YOUTH SPORTS SPORTSMANSHIP STATEMENT

Youth Sports urges everyone to make this a great recreational experience for the kids. Please demonstrate good sportsmanship at all time. Be supportive of your team and respectful of your opponents. Avoid negative comments to the officials and the other players and coaches. Good luck with every practice and game!

WHAT TO DO ON YOUR FIRST DAY

- Check in at the Coordinator's table, turn in "Parent Code of Conduct" agreement.
- Sign-in yourself and child. **No child is to check in alone regardless of age!**
- Pick up any information you may need from the Coordinator's table. (schedules, etc.)
- We will help you find your coach and field location.
- Introduce yourself and child to the coach at your team's practice location.
- Once checked in, enjoy the program.
- Have a blast cheering on our sports stars!

NON-COMPETITIVE RULES

- 4 on 4 - NO GOALKEEPER - Mighty Mites League.
- 5 on 5 - NO FULL-TIME GOALKEEPER (everyone shall try this position) - Youth & Junior League.
- Substitutions will be made by coaches.
- Each game will consist of two 20-minute halves with a 5-minute half-time.
- Tennis shoes or rubber cleats only. Please, NO SPIKED CLEATS.
- **Shin-guards are required** of all participants.
- Our coaches will be the referees. All rules and infractions shall be briefly explained to the player.
- All fouls will result in a free kick. We will not call all fouls; however, we will explain all calls to your child so they understand what they did wrong.
- Inappropriate behavior (i.e., kicking intentionally, put-downs, excessive pushing or pulling and foul language) will not be tolerated. The child will have to sit out for 3 minutes or until the coach feels the child is ready to return to the game.
- Do not record wins or losses.
- Do not record final score and, if asked, try and be as discrete as possible.
- Each team shall shake hands after each game.
- If the decision to purchase trophies is made by the team, please be advised that this is the responsibility of the coach/parents and not the City of Bellevue.
- Parents, non-playing players and spectators are there to enjoy and encourage. Please do not criticize the play of the children.

IMPORTANT DATES & INFORMATION

- **Mighty Mites League** – Games begin on May 3.
- **Youth League** – Games begin on May 4.
- Your coaches will decide a snack schedule at first practice.
- Team jerseys will be issued at first game. Please wear jersey to each game.
- Parks department will provide award certificates and ribbons to each participant at the end of the season.
- Healthy snacks are encouraged. If the decision to purchase healthy snacks is made by the team, please be advised that this is the responsibility of the coach/parents and not the City of Bellevue.
- **NO FOOD OR DRINKS ARE ALLOWED ON THE FIELD! WATER BOTTLES ONLY!**
- **ALL SNACKS MUST BE EATEN AFTER THE GAME AND OFF THE FIELD! NO EXCEPTIONS!**

HELPFUL SOCCER TIPS

When Kicking, Passing and Shooting, child should…

- Step behind the ball and plant his/her non-kicking foot to the side of the ball
- Point his/her non-kicking foot in the direction of the target
- Kick with his/her laces or inside of the foot (NO toe-kicks!)
- Strike the ball in the center
- Follow through

When Dribbling, child should…

- Touch the ball on the side of the toe, inside or outside of the foot (Make sure you are teaching them to use both feet!)
- Keep the ball close (they should not be kicking it far ahead and running on to it)

When Trapping the ball, child should…

- Watch the ball all the way until it hits his/her foot
- Bend knees slightly
- Treat ball like an egg and cushion it softly
- For younger kids, the term "squash the bug" is helpful, this involves the player putting his/her foot on top of the ball to stop it.

When doing a Throw In, child should…

- Use both hands equally
- Bring ball all the way behind his or her head until it almost hits his/her back
- Keep both feet on the ground
- Follow through with the throw and look at the target

INCLEMENT WEATHER POLICY

When the sun is shining, we play…
When it's raining, we play…
When it begins to thunder, we run for cover…
When lightning strikes, we'll be home by then…

REMEMBER THAT SOCCER IS AN **ALL WEATHER SPORT**!

FIELD CLOSURE INFORMATION

- We DO NOT have a Youth Sports Field cancellation/closure line.
- Please report to the field at your scheduled time. It is the responsibility of the City of Bellevue Youth Sports Coordinator to make the field closure determination AT THE FIELD !
- Any questions prior to 3pm can be directed to **Steve Gonzales at 425-452-4627 or 206-465-1470 (cell) or the Recreation Office at 425-452-6885**.

HEALTHY SNACKS SUGGESTION LIST

- Fruits
- Pretzels
- Animal crackers
- Graham crackers
- Fruit grain bars
- Trail mix
- Frozen fruit bars
- Fat-free popcorn
- Carrot sticks
- Celery sticks

HEALTHY BEVERAGE SUGGESTION LIST

- Water
- 100% fruit juices with natural sugar
- Gatorade/Powerade