



# Southern Nevada Soccer Association

Youth Recreational Soccer Program



## Team Resource Kit



# Southern Nevada Soccer Association

## Team Resource Kit

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### Henderson United Youth Soccer Southern Highlands United Youth Soccer Mini Kickers Youth Program

If you have questions or suggestions regarding this booklet, you may contact SNSA at:

Southern Nevada Soccer Association  
2756 N. Green Valley Parkway - #238  
Henderson, NV 89014

Phone 702-568-0400  
E-Mail: [info@snsasoccer.com](mailto:info@snsasoccer.com)  
Website: <http://www.snsasoccer.com>

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#### FOR THE GOOD OF THE GAME, ALWAYS...

1. LEARN AND OBSERVE THE LAWS OF THE GAME
  2. DEMONSTRATE GOOD SPORTSMANSHIP
  3. RESPECT OPPOSING PLAYERS, SPECTATORS, AND COACHES
  4. RESPECT THE REFEREES
  5. ACCEPT DEFEAT WITH DIGNITY AND GRACE
  6. ACCEPT VICTORY WITH HUMILITY
  7. REJECT DRUGS, FOUL PLAY, RACISM, AND VIOLENCE
  8. WORK TOGETHER WITH PARENTS, COACHES AND LEAGUE OFFICIALS TO CREATE A POSITIVE ENVIRONMENT FOR THE YOUTH OF OUR COMMUNITY
  9. GENERATE A PASSION FOR THE GAME OF SOCCER
  10. REMEMBER THAT THIS GAME IS FOR THE KIDS
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# Southern Nevada Soccer Association Letter of Introduction

SNSA Team Staff Member,

The Southern Nevada Soccer Association (SNSA) Board of Directors would like to thank you for volunteering as a team staff member for a youth recreational soccer team! This packet is designed for coaches in our Henderson United, Southern Highlands United and Mini Kickers youth league programs. It contains information about our mission and values, the role of the recreational coach, team and parent management, codes of conduct, safety and first aid, and additional information that we hope you will find useful as you prepare your team for the upcoming season. We have included team management information from the Positive Coaching Alliance to help you organize your team, educate your parents, and secure their cooperation in engaging in behavior and practices that will ensure a successful season, regardless of how many games are won on the field. We encourage you to distribute copies of this information to your parents, and to further explore the Positive Coaching Alliance website at [www.positivecoach.org](http://www.positivecoach.org).

At SNSA, our goal is to promote the game of soccer to Henderson and South Valley youth and to positively influence the development and character of the youth in our community. Coaches and parents are the most critical elements in the SNSA organization. The behavior modeled by coaches and parents has a direct impact on our children. If the adults in our organization demonstrate our core values of respect, teamwork and sportsmanship, those values will be transferred to our children. We look forward to working with you in what we hope will be a fun and rewarding season!

## ***SNSA Board of Directors***

### **SNSA Contact Information**

The primary place to find out the latest league news and information is the SNSA website at [www.snsasoccer.com](http://www.snsasoccer.com)

If you do need to contact the league directly, you may use the following methods:

E-Mail (preferred):	<a href="mailto:info@snsasoccer.com">info@snsasoccer.com</a>
Voice Mail:	702-568-0400
U.S. Mail:	SNSA 2756 N. Green Valley Pkwy #238 Henderson, NV 89014
SNSA Office Location:	SNSA Office 149 N. Gibson Suite I Henderson, NV 89014



# Southern Nevada Soccer Association Coach Education and Development

In this section we discuss the role of the recreational/developmental coach, provide coach education information and a list of online coaching resources, and includes a coach's code of ethics.



## Role of the Recreational/Developmental Coach

Now that you have volunteered to coach, what do you do next? First, it is important to understand the role of the recreational youth soccer coach. You may have played soccer on a club, high school or college team, and you may understand and know how to play the game, but when coaching recreational players you need to be part coach, part psychologist, part policeman, and sometimes part wet-nurse! Below are some basic guidelines for the role of the SNSA recreational coach:

1. **INDIVIDUAL PLAYER DEVELOPMENT** – One of the most difficult parts of coaching a recreational soccer team is that you may likely have players with a wide variety of athletic ability and coordination. Some may be natural athletes, and others may be complete klutzes. And you have to coach all of them! Here are some tips:
  - a. It is the goal of the recreational coach to help each player reach his or her own individual potential. Some players have higher ceilings than others due to natural athletic ability, but a lack of athleticism can be overcome with a diligent work effort and the development of technical skills and knowledge of the game.
  - b. Identify the positives in each player, do not dwell on the negative. Set reasonable goals and expectations for each player.
  - c. Don't pigeon-hole a player. Give them an opportunity to play all different positions on the field.
  - d. The league requires a minimum level of playing time for each player (half the game minutes) but give each player a substantial amount of playing time because it is the right thing to do! Players don't get better sitting on the sideline.
  - e. Don't give up on any of your kids! If they come to practice and work hard, you will see them progress. And that is a coach's greatest reward.
  
2. **TECHNICAL SKILLS DEVELOPMENT** – The focus of training in the SNSA recreational program is the development of technical skills. 95% of the training in the U5-U8 age divisions should be devoted to technical skills development. As you start to introduce basic tactical training in the U9-U10 divisions, technical training should still account for at least 75% of your practice time, and at least 50% of your practice time in the U11-U14 divisions. SNSA's Level 1 and Level 2 Coach Clinics focus on drills and activities to develop the following technical skills:
  - a. ball control – movement of the ball with all parts of the foot, both left and right
  - b. passing – basic instep passing, chipping, crossing
  - c. receiving – receiving the ball with the foot, thigh, chest and head
  - d. shooting – basic shooting mechanics (laces) using both feet; volleying, headers
  - e. 1v1 offensive and defensive skills – using moves to beat a player 1v1 (scissors, stepover, pullback, Cruyff, Maradona, etc.). 1v1 defensive approach, footwork and positioning.

3. **TEAM/TACTICAL DEVELOPMENT** – As stated in item (2), the primary focus of training is on technical skills. Tactical development increases as the players get older and become competent in their technical ability. The following are guidelines for technical development:
  - a. U5-U6 (3v3 no GK): There really are no tactics, except to know in which direction is your team’s goal, and to take the ball away from the other team and not take it away from a teammate! Also, it is important to emphasize to the players that there are no goalkeepers, and players should be trying to win the ball, not guard the goal.
  - b. U7-U8 (4v4 no GK): Basic tactics related to shape and space can be introduced, including keeping a diamond shape on both the offensive and defensive half of the field. Do not lock players into positions (Johnny is the “forward”, Jessica is the “defender”, etc.). Emphasize shape, not positions, and let each player play different parts of the shape.
  - c. U9-U10 (5v5 with GK): Tactical emphasis is still on maintaining shape and moving into open space. The addition of the goalkeeper requires tactical instruction on distribution out of the back. Basic combination play such as wall passes and overlaps can be introduced.
  - d. U11-U12 (8v8): Basic introduction of positional play and formations (3-3-1, 3-1-3, 2-3-2, etc.), but focus on identification of the diamond and triangle shapes within the formation.
  - e. U13-U14, (11v11): Full field formations and tactics, including basic attacking combinations and zonal defending concepts.
  
4. **PASSION & CHARACTER** – Player development is an important part of coaching but helping your players to develop a passion for the game and teach life lessons is even more important! Youth sports gives us the opportunity to teach our children the values of teamwork, dealing with adverse outcomes, conflict resolution and consideration and respect for others. Some of your players may be very serious soccer players and move on to competitive club teams; but most of them just want to learn the game and have fun playing it! Over 2/3 of our recreational players never even try out for club teams. They just enjoy playing soccer and want to play it at a recreational level. If you see a player you coached as a youth way back when show up on the other team in your adult soccer league game, you will know that you did your job. You gave that player a passion for the game that they will have all of their life!
  
5. **NO SUPER-TEAMS AND KNOW WHEN TO LET GO** – So you have been coaching your recreation team in HUYS or SHU for a couple of years, and they are getting pretty good. Maybe if you get that really great forward on the Tigers team, you can win the league tournament! If you could only drop a couple of less skilled or less athletic kids on your team and pick up a couple of athletes, you could have the best team in the league, and maybe even take the team to the competitive league, right? WRONG! It is not the role of the recreational coach to recruit players from other teams and drop weaker players in order to form a “super-team”. If this is your goal, you are better suited to be a competitive club soccer coach. The goal of the recreational coach is to work with the players she has to help each to reach his or her individual potential. And when a player reaches a level that requires a more challenging environment for them to continue to progress, it is important to let that player go. It is a great compliment to a recreational coach to have his or her players selected for competitive club teams. And you will find that when you lose your top players, your other players step up and take more prominent roles on your team. You will also find that it can be very difficult to take an intact recreational team to a competitive club league; some players are simply not ready to make that move. So be patient! Your experience as a recreational coach, combined with additional coach education, will prepare you for the rigors of coaching in a competitive environment should you decide that is what you want to do.

## Coach Education

Recreational soccer coaches are encouraged to attend an SNSA Coach Clinic within in a year of registering to coach. Coaches that are interested in coaching at the competitive level are required to take US SOCCER or NSCAA licensing courses depending upon the age level. Below is the progression of coaching licenses for SNSA and the United States Soccer Federation:



### SNSA CLINICS

All new SNSA coaches and coaches who have not taken coach training are encouraged to attend the SNSA Coach Clinic prior to the start of the season. In most cases, SNSA coaches are parents who volunteer or are volunteered to act as coaches when their children first start to play soccer. For those parents who have limited or no playing experience, the position of coach understandably can be quite intimidating. The function of the SNSA Coach Clinic is to help remove some of that fear by providing the information a coach requires to teach the game at this most fundamental level. The course emphasizes age-appropriate training and management of young players. At this early stage of development for both the coach and the player, the focus is on teaching fundamental technical skills, including ball control, passing/receiving, 1v1 defense and shooting.

### US SOCCER CERTIFICATIONS ([www.learning.ussoccer.com/coach/](http://www.learning.ussoccer.com/coach/))

**US Soccer Grassroots Licensing Courses:** The Grassroots modules consist of four online courses providing fundamental player-centric training related to small-sided and full-sided play formats. The courses provide a progressive approach to teaching and coaching players at 4v4, 7v7, 9v9 and 11v11.

**US SOCCER "D" License:** The "D" License is a 36-hour course designed for the experienced coach who has already earned a National "E" license. The focus of this course is to improve individual's and team's ability. The "D" License course is only administered and instructed by State Associations.

**US SOCCER "C" License:** The National "C" License course is designed to introduce concepts that are targeted toward coaching players ages 11 – 14. The course focus is on getting coaches to think about, discuss, and recognize the recurring concepts or themes that exist in soccer. Candidates will be challenged to find ways to offer constructive guidance to players while also allowing players to experience the game for themselves.

**US SOCCER "B" License:** The National "B" License Course is designed to introduce concepts that are targeting toward coaching players age 16 to college level. The National "B" License focuses on recognizing the principles of the game and its technical applications in 9v9 game situations. Candidates will learn to teach and implement these principles through functional training sessions leading up to the 9v9 game. The course will help candidates get a better understanding of the responsibilities of coaching at advanced levels and will prepare those coaches who wish to pursue the National "A" License.

**US SOCCER "A" License:** The National "A" License course is designed to introduce concepts that are targeted toward coaching older players (older junior level and senior level players). The National "A" License focuses on recognizing the principles of the game and its technical applications in 11v11 game format and how these principles influence positional, group and team organization. The course also examines player, team and game management issues as they relate to the senior level player.

**ADDITIONAL US SOCCER LICENSES:** Goalkeeping License, Fitness License, Youth License and US SOCCER Adult License

The US SOCCER E and D courses are administered by Nevada Youth Soccer Association; check their website at [www.nevadayouthsoccer.org](http://www.nevadayouthsoccer.org) for course information and schedule.

## Coach Training Resources

There are a number of online resources for training and team management for SNSA coaches to explore. Reading about coaching is no substitute for attending a coach class and participating in field training, but when looking for training drills or team management tips, the internet can be an invaluable resource. Check out some of the sites listed below!

POSITIVE COACHING ALLIANCE  
General team management topics  
[www.positivecoach.org](http://www.positivecoach.org)

NATIONAL ALLIANCE FOR YOUTH SPORTS  
General coaching/parent management topics  
<http://www.nays.org/Coaches/>

UNITED STATES SOCCER FEDERATION  
Coach education & licensing  
<http://www.ussoccer.com/coaches/coaching-education/>

NATIONAL SOCCER COACHES ASSOCIATION OF AMERICA  
Coach education & licensing, soccer drills  
<http://www.nscaa.com>

SOCCERXPERT  
Variety of drills for skills and fitness  
<http://www.soccerxpert.com>

SOCCER DRILLBOOK  
Drills & training ideas for coaches  
<http://www.soccerdrillbook.com>

FOOTY 4 KIDS  
Age-specific drills for young players  
<http://www.footy4kids.co.uk>

BETTER SOCCER COACHING  
Soccer skills, drills and coaching advice  
<http://www.bettersoccercoaching.com>

FIFA  
Laws of the game  
[www.fifa.com](http://www.fifa.com)



## COACH/TEAM MANAGER CODE OF CONDUCT

The position of coach is an important and serious responsibility. Players look up to the coach and respect the position. A coach's behavior is constantly under observation by the players, and they will strive to imitate the coach's actions. The coach's behavior during the game sets the tone for the players, parents and spectators. All Southern Nevada Soccer Association coaches and team managers are subject to conduct guidelines, which includes section 13.01 of the US Club Soccer Policy Manual related to member conduct.



### Abuse Policy

*Abuse of any kind is not permitted within Southern Nevada Soccer Association. Physical, sexual, emotional or verbal abuse or misconduct from our players, coaches, officials, volunteers, parents or spectators shall not be tolerated. Emotional abuse or verbal abuse is also prohibited. These include, but are not limited to, such forms of abuse as: insulting, threatening, mocking, demeaning behavior, or making abusive statements in regard to a person's race, gender, religion, nationality/ethnicity, sex or age.*

SNSA has members of all races, ethnicities and religious affiliations, and we will not tolerate hateful conduct. Violation of these policies, if definitively proven, may result in a member's suspension, disqualification or other form disciplinary action.

### Coach/Team Manager Conduct Guidelines

The following **CODE OF CONDUCT AND BEHAVIOR** is offered here to exemplify the ideal SNSA coach.

- 1) Learn the laws of the game and teach them to your players.** Read the rulebook and attend a coaching and/or a referee clinic to enhance your knowledge of the game.
- 2) Abide by the laws of the game and league policies.** Set the example for your players that no one is exempt from the rules.
- 3) Educate your parents about your coaching philosophy.** Explain to parents and players that you will emphasize the development of the players' skills and creativity instead of the outcome of the game. Long-term player development goals will not be sacrificed for the short-term goal of winning a soccer game.
- 4) Pre-plan all practice sessions in detail.** Make them interesting, fast-paced and involve all team members as much as possible (no lines, laps or lectures!).
- 5) Show up on time.** Respect your players and parents by arriving on time for practices and games. If you are going to be late or if it is necessary to cancel a practice, be sure to notify your parents in a timely manner.
- 6) Coach clean, skillful, honest and sportsmanlike soccer.** Stress "playing hard to win" over winning itself. Teach fair play and the "Golden Rule" (do unto others as you would have them do unto you) and apply it to all games and practices.
- 7) Coach talented and less-skilled players with equal vigor.** When possible, allow players more than their required-minimum playing time.

- 8) **Maximize praise and minimize criticisms.** Make corrections slowly and calmly in a manner tailored to the individual. Start with a positive and end with a positive. Sandwich the correction in the middle.
- 9) **Maintain a positive environment.** Discourage negative remarks and/or harassment of teammates, opposing players, referees and other spectators among your players and parents.
- 10) **Exhibit consistent, exemplary conduct at practices and games.** Team discipline reflects the coach's attitude 100%. Apply team rules equally to all players and make clear your expectations for player conduct at games and practices. Insist that your players and parents exhibit good sportsmanship at all times. The coach is responsible for conduct of the players and parents when they are together as a team.
- 11) **Don't Run Up the Score.** Coaches are expected to show empathy in the event of a lopsided game, and to employ tactics such as setting a minimum number of consecutive passes before scoring; setting a maximum number of touches per player; moving players to different positions; designating a less-skilled player as the only one that can score; keeping players behind the halfway line on the opposing team's goal kick; and any other tactics that serve to limit the score differential and allow players to work on their skills without disrespecting the opponent or the game.
- 12) **Minimize coaching from the sidelines during games.** Screaming during the game accomplishes nothing. Instead, call the player to you and give instruction or wait until the next substitution time and sub him/her out for instructions and then put him/her back into the game.
- 13) **Treat the referee with respect, no matter what the call.** Referees attend an eight-hour certification course and a 3-hour field-training course before they can become an SNSA referee. Many of them are young, all of them are human, and they will make mistakes, just as you do. Refrain from verbal abuse of the referee and persistent questioning of his judgment.
- 14) **React to adversity with composure and grace.** There will be bad calls and bad bounces. Set an example for your players and parents by showing good sportsmanship at all times, especially when things don't go your team's way.
- 15) **Welcome feedback.** No one is perfect! Don't be afraid to change. Establish open lines of communication with your players and parents. Accept new ideas from players and parents alike concerning potential problems and ways to improve.
- 16) **Refrain from inappropriate communications.** Limit communications with players and parents to team-related topics. Exercise good judgment and restraint when texting or posting on social media.
- 17) **Refrain from profanity or vulgar language.** Remember that you are helping to mold the character of your players.
- 18) **Refrain from using drugs, alcohol and tobacco products at all youth soccer events.** Require your parents to refrain as well. Do not permit players to participate if they refuse to comply.
- 19) **Report violations of the Code of Conduct to SNSA.** If you observe a coach, player or spectator from another team in violation of the SNSA conduct guidelines for members and coaches, immediately send an email to notify the league of the violation.

## Coach's Code of Ethics

Southern Nevada Soccer Association expects that all of our coaches will conduct themselves according to the National Alliance for Youth Sports Coach's Code of Ethics:



I will place the emotional and physical well being of my players ahead of a personal desire to win.

I will treat each player as an individual, remembering the large range of emotional and physical development for the same age group.

I will do my best to provide a safe playing situation for my players.

I will promise to review and practice basic first aid principles needed to treat injuries of my players.

I will do my best to organize practices that are fun and challenging for all my players.

I will lead by example in demonstrating fair play and sportsmanship to all my players.

I will provide a sports environment for my team that is free of drugs, tobacco, and alcohol, and I will refrain from their use at all youth sports events.

I will be knowledgeable in the rules of each sport that I coach, and I will teach these rules to my players.

I will use those coaching techniques appropriate for all of the skills that I teach.

I will remember that I am a youth sports coach, and that the game is for children and not adults.

© National Alliance For Youth Sports



BETTER ATHLETES  
BETTER PEOPLE

# Double-Goal Coach® Job Description

TO: **All Coaches**

DATE: \_\_\_\_\_

FROM: \_\_\_\_\_

RE: **What We Expect of You**

As coaches, you determine the kind of experience our athletes have with sports. We are committed to the principles of Positive Coaching Alliance (PCA). We expect you to be a Double-Goal Coach, who strives to win (one goal), while pursuing the more-important goal of teaching life lessons through sports. PCA's Double-Goal Coach Job Description includes:

## **Model and teach your players to Honor the Game.**

- Teach ROOTS – respect for Rules, Opponents, Officials, Teammates, and one's Self.
- Hold a parent meeting and distribute PCA's Parent/Guardian Letter to help parents Honor the Game.
- Appoint a parent to be "Culture Keeper" for the team.
- Drill Honoring the Game in practice.
- Seize teachable moments to talk with players about Honoring the Game.

## **Help players pursue mastery of their sport, not just scoreboard wins.**

- Teach players the ELM Tree of Mastery (Effort, Learning, and bouncing back from Mistakes).
- Use a "Team Mistake Ritual" (like "Flushing Mistakes") to help players quickly rebound from mistakes.
- Reward effort, not just good outcomes. Recognize players even for "unsuccessful" effort.
- Encourage players to set "Effort Goals" tied to how hard they try.

## **Fill your players' Emotional Tanks.**

- Use encouragement and positive reinforcement as your primary method of motivating.
- Achieve the "Magic Ratio" of five positive reinforcements to each criticism or correction.
- Use the "Buddy System" to teach players to fill each others' Emotional Tanks.
- Learn to give "Kid-Friendly Criticism," such as criticizing in private, asking permission, using the Criticism Sandwich, and avoiding criticism in non-teachable moments.

## **Have conversations with your players at every practice and game.**

- Review Honoring the Game, the ELM Tree and the Emotional Tank throughout the season.
- Ask questions and encourage players to speak and contribute during team meetings.
- Use PCA's *Talking Points* e-mail series to guide discussions with your players.

Your adopting these philosophies and actions will contribute to a positive, character-building youth sports experience for all the children our organization serves. Thank you for all your time and effort!

For more PCA Tools for Coaches, visit: [www.positivecoach.org/our-tools](http://www.positivecoach.org/our-tools)  
To sign up for PCA's free *Talking Points* series of e-mails for coaches to discuss with their players, visit  
[www.positivecoach.org/our-tools/talking-points](http://www.positivecoach.org/our-tools/talking-points)  
[www.positivecoach.org](http://www.positivecoach.org)

# Sample Parent/Guardian Meeting Agenda

*A pre-season parent meeting is a wise investment. People tend to live up to expectations if they know them. A meeting can help mold the behavior of your athletes' parents.*

*The most effective way to have your pre-season parent meeting is in a private setting (such as the home of one of the coaches or parents) where you can have the full attention of the group. If this is not possible, then the meeting could be scheduled before one of the first practices or games when the parents would need to be delivering their kids anyway. Page two of this PCA Tool elaborates on the agenda below.*

## 1 WELCOME AND INTRODUCTIONS

- Coach's background as athlete, coach, parent, etc.
- "We're going to be spending a lot of time together so let's get to know each other."
- Each person share his/her best, worst or funniest personal moment in sports.

## 2 COACHING PHILOSOPHY

- Our team values
  - Honoring the Game/ROOTS
  - Filling Emotional Tanks
  - The ELM Tree of Mastery
- Use of PCA's *Talking Points* e-mail series to guide discussions with players
- Dealing with mistakes in competition/Team Mistake Ritual
- Policy on playing time, missing practices, etc.

## 3 GOALS AND HOPES FOR THE SEASON

- Coach's goals and hopes
- Parents' goals and hopes

## 4 LOGISTICS

- Practice and game schedules
- Equipment
- Contact lists
- Other

## 5 ASK FOR VOLUNTEERS

- Snacks
- Rides
- Scorekeeper
- Culture Keeper

## 6 MEETING ADJOURNS

## About PCA's Sample Parent/Guardian Meeting Agenda

*Below fleshes out the bullet points on page one of PCA's Sample Parent/Guardian Meeting Agenda.*

**Welcome & Introduction.** Share how excited you are about the upcoming season and having their children on your team. Share some of your **relevant background** as an athlete, coach, parent, etc.

**Coaching Philosophy.** Share your values as a **Double-Goal Coach**<sup>®</sup>. Distribute the PCA Parent Letter that covers Honoring the Game, Filling Emotional Tanks, and the ELM Tree of Mastery. Discuss these principles in your own words, asking for questions on each before you go on to the next.

Ask for parents' **support in building a team culture** that will reinforce those principles. Discuss scenarios, such as "What if the official makes a questionable call against our team? Will you set a good example for the players and Honor the Game?"

Share your **policy on playing time**, missing practice, etc. If missing practice means less playing time, for example, tell parents in this meeting. You can avoid problems later by being clear now. Let parents know when and where it is best to contact you (by e-mail, at work during the day, only in evenings, etc.).

**Goals and Hopes for the Season.** In addition to goals such as winning games and qualifying for playoffs, consider and discuss such goals as:

- Players will love the sport at least as much at the end of the season as at the beginning
- All players' and knowledge of the sport will improve
- All players will get as much meaningful playing time as possible
- The parents will enjoy the season as much as the players.

**Ask parents about their goals and hopes** for the season. This may give insight into the players' motivation. You don't have to respond to everything right then – you can think about it and talk with parents later if they express goals that are inconsistent with your values.

**Logistics.** Make sure everyone has practice and game schedules, contact information, and equipment lists. Leave plenty of time for questions.

**Ask for Volunteers.** Ask parents to volunteer for any duties, such as snack coordinator, carpool arranger, scorekeeper, fundraiser or culture keeper.

# Parent-Guardian Letter

As a coach, I am committed to the principles of Positive Coaching Alliance (PCA) and against a “win-at-all-cost” mentality. I aim to be a Double-Goal Coach®, who strives to win, while also pursuing the more-important goal of teaching life lessons through sports. I hope you will help me by reinforcing three principles:

- **The ELM Tree of Mastery**
- **Filling Emotional Tanks**
- **Honoring the Game.**

Here are some details on these principles.

## **The ELM Tree of Mastery**

While winning is important and learning to compete is one of the major life lessons available through sports, not everyone can win every game. Still, youth athletes are winners, regardless of what the scoreboard says, when they pursue mastery of their sports. As a way to remember key elements of mastery, PCA uses the acronym **ELM for Effort, Learning and Mistakes are OK**.

Youth athletes who keep these things in mind develop habits that will serve them well throughout their lives. As an added benefit, athletes who are coached toward Mastery tend to have reduced anxiety and increased self-confidence, because they focus on things they can control. Therefore, they are more likely to have fun and perform better. Here's how you can help:

- Tell your children it's OK to make a mistake.
- Tell them you appreciate their best effort even if they fall short of the desired result.
- Recognize that Mastery is hard work and an ongoing process over time that can fuel great conversations with your children about sports and life.

## **Filling Emotional Tanks**

An “Emotional Tank” is like the gas tank in a car. When it's empty, we go nowhere, but when it's full, we can go most anywhere. The best fuel for an Emotional Tank is an average of **five specific, truthful praises for each specific, constructive criticism**. Here's how you can help:

- Encourage your children with specific tank-fillers regardless of scoreboard results. Be honest, but remember the value of that 5:1 ratio.
- Avoid an immediate and critical debrief right after the game.

## **Honoring the Game**

To help remember the ideals of sportsmanship, which PCA calls “Honoring the Game,” we talk about respecting ROOTS, an acronym for Rules, Officials, Opponents, Teammates and Self. Here's how you can help:

- Review ROOTS with your children (you can learn more about the meaning of each letter by visiting PCA's website at [www.positivecoach.org](http://www.positivecoach.org)).
- Model Honoring the Game yourself as you watch your children compete and even as you watch sports on TV together.
- Encourage other spectators to Honor the Game.

# Sample Script for ELM Tree of Mastery

*(In all of the online courses and live, group workshops that Positive Coaching Alliance presents nationwide for youth and high school sports leaders, coaches, parents and student-athletes, we explain the concept of “The ELM Tree of Mastery.” Following is a script that coaches can draw from in order to share the concept with players. With just a few adjustments based on which sport you coach and your players’ ages, you can **deliver the core message in your own voice.**)*

There are two kinds of winners in sports. One kind is the team that has scored the most at the end of a game. This is the Scoreboard winner. We want to be a Scoreboard winner and the other kind, a Mastery winner. A Mastery winner gives consistently great effort, continually learns, and bounces back from mistakes.

We can be this more-important kind of winner no matter what the scoreboard says. The more we work at being Mastery winners, the more likely we are to be Scoreboard winners. And the more we work at being Mastery winners, the more likely we are to be winners in life!

To help remember the important parts of mastery, we use the **ELM Tree of Mastery**. In ELM, the E is for Effort, the L is for Learning and the M is for Mistakes are OK. Let’s go over some details of what I mean.

**E is for Effort.** We’ll give our best effort in every practice and game. It’s more important to me that we try our hardest than if we win. If we win without giving it our best effort, that win doesn’t mean much. But if we play a strong team and try our hardest and lose, I’ll still be proud of our team.

**L is for Learning.** Let’s continue learning and improving every time we come out here. If we continue to learn, we will get better. Getting better than we are now is more important than whether or not we are better than some other team. We can also think of this as competing with ourselves; if we get better than we used to be, then we are winning that competition.

**M is for Mistakes.** Nobody likes to make mistakes, but mistakes are part of learning. You can’t learn without making mistakes, because to learn you have to try things that are new and challenging, so of course you are going to make mistakes. On our team, it is okay to make mistakes.

Our team will have a Mistake Ritual called Flushing Mistakes. If you make a mistake, flush it by making a motion with your arm like you are flushing a toilet so the mistake goes away. If you look at me and your teammates after a mistake, we should all make that flushing motion, too. We want to learn from our mistakes and not let them discourage us or keep us from working hard.

So, remember, as long as you give your best Effort, Learn and are not afraid of Mistakes, you are climbing the ELM Tree of Mastery, and you’ll be a winner in sports and in life.

# Sample Script for Filling Emotional Tanks

*(In all of the online courses and live, group workshops that Positive Coaching Alliance presents nationwide for youth and high school sports leaders, coaches, parents and student-athletes, we explain the concept of "Filling Emotional Tanks." Following is a script that coaches can draw from in order to share the concept with players. With just a few adjustments based on which sport you coach and your players' ages, you can deliver the core message in your own voice.)*

For us to succeed as a team and have a lot of fun together this season, we want to **fill each others' Emotional Tanks**. An Emotional Tank is like a car's gas tank. When it's empty, we go nowhere, but when it's full, we can go anywhere. People with empty tanks become negative and give up more easily. But with full tanks, we stay optimistic and can handle difficult situations.

As coach, I will do my best to help fill your Emotional Tanks. Here are some of the ways I will do that and some of the ways you can help keep your teammates' tanks full

- **Tell teammates when we see them do something well**, or when we see them giving maximum effort, even if the play does not completely go our way.
- **Tell teammates when we see them improving**. That will help them continue trying hard to improve even more.
- **Listen to teammates** when they have ideas to share.

People perform best and have full tanks when they get about **five pieces of truthful, specific praise for each time that they receive a piece of specific, constructive criticism**...not necessarily all in a row, but over time. Truthful and specific praise means not just saying "Way to go!" but something like "Great hustle! You accelerated at just the right time." I'll give you lots of praise to keep your tanks full so that when I do criticize or correct something, you'll still know I believe in you as a player and as a person.

**I want you to fill each others' tanks**. In some practices, we'll use a Buddy System. You'll pair up with a buddy and watch each other to see what your buddy is doing well. Then, we'll get together and share what we saw our buddies doing so that everyone gets a full tank.

Let's try to **avoid draining each others' tanks**. If your teammates make mistakes, they know it, and they feel badly. If you criticize them for mistakes, you make them feel worse, and they're more likely to make more mistakes.

This will be a **great season if we keep our Emotional Tanks full**. Let's start right now by finding a buddy, and we'll run some drills. Remember to keep an eye on what your buddy is doing well and be prepared to share it with your teammates.

# Sample Script for Honoring the Game

*(In all of the online courses and live, group workshops that Positive Coaching Alliance presents nationwide for youth and high school sports leaders, coaches, parents and student-athletes, we explain the concept of "Honoring the Game." Following is a script that coaches can draw from in order to share the concept with players. With just a few adjustments based on which sport you coach and your players' ages, you can **deliver the core message in your own voice.**)*

One important thing we will work on all season is **Honoring the Game**. To help us remember exactly what that means, we will talk about respecting **ROOTS**. Each letter in ROOTS stands for an important part of our sport that we must respect.

**R stands for Rules.** Rules keep the game fair. I want you to play by the rules, even when you think you won't get caught if you break them.

**O is for Opponents.** Without opponents, we could have no game. A good opponent pushes us to do our best, so we should be grateful for our opponents. I promise that I will show respect for opposing coaches and teams, and I expect you to do the same.

**O is for Officials.** Respecting officials can be the most difficult part of Honoring the Game. Officials have a very hard job, keeping the game safe and fair for both teams. Officials are not perfect (just like coaches, athletes and parents!) and sometimes they will make calls that are not in our favor, but I want you to show respect for officials, and I promise that I will, too.

**T is for Teammates.** A big part of playing our sport is being part of a team. Later in life you will often be part of a team, and it is important to learn to work together. When you are on a team, your words and actions – before, during and after practices and games – reflect not only on you, but also on your teammates and coaches. So treat them as you would want them to treat you. I want you to encourage and support each other on and off the playing field.

**S is for Self.** Some people only Honor the Game when their opponents do, but I want us to Honor the Game no matter what the other team or its fans do. We set our own internal standards, and we live up to them no matter what.

If you do these five things, you are Honoring the Game. You and your teammates will get the most out of our season, and you will help advance the great traditions of our sport.



BETTER ATHLETES  
BETTER PEOPLE

# Parent Pledge

Our organization is committed to the principles of Positive Coaching Alliance (PCA). Therefore, we ask that you read, sign and return this form to your child's coach or any appropriate representative of our organization.

**Initial each  
line below**

In keeping with PCA's ideal of the **Double-Goal Coach**® -- who has a goal of winning and an even more-important goal of teaching life lessons through sports -- I will be a **Second-Goal Parent**®, focused on the goal of **using sports to teach life lessons**, while leaving the goal of winning to players and coaches.

\_\_\_\_\_

I will use positive encouragement to **fill the Emotional Tanks** of my children, their teammates, and coaches. I understand that, like the gas tank of a car, a full Emotional Tank can take people most anywhere.

\_\_\_\_\_

I will reinforce the **"ELM Tree of Mastery"** with my child (E for Effort, L for Learning, M for bouncing back from Mistakes). Because I understand that a mastery approach will help my child succeed in sports and in life, I will:

\_\_\_\_\_

- encourage my child to exert maximum **Effort**
- help my child **Learn** through sports
- urge my child to get past **Mistakes** by using a Mistake Ritual, such as a flushing motion, to trigger a reminder to flush the mistake and move on to the next play.

I will set an example for my child by **Honoring the Game**, respecting ROOTS (Rules, Opponents, Officials, Teammates, and Self). If I disagree with an official's call, I will Honor the Game and be silent.

\_\_\_\_\_

I will use a **Self-Control Routine** to avoid losing my composure if I grow frustrated. I will take a deep breath, turn away from the game to refocus, count backwards from 100 or use self-talk ("I need to be a role model. I can rise above this.")

\_\_\_\_\_

I will **refrain from negative comments about my child's coach** in my child's presence so that I do not negatively influence my child's motivation and overall experience.

\_\_\_\_\_

**I will be as prompt as possible** dropping my child off and picking my child up from practices and games.

\_\_\_\_\_

I will engage in **No-Directions Cheering**, limiting my comments during the game to encouraging my child and other players (from both teams).

\_\_\_\_\_

PRINT ATHLETE'S NAME

PARENT'S SIGNATURE

# SNSA PARENTS CODE OF CONDUCT

Parents are a critical part of Southern Nevada Soccer Association's mission to create a positive environment for our young players, to teach them good sportsmanship, and to help them develop a love for the game. All members of SNSA, including players, coaches, officials, volunteers, parents or spectators, are subject to the conduct guidelines outlined below.



## Abuse Policy

*Abuse of any kind is not permitted within Southern Nevada Soccer Association. Physical, sexual, emotional or verbal abuse or misconduct from our players, coaches, officials, volunteers, parents or spectators shall not be tolerated. Emotional abuse or verbal abuse is also prohibited. These include, but are not limited to, such forms of abuse as: insulting, threatening, mocking, demeaning behavior, or making abusive statements in regard to a person's race, gender, religion, nationality/ethnicity, sex or age.*

SNSA has members of all races, ethnicities and religious affiliations, and we will not tolerate hateful conduct. Violation of these policies, if definitively proven, may result in a member's suspension, disqualification or other form disciplinary action.

## Parent/Spectator Conduct Guidelines

- 1) **Do not shout instructions to your child.** This will cause confusion and may result in erroneous play on your child's part. The coach has instructed your child on how to play. If you shout instructions, your child will probably try to please you and the coach at the same time, and may end up failing at both.
- 2) **Positively encourage all players on the team.** Cheer for your child, but remember your child is as member of a team. Let the other players know you support them, and refrain from disparaging or degrading remarks.
- 3) **Suffer in silence whenever something goes against your child's team.** A display of anger may inflame a delicate situation, resulting in embarrassment for you or your child. Some parents embarrass their own children by making a spectacle of themselves.
- 4) **Do not run up and down the sidelines.** Find a comfortable place to sit or stand and enjoy the match.
- 5) **Do not engage in communication with the referee.** The coach of the team is the designated representative to communicate with the referee on behalf of the team, and referees are instructed to direct their communications to the coach. *The referee has the power to stop the match if the crowd becomes discourteous.* To have been the cause of such drastic action would be a humiliation to you and your child.
- 6) **Do not direct comments to the players or parents on the opposing team.** Remember that the parents from the other team are equally enthusiastic about their team's success. Be a gracious competitor.
- 7) **Absolutely no alcoholic beverages** are permitted at any soccer game, and no smoking is allowed at the fields.
- 8) **All non-playing children must be supervised at all times.**
- 9) **Refrain from use of artificial noisemakers.** The City of Henderson Municipal Code 2.2.7.030 prohibits the use of artificial noisemakers, including horns, rattles, bells or whistles by spectators.
- 10) **Do not bring your pet to the soccer field.** Dogs can pose a safety hazard for players and spectators, and can interfere with game play; the City of Henderson Municipal Code prohibits dogs at some locations. Please show consideration for your fellow members and leave your dog at home.
- 11) **If your team loses, adopt a positive attitude.** Compliment your child's effort and good plays. Don't dwell on the mistakes. Remember - you child will forget about today's game. However, both of you will remember that your child had a good time playing the most popular sport in the world!



# Hey, Parents, Listen Up!\*

by Rick Wolff

Your son slides into home plate — easily beating the tag, but the ump hollers “Out!” Or your daughter the goalie is looking left when all the action is to her right. You’re on the sidelines. What should you do or say?

From years of experience as a sports dad, a coach and a psychologist, my advice is: Always THINK before you act or speak. Here are 10 rules to remember when you’re on the sidelines at your kid’s game.

- 1) **CHEER don’t SNEER!** Only positive words should come out of your mouth during a game. There is simply no place for negative comments or criticism.
- 2) **WALK before you SQUAWK.** If you feel a sudden urge to yell at the coach or the ref, take a walk and cool off before you say something that will embarrass you or your child.
- 3) **A YELL won’t make the team JELL.** Don’t bellow instructions to your child from the sideline. It’s boorish and your child can’t hear a word you’re saying anyway!
- 4) **Don’t sell them SHORT, be a SPORT.** If the opposing team has played well, give them a pat on the back. Nothing makes a kid feel more special than when a parent from the opposing team tells him how well she played.
- 5) **Don’t point and BLAME when they lose a GAME.** When your child’s team loses, don’t blame it on a bad call, a teammate’s error or anything else. How will your child learn responsibility if you don’t?
- 6) **Give ‘em a SMILE, not BILE.** Kids always respond to the coach or parent who smiles; not the adult who criticizes or scowls. Besides, your child wants to see you having fun.
- 7) **RAISE with PRAISE.** That’s right, the kids will “raise” their game and their efforts if you praise them. Use any achievement as an excuse for a compliment. They want to believe in themselves. And you can help them.
- 8) **For Pete’s SAKE, give the ref a BREAK!** Remember, most of the umpires and refs are volunteers donating their time to your kid(s). And accept it: “Bad” calls are part of sports.
- 9) **PARALYSIS by ANALYSIS.** Avoid replaying the game in the car on the drive home. If your child brings the game up, fine. But chances are it’s about the last thing she wants to talk about.
- 10) **This I BESEECH, practice what your PREACH.** With too many pro athletes talking trash and misbehaving, parents have to work extra hard to teach kids fair play. Make sure your own sportsmanship is flawless. You are the most important role models the kids have!

\*Reprinted from SportsParents, Sports Illustrated for Kids



# Southern Nevada Soccer Association Team Administration

You have agreed to coach your child's soccer team. That does not mean you have to do all of the work! It is important to let your parents know that the word "team" includes them, and you will need their help to ensure a successful season.

## Parent Meeting

As discussed in the Team Management section, plan to hold a parent meeting at the beginning or end of your first practice, to discuss your personal philosophy and objectives, distribute important information, outline parent responsibilities, and assign tasks for the administration of the team.

- 1) Briefly discuss your personal philosophy and objectives:
  - a. Reasons for coaching the team
  - b. Soccer background: coaching, playing, courses attended
  - c. Attitude toward winning and losing (PCA guidelines)
  - d. Practice schedule.
- 2) Distribute important information:
  - a. Team roster/contact information
  - b. Season timeline/game schedule
  - c. PCA Parent's Pledge (page 14)
  - d. Parent's Code of Conduct (page 15)
  - e. "Hey Parents, Listen Up!" (page 16)
- 3) Outline parent responsibilities:
  - a. Transport their child to and from games; pick up child in a timely manner
  - b. Arrive early for practices and games
  - c. Label equipment for identification
  - d. Learn the Laws of the Game
  - e. Refrain from using alcohol or tobacco at practices and games
  - f. Model respect, teamwork, and sportsmanship for your child
- 4) Assign tasks for the administration of the team:
  - a. Team Manager – assists coach with team administration
  - b. Snack Coordinator – prepare snack schedule
  - c. Photo Coordinator – organize team photo envelopes
  - d. Trophy Coordinator – select and order team trophies
  - e. Team Party Coordinators – organize season-ending team party
  - f. Sponsor/Fundraising Coordinator – secure sponsor/funds to pay for items (d) and (e).

Trophies, snacks and team parties are optional, but most teams like to have them. Make sure your parents sign up to help you ensure a rewarding experience for the players. A **Parent Volunteer Signup Sheet** is provided on page 21 of this document.

## **Sponsors**

If you or your parents know of a business that might be interested in sponsoring your team, check out the **SNSA Sponsorship Pledge Form** on page 22 of this coach kit. Have the sponsor complete the form and follow the instructions. SNSA processes the sponsorship, sends a receipt to the sponsor and a check to the coach amount pledged less a \$15 administration fee. Recognition for the sponsor (name on a banner or on uniforms) is not provided by the league; it is the responsibility of the team to recognize its sponsor.



# Southern Nevada Soccer Association

## Parent Volunteer Signup Sheet

**TEAM PARENT:** Assist coach with team administration

Name: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_ e-mail: \_\_\_\_\_

**PHOTO COORDINATOR:** Organize team photo envelopes

Name: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_ e-mail: \_\_\_\_\_

**SNACK COORDINATOR:** Prepare a schedule for players to bring snacks to games

Name: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_ e-mail: \_\_\_\_\_

**TROPHY COORDINATOR:** Select and order team trophies

Name: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_ e-mail: \_\_\_\_\_

**TEAM PARTY COORDINATOR:** Organize season-ending party for the team

Name: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_ e-mail: \_\_\_\_\_

**SPONSOR/FUNDRAISING COORDINATOR:** Secure a sponsor for team

Name: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_ e-mail: \_\_\_\_\_



# Southern Nevada Soccer Association

## SPONSORSHIP PLEDGE

### SPONSOR INFORMATION

\$ \_\_\_\_\_  
AMOUNT OF DONATION (min \$100)

\_\_\_\_\_  
INDIVIDUAL or BUSINESS NAME

\_\_\_\_\_  
STREET ADDRESS

\_\_\_\_\_  
CITY

\_\_\_\_\_  
ST

\_\_\_\_\_  
ZIP CODE

\_\_\_\_\_  
SPONSOR PHONE

\_\_\_\_\_  
SPONSOR FAX

\_\_\_\_\_  
SPONSOR E-MAIL ADDRESS

### TEAM INFORMATION

\_\_\_\_\_  
TEAM NAME

\_\_\_\_\_  
AGE DIVISION

\_\_\_\_\_  
HEAD COACH NAME

\_\_\_\_\_  
STREET ADDRESS

\_\_\_\_\_  
CITY

\_\_\_\_\_  
ST

\_\_\_\_\_  
ZIP CODE

\_\_\_\_\_  
COACH PHONE

\_\_\_\_\_  
COACH FAX

\_\_\_\_\_  
COACH E-MAIL ADDRESS

### INSTRUCTIONS

SNSA accepts check or money order; no credit cards or cash.

1. Complete the Team information section (Coach or Sponsor).
2. Sponsor should complete the Sponsor Information section and make the check payable to Southern Nevada Soccer Association.
3. Mail the completed form and check to:  

SNSA Treasurer  
2756 N. Green Valley Pkwy #238  
Henderson, NV 89014
4. SNSA will mail a check for the amount of the donation less a \$15 administrative fee, to the head coach of the team being sponsored, along with a receipt listing the SNSA Federal Tax ID.
5. The head coach provides the receipt to the sponsor.

**THANK YOU FOR YOUR SUPPORT.**

<b><u>SNSA OFFICE USE ONLY:</u></b>	<b>TEAM ASSIGNED:</b> _____
	<b>AMOUNT:</b> _____ <b>CHECK #:</b> _____ <b>DATE:</b> _____



# Southern Nevada Soccer Association Safety, First Aid and Insurance

The safety of our players is a top priority for SNSA, but the game of soccer is a contact sport, and there is a possibility that a player may suffer an injury that requires medical attention. As the coach of the team, you are the first responder when a player suffers an injury. This section provides basic first-aid information for common injuries and conditions that may occur on the soccer field, and the process for filing a secondary insurance claim for an injury that requires professional medical services.



## **FIRST AID FOR ATHLETIC INJURIES**

### **Abrasions and Lacerations (cuts and scrapes!)**

**Call 911** if the cut is bleeding severely, blood is spurting out, or the bleeding cannot be stopped after 10 minutes of direct pressure.

For minor cuts and scrapes:

- ✓ Stop the bleeding – put on a pair of gloves and apply direct pressure to the wound by firmly holding a clean dressing against it.
- ✓ Clean the wound thoroughly – use an antiseptic wipe or cloth to thoroughly clean and remove any debris from the wound, beginning in the middle and wiping to the outside edges. Apply an antibiotic ointment to prevent infection.
- ✓ Protect the wound – once the bleeding has stopped, apply a sterile, non-stick bandage or pad to dress the wound, changing it daily to keep it clean.

### **Bloody Nose**

To stop a nosebleed:

- ✓ Place the athlete in an upright position and ask him or her to lean forward to prevent blood from draining down the throat.
- ✓ With the thumb and index finger, firmly pinch the nose just below the bone up against the face. Apply pressure for 5 minutes.
- ✓ If bleeding continues after 5 minutes, repeat the process.
- ✓ If bleeding continues after 10 minutes, see a health care provider.

### **Skin Contusions (Bruises)**

A minor skin bruise usually causes broken blood vessels and discoloration to the skin. Symptoms include redness, pain or discomfort, swelling, tenderness and discoloration. To treat a bruise:

- ✓ Apply ice to the area for 15 minutes; do not place ice directly on the skin; use a towel or cloth between the ice and the skin.
- ✓ Elevate the bruised area above heart level and compress it with an elastic bandage or wrap.
- ✓ Rest the affected area.

## Strains and Sprains

A strain is an injury to a muscle or tendon; a sprain is an injury to a ligament. The first goal of treating a strain or sprain is to limit the swelling in the hours following the injury. Proper first aid is the immediate application of **R.I.C.E.** therapy:

- ✓ Rest the sprained or strained area. If necessary, use a sling for an arm injury or crutches for a leg or foot injury. Splint an injured finger or toe by taping it to an adjacent finger or toe.
- ✓ Ice for 20 minutes every hour
- ✓ Compress by wrapping an elastic bandage or sleeve around the affected area.
- ✓ Elevate the area above heart level.

After providing first aid, have a doctor see the athlete to evaluate the injury.

## Fractures or Dislocations

**Call 911 if** the person is seriously injured; you suspect injury to the person's head, neck or back; the bone is sticking out of the skin, bleeding does not stop after several minutes of firm pressure, or blood spurts from the wound.

Apply the following treatment for a broken bone or dislocation:

- ✓ Stop bleeding, if necessary, using the guidelines in the abrasions and lacerations section of this document.
- ✓ Splint the area if possible – cut away clothing if it cannot be removed without moving the injured body part. Gently tape the dislocated area or fracture to a rolled-up newspaper, ruler or rolled-up piece of clothing with first aid tape. As much as possible avoid moving the injured limb, and never force or twist it back into place.
- ✓ Reduce swelling and prevent further injury – apply an ice pack wrapped in cloth or a cold compress and elevate the injured area if possible.
- ✓ Get medical help as soon as possible.

## Heat-Related Illness

**Call 911 if** the athlete has a very high, weak pulse rate and rapid shallow breathing; is unconscious, disoriented or has a high body temperature; has warm, dry skin, elevated or lowered blood pressure, or is hyperventilating.

Symptoms of heat-related illness include confusion, dark-colored urine, dizziness, fainting, fatigue, headache, muscle cramps, nausea, pale skin, profuse sweating and/or rapid heartbeat. Take the following steps if an athlete exhibits symptoms of heat-related illness:

- ✓ Lower body temperature – get the athlete out of the heat and into a cool environment; if outdoors, fan the athlete, spray with a water sprayer or apply cool compresses.
- ✓ Rehydrate – give cool, nonalcoholic beverages as long as the athlete is alert.
- ✓ Rest – have the athlete avoid physical activity for the remainder of the day

## **Head Injury/Concussion**

**Call 911 if** the athlete is vomiting repeatedly; has unequal pupils; is confused; has weakness on one side of the body; passes out or is unconscious for more than 1 minute; is unable to wake up; has a seizure.

**Concussion Symptoms** - Not all head injuries cause a concussion. Symptoms of concussion include physical symptoms such as headache, blurry vision, nausea and vomiting, dizziness, sensitivity to light or noise, balance problems, fatigue. Other symptoms may include not thinking clearly, feeling slowed down, inability to concentrate, inability to remember new information, moodiness, and sleeping more or less than usual.

**For a serious head injury in which the athlete loses consciousness even briefly, seek immediate medical attention.**

For a mild head injury, first-aid treatment includes:

- ✓ Prevent swelling and further injury – have the athlete stop activity and rest; apply ice wrapped in a washcloth.
- ✓ Monitor symptoms – if possible, see that the athlete is observed for 24 hours for any symptoms that warrant further medical attention.

**Concussion Management** - If an athlete is diagnosed with a concussion, SNSA follows the Soccer Association for Youth guidelines for concussion management:

1. Any athlete exhibiting signs and symptoms of concussion either during a practice or during a game **MUST** be immediately removed. This athlete **MAY NOT** return to play nor participate in any SAY activity on the same day that he or she has been removed (even if a written medical clearance is provided).
2. The athlete is not permitted to return to play or participate in any SAY activity until he or she has been assessed and received written clearance by a physician or by another licensed health care provider. A Return-to-Play form must be submitted to the coach prior to allowing the athlete to participate in any activity with the athlete's team, whether it be a practice or a game situation.

## **ACCIDENT INSURANCE CLAIMS**

Southern Nevada Soccer Association provides accident insurance coverage to all of its registered players through our Soccer Association for Youth national affiliate. You must be officially registered with a Henderson United, Southern Highlands United®, or Mini Kickers team at the time of the injury. This insurance pays after your primary insurance coverage is exhausted, or if no primary coverage exists.

If you have a player that suffers an injury that requires professional medical attention, and if the parent wishes to pursue a claim for secondary medical insurance coverage, the parent will need to contact SNSA at [info@snsasoccer.com](mailto:info@snsasoccer.com) for instructions to file a claim.



# SOUTHERN NEVADA SOCCER ASSOCIATION

## SAFETY ADVISORY – CHAIN OF CUSTODY GUIDANCE

At SNSA the safety of our players is our primary concern. We never want a child to be left alone at a practice or a game due to a miscommunication between the parent/guardian and the coach. Parents and coaches need to work together and communicate to ensure the safety of the players at all team events. Please review the following guidelines for both parents/ guardians and team staff members; note for simplicity, the term “Parent” refers to the child’s parent or guardian.

### PARENT/GUARDIAN RESPONSIBILITY

- Parents have the primary responsibility for the supervision of their child and to ensure chain of custody when not present at the team event (practice or game) location.
- For players ages U10 and younger, one parent should remain at the location if possible, for the duration of the team event in case the player has a medical issue, or to accompany the player for a bathroom break if necessary. For U11 and older it is also recommended that a parent be present at the team event location if possible, in case of emergency or if an unexpected circumstance causes the team event to be concluded prior to the designated end time.
- If a parent is not able to be at the team event location or has to leave unexpectedly, notify both the team staff and the player. Advise the player to stay with team staff until the parent arrives to pick up.
- When a parent is off-site, have a cell phone available so team staff can reach the parent if necessary.
- The parent should arrive at least 5 minutes prior to the scheduled end of practice to pick up the player.
- If a person other than the parent will be picking up the player, notify team staff with the person’s name and relation to the player (i.e. relative, friend).

### TEAM STAFF RESPONSIBILITY

- Review the [SAY Risk Management Policy](#) before your first team event.
- Prior to your first practice set forth your team policy for parents regarding chain-of custody using these guidelines as a reference.
- Have your team contact roster with you at all team events. Add all parents/guardians contact information to your cell phone contacts.
- Have signed emergency medical waivers for each player with you at the fields for all team events.
- Comply with the [SAY Times Two policy](#), which requires a minimum of two unrelated adults to be present at team events at all times.
- Set a defined end time for practice, and do not leave the field before that time unless you are able to confirm that all players have been picked up.
- If a player needs to use the bathroom during practice, send a team staff or parent with the child.
- At the conclusion of practice take the time to survey the field, bathroom, and parking lot area to make sure no players remain at the location.
- If a parent is running late, have a team staff member stay with the player until he or she is picked up

**Thank you parents and team staff for working together to keep our kids safe!**