



# **Player/Parent Handbook**

## **2011-2012**



## ***Table of Contents***

<b>I.</b>	Table of Contents.....	2
<b>II.</b>	Welcome.....	3
<b>III.</b>	Mission Statement.....	3
<b>IV.</b>	Club Structure.....	5
<b>V.</b>	Board.....	6
<b>VI.</b>	Player Development Philosophy.....	7
<b>VII.</b>	Program Curriculum.....	8
<b>VIII.</b>	Tryouts.....	11
<b>IX.</b>	Team Formation.....	12
<b>X.</b>	Playing Seasons (Fall-Winter-Spring-Summer).....	13
<b>XI.</b>	Coaches.....	14
<b>XII.</b>	Practices.....	15
<b>XIII.</b>	League Play.....	16
<b>XIV.</b>	Tournaments.....	17
<b>XV.</b>	Evaluations.....	18
<b>XVI.</b>	Costs & Program Fees.....	19
<b>XVII.</b>	Uniforms.....	20
<b>XVIII.</b>	Procedure for Handling Disputes/Concerns.....	21
<b>XIX.</b>	Volunteers.....	22
<b>XX.</b>	Alliance 4 All Sportsmanship.....	24
<b>XXI.</b>	Contact Information.....	26
<b>XXII.</b>	Resource Materials.....	27

## ***II. Welcome to Ames Soccer Club***

This player/parent handbook is designed to help guide you through how the club runs and to answer any and all questions that you may have about the U11 – U19 program.

If you do not find what you are looking for or have further questions you can check out our extensive club website at [www.amessoccer.org](http://www.amessoccer.org) or contact the club's Director of Coaching, Gary Eyles, at [garykix@mchsi.com](mailto:garykix@mchsi.com) or 515-360-5117.

This is a working document, so we will continually update it to address questions and concerns of the players and parents. The club and its programs will continue to evolve, this handbook will be updated to reflect those changes.

## ***III. Mission Statement***

It is the mission of Ames Soccer Club to foster the development of local youth through the sport of soccer. We are dedicated to providing our participants with a fun, high-quality soccer experience that encourages sportsmanship and a love of the game through the development of player, coach, referee and team.

**Our program is based on the following concepts:**

### **Respect for All Persons:**

All of our members are equally important and will be treated with respect and fairness without regard for age, ethnicity, gender or social status.

### **Player Development**

Player development within a fun and age-appropriate environment is one of our primary missions. Our younger groups are taught primarily individual skills, with less emphasis on tactics or winning. Our club employs and will continually refine a set of learning goals for all ages.

### **Safety**

We will provide a physically and emotionally safe environment for our members.

### **Coaches**

Coaches play an instrumental part as both teachers and role models. We offer our parent and professional coaches continuing education and professional licensure so they can attain their fullest potential.

## **Referees**

Ames Soccer Club recognizes the importance of qualified referees. Officials are provided regular opportunity for education and professional development. Input from officials is welcomed by the Board. Players are taught to respect the referees by the example of parents and staff, coaches and board members.

## **Family Involvement**

We believe membership in ASC is a family affair. We rely on our members to volunteer in order to provide quality programs for our kids. We hope that our families will enjoy their membership in our soccer community.

## **Affiliations**

The development of the game of soccer in our community is best accomplished through our affiliation with larger soccer governing bodies, including the Iowa Soccer Association and the United States Soccer Federation.

## **Governance**

Ames Soccer Club is governed in a fair, open and inclusive manner. Club business is conducted according to our bylaws by a volunteer board, and by providing numerous opportunities for all members to actively participate.

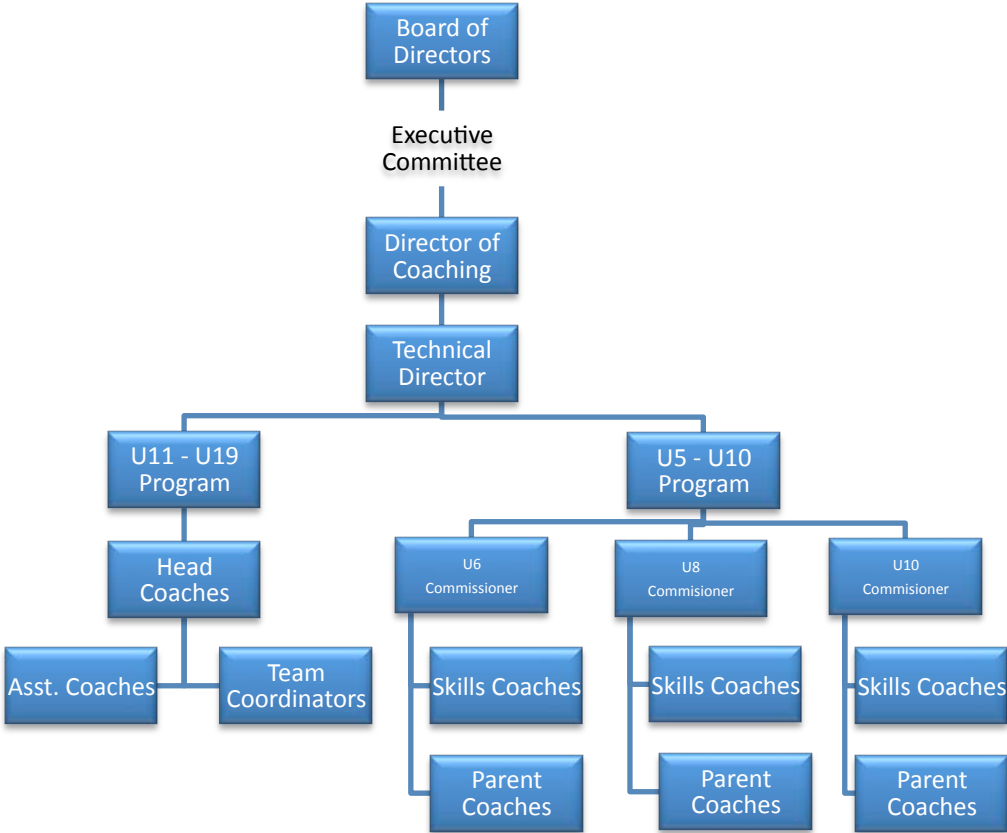
## **Conduct**

We endorse the Iowa Soccer Association's codes of conduct for players, coaches, parents and referees.

## **Good of the Game**

Ames Soccer Club will advocate within Ames for the good of the game of soccer. By promoting and working for soccer, we hope to nurture a love of the game in the children of our club and enrich the community of Ames. We hope the skills and knowledge our members learn will endure, allowing our players to continue to enjoy and participate in this global sport throughout their lives.

**IV. Club Structure**



## ***V. 2011 - 2012 Board of Directors***

President	Jeff Beetham
Vice-President	Volker Hegelheimer
Secretary	William Jenks
Treasurer	Brian Cassaidy
Past President	Dave Wohlsdorf
Registrar	Ralph Ackerman
U11-U18 Commissioner	Alan Constant
U9-U10 Commissioner	Damien Corrieri
U7-U8 Commissioner	Rod Donavon
U5-U6 Commissioner	Steve Martens
Director Internal Communications	William Jenks
Director External Communications	Dave Wohlsdorf
Director of Tournaments	
Director Referee. Development	Robert Bergmann
Director of Volunteers	
Director at Large	Judy Denny
Director at Large	Lubos Hanulik
Director at Large	Bryan Griffin
Director at Large	Pol Herrmann
Director at Large	Russ Jurenka
HYSC Representative	William Jenks, Dave Wohlsdorf, Jennifer Owens *
Director of Coaching *	Gary Eyles

\*Non-voting members

## ***VI. Player Development Philosophy***

Individual player development is central to our program. We recognize that each player possesses varying motivations and goals for playing the sport of soccer. Some players may strive to play for the U.S. National team while others may be motivated to become a starter for their high school varsity team. Our program and its coaches will attempt to give every player the tools and experience necessary in achieving their goals. We also offer specialized training sessions such as goalkeepers and speed & agility sessions.

Players are taught within the four components of the game:

1. *Technical* - ability to perform skills such as passing, receiving, dribbling, shooting etc.
2. *Tactical*- relates to decision making both with and without the ball. Can be performed individually, as a small group (e.g. four defenders working together) or as a team.
3. *Physical*- player's athletic attributes including speed, agility, endurance and balance.
4. *Psychological*- player's mind, coachability, ability to understand roles and responsibilities and overall positive attitude toward teammates, coaches, opponents and the game in general.

Our program's training sessions and curriculum are developmentally appropriate. This means that activities and sessions are designed to fit the physical, emotional and psychological needs of our players in each age group. We want to challenge and motivate the players to perform outside their comfort zone but at the same time do not want them to be overwhelmed that they lose confidence and thus their performance suffers. Further details of our curriculum can be found within this handbook.

If you have questions regarding our curriculum, player development or your child specifically you can contact our club's Director of Coaching & Player Development, Gary Eyles at 515-360-5117 or [garykix@mchsi.com](mailto:garykix@mchsi.com).

## **VII. Program Curriculum**

<i>Age Group</i>	<i>Format</i>	<i>Areas of Focus</i>
U11-U12	8 vs. 8	<p><u>Technique:</u> Striking the ball (passing, crossing &amp; finishing)</p> <p>Receiving the ball (all surfaces)</p> <p>Moves/Fakes (beating an opponent/maintaining possession)</p> <p>Shielding</p> <p>Defending (stance, timing, speed of approach)</p> <p><u>Tactical:</u> 1 vs. 1 defending &amp; attacking</p> <p>Small group especially 2 vs. 1</p> <p>Learning multiple positions</p> <p><u>Physical:</u> Coordination</p> <p>Speed</p> <p>Agility</p> <p>Change of speed (acceleration/deceleration)</p> <p><u>Psychological:</u> FUN</p> <p>Encourage decision making (right or wrong!)</p> <p>Discipline</p> <p>Focus/concentration</p> <p>Importance of training sessions replicating the game</p> <p>Listen to instructions</p>

*75% of time = Technique, 25% = Tactical*

*Physical & Psychological is incorporated into the sessions*

<i>Age Group</i>	<i>Format</i>	<i>Areas of Focus</i>
U13-U14	11 vs. 11	<p><u>Technique:</u> Previous skills performed; At greater speed Within tighter space Increased number of players around Receiving &amp; passing performed on the run</p> <p><u>Tactical:</u> Playing within small groups i.e. 3 vs. 2 – 4 vs. 4 Quicker decision making Learning multiple positions Defending (pressure-cover-balance) Attacking (combination play i.e. give-and-go, overlap) Changing the point of attack</p> <p><u>Physical:</u> Coordination Speed Agility Change of speed (acceleration/deceleration) Endurance Strength</p> <p><u>Psychological:</u> FUN Encourage decision making (right or wrong!) Discipline Focus/concentration Importance of training sessions replicating the game Listen to instructions</p>

*75% of time = Technique, 25% = Tactical*

*Physical & Psychological is incorporated into the sessions*

<i>Age Group</i>	<i>Format</i>	<i>Areas of Focus</i>
U15-U18	11 vs. 11	<p><u>Technique:</u> See notes on previous page</p> <p>Driving the ball 30+ yards</p> <p>1-touch passing</p> <p>Passing with swerve/different spin</p> <p><u>Tactical:</u> Focus on one (or two) position</p> <p>Functional training</p> <p>Playing within units (i.e. back four, diamond midfield)</p> <p>Playing as a team</p> <p>Rhythm of the game</p> <p>Defending (holding vs. dropping)</p> <p>Attacking (transition to counter-attack)</p> <p><u>Physical:</u> Speed</p> <p>Agility</p> <p>Endurance</p> <p><u>Psychological:</u> All Previous areas are covered</p> <p>Competitive sessions</p> <p>Will To Win</p> <p>Increased competition</p> <p>Encourage players to watch high level of soccer</p>

*65% of time = Technique, 35% = Tactical*

*Physical & Psychological is incorporated into the sessions*

## ***VIII. Tryouts***

### **Tryouts**

Tryouts are held during the month of June each year. A schedule of tryout dates and times can be found on the club website. All players must try out each year for selection to a U11 – U19 team. If players cannot attend their scheduled age group's session they must contact the Director of Coaching to set-up an alternative time. Current club players who cannot tryout due to injury will be evaluated based on their previous year's (season's) play. New players who cannot tryout due to injury must contact the Director of Coaching to arrange an alternative solution.

Players must attend at least one of the scheduled tryout times, however, players are strongly encouraged to attend to give the evaluating coaches more opportunities to observe and properly place the players. Every effort is made to find every player an appropriate team.

### **Invitation to Play**

Players who are selected to a team will be contacted via email and letter with an invitation to participate on a designated team. U11 – U13 players will be contacted approximately the third week of June and U14 – U19 players will be contacted at the end of June/beginning of July. The exact dates are set by the Iowa Premier Soccer League (IPSL) coaches and can vary each year. When players are selected to a team, this includes both the fall and the spring seasons. It should be noted that U15 – U19 teams only play the fall season as they participate on high school teams during the spring season.

### **Acceptance/Decline**

Players have 24 hours in which to accept or decline the invitation to play. Players accepting the invitation must immediately pay a deposit on-line. This secures their spots on the respective teams and also provides our club registrar with the necessary player details. We cannot guarantee spots for players who do not respond within the first 24 hours. If you are away on vacation or do not have access to email there is a place on the tryout registration form to leave a contact number. Conversely, parents can also contact the Director of Coaching to verify playing status.

Players who are not invited to play on a team will receive a letter only. Where possible the club will assist in finding alternative playing opportunities for the player.

On accepting the invite to play with the team a player must submit the following items to the team coordinator or nominated team rep.

- Two small photographs for player cards (1' x 2')
- Copy of birth certificate (state certificate, **NOT** hospital certificate) **NEW PLAYERS ONLY**
- Copy of health insurance card **NEW PLAYERS ONLY**
- Completed medical release

## ***IX. Team Formation***

Typically, at the U11 - U12 age groups we have enough interested players to form multiple teams. At the U13 – U19 age groups we usually only have enough players to form one team.

If we have enough players to form multiple teams at the U11 – U12 age groups we look at two options:

*Option 1: Evenly balanced teams* – Two or more teams will be equally balanced by spreading the talent level amongst the teams. The coaches evaluating the players feel that there is not much difference between the weaker and stronger players or that there are a majority of players who fall into the average to above average ability players.

*Option 2: A and B (and C) teams* – Two or more teams where players are assigned to teams based on ability. The coaches evaluating the players feel that there is enough disparity in the player's playing abilities that the weaker players may be over-whelmed at playing with and against players of a higher ability.

The preferred option of team formation is option 1, having evenly balanced teams. The club's philosophy is that we are developing an age group vs. competing as separate teams and so this formation better fits our philosophy. Additionally, while we are not overly concerned with results at this age, we want to ensure that players are placed in a competitive environment that allows them to be challenged while at the same time have success.

Weaker players learn from the stronger players. Stronger players still improve, even when mixed with weaker players. They develop leadership skills, self confidence and self-reliance by having success and are not afraid to experiment with new tricks and expand their technical repertoire. This is the stage for exploration, not for playing it safe. It is still possible to find ample occasions to separate players by ability within the balanced team approach. This can be accomplished in practice, using the 2v2/3v3 activities where the best players are grouped together in the same grid.

History also dictates that we will probably only have enough players to form one team at the U13 – U19 ages, so that these players will be eventually playing together anyway. However, even if option 2 is selected, we still have the flexibility in being able to move players among the teams, which motivates and rewards players in their continued development.

The goal is that multiple teams at the same age group will be afforded the same opportunities, for example:

- Being coached by the same coach
- Having the same number of training sessions
- Attending similar number of tournaments
- Playing a similar number of league games

Players are also encouraged to attend additional training sessions of the other team(s) in their age group.

## ***X. Playing Seasons***

### **Fall Season**

Training begins approximately during the third week of August and ends during the last week of October or first week of November. Some older teams may opt to enter a late fall tournament and so will extend their season past these dates. League games will begin the last weekend of August and finish the last weekend in October or first weekend in November.

### **Winter Season**

Winter is an optional season for our players as we realize that it is good for players to take a break from soccer or to participate in other sports/activities. We run an indoor league called **FAST FEET** where players can sign up on an individual basis and play in 5 vs. 5 futsal games. The league is played at the Ames Middle School during November and December. Information regarding FAST FEET will be emailed out to club members in late September. We also offer a Winter Training Program from January – March at a facility TBD. Information about the Winter Training Program is emailed to club members beginning early October.

### **Spring Season**

Training begins the week following spring break (typically about the third week in March) and ends during the first two weeks of June. Some teams may opt to enter a late spring/early summer tournament and so will extend their season past these dates. League games will begin the first weekend of April and finish the first or second weekend in June.

### **Summer Season**

We do not conduct team events during the summer unless there is a request by players. We do offer an extensive list of camp opportunities including field player, keeper training, speed & agility etc. Check out the club website beginning in late February to find summer camp offerings.

## ***XI. Coaches***

The Club employs a full-time Director of Coaching whose responsibilities include over-seeing player development along with recruiting, hiring and educating paid coaches who work with the U11 – U19 players.

Coaches who work with the older age teams have or are working toward a minimum level of United States Soccer Federation (USSF) D License. The club supports coaching education through staff meetings, on-going evaluations, payment of coaching licenses, and financial support for attending seminars etc.

The main qualities that the club looks for in hiring coaches are:

- Past playing experience
- Ability to demonstrate to the players
- Relates well with young players
- Communicates in simple, easy-to-understand terms
- Professional conduct
- Timely attendance to all team and club functions
- Keeps things in perspective (and emphasizes FUN and technical development)

Coaches receive a wage and also are reimbursed for any travel outside of Ames:

- Mileage at 50 cents per mile
- Food per diem of \$30 per day at tournaments (or direct reimbursement)
- Hotel

Each team has an assistant coach who is typically one of the parents from that respective team. Parents should contact the Director of Coaching if they are interested in serving as an assistant coach.

Approximately every two weeks during the season the head coaches will send out an email updating team members of progress during the season including topics/skills that they have been working on, strengths, weaknesses and topics they will be covering in future sessions. Individual coaching observations will be limited to one-on-one situations i.e. at games, at training or in individual meetings if it is determined necessary. You are welcome to contact your head coach if you have any concerns/questions about your child

### **Playing Time**

Playing time is at the discretion of the coach and they will try to give fair playing time, especially during league games. Please note that fair does not equal playing time. Factors that determine playing time include training/game performance, attendance at training/games, injuries, the status of the match, and the number of players. If you have concerns regards to your child's playing time please wait 48 hours before contacting the coach.

## ***XII. Practice Sessions***

U11 – U14 teams on average practice two times per week. U15 – U19 teams will practice on average two-three times per week. Practice days and times are based on the respective coaches' availability and balancing field usage. Generally, U11 – U12 teams will practice in the earlier time slot of 4:30 – 6:00 p.m. and U13 and older will practice in the later time slot of 6:00 – 7:30 p.m. This is due to the fact that as players get older they have more after-school activities. All practice sessions are held at the Hunziker Youth Sports Complex. Practices are generally 90-minute sessions, however; there are times when shorter sessions will be scheduled due to coaching availability, available daylight, weather etc.

A draft practice schedule will be sent out prior to the start of the season for parents to review. If we have enough players from the same team with similar conflicts then we will consider scheduling on alternative days and/or times. I hope you realize that it is very difficult to avoid every possible conflict for ALL players.

Specialized goalkeeper sessions are also scheduled during the season. If the goalkeeper sessions conflict with the player's regular team sessions, they should attend the keeper sessions unless instructed differently by their head coach.

Players are encouraged to make-up any missed sessions by attending another team's practice. A master schedule of all team's practice sessions is available on the club's website. Players who want extra training opportunities are also welcome to attend additional practices of other teams. Simply contact the Director of Coaching to verify your intentions and set it up.

Players should bring an inflated appropriately sized ball and plenty of fluids to all practice sessions. Players should wear shin guards and appropriate clothing to all sessions. Goalkeepers should bring gloves and wear clothing that they can dive around in and not worry too much about getting worn out.

Practice Sessions should include the following:

- Activities that the child wants to participate in because they are fun.
- Players being exposed to playing all positions.
- Every player has a ball for practice.
- Activities designed to maximize the number of touches by each player at practice.
- Rules modified for players according to their age group characteristics.
- Equipment modified for players according to their age group characteristics.
- Activities designed to promote thinking, not doing drills.
- De-emphasize winning/losing. We do not need to keep standings, statistics, etc.

### ***XIII. League Play***

Teams will compete in either the Iowa Premier Soccer League (IPSL) or the Greater Des Moines Junior Soccer League (GDMJSL). All home games will be played at the Hunziker Youth Sports Complex.

#### ***Iowa Premier Soccer League (IPSL)***

The IPSL is a statewide soccer league for the advanced player. Teams enter the league through their ISA affiliated clubs. A committee of Coaching Directors governs the league. The Iowa Soccer Association administers the league through a League Director. Premier Teams from U11 through U19 in both Girls and Boys divisions from clubs in the State of Iowa and from outside the state if they meet the requirements of the league committee. Recreational plus teams are discouraged from entering. All entries are at the discretion of the League Committee.

Teams are placed in divisions based on the player's abilities vs. the player's age. The goal is that this creates better competition with more evenly matched teams playing against each other. So for example a strong U14 team can be in a division playing against weaker U16 teams. Teams are placed by the coaches at divisional placement meetings prior to each season.

At the U11-U12 age levels, travel is limited to a regional geographical area involving play mostly against Des Moines metro area teams. At the U13 – U19 age levels, play is on a state wide basis which can involve games in Iowa City, Cedar Rapids and Cedar Falls. When distance of travelling is significant (such as Iowa City) teams will play two games in a day to make the travel time more worthwhile.

#### ***Greater Des Moines Junior Soccer League (GDMJSL)***

The GDMJSL is a soccer league more suited to the recreational – classic player. Teams are placed based on player power rankings which then create a team power ranking. Due to the fact that our players go through a tryout/selection process we have to place our teams in the higher divisions of the classic level teams.

Scores are recorded and points awarded during the season and then at the end of the season teams at the top probably move up a division while teams that do poorly move down a division. The goal is that in the following season, the promotion and relegation of teams creates a more even playing field.

At the U11-U12 age levels, travel depends on the teams assigned to each division but generally, travel is no longer than a one-hour drive from home.

#### ***XIV. Tournaments***

The Director of Coaching will draft an approved calendar of tournaments prior to each season. These tournaments are considered mandatory, and so all team members are assessed team fees based on the number of players rostered to the team. There will also be additional tournament/event opportunities which are optional, such as winter tournaments or summer tournaments. Only the players who participate in these events will be assessed the fee.

U11-U12 teams will compete in one or two tournaments per season (fall and spring) and we try to take advantage of playing in local tournaments where possible which minimizes the need to stay in hotels over night.

U13-U14 teams will compete in one to three tournaments per season and again will try to take advantage of playing in local tournaments where possible to minimize the need to stay in hotels over night.

U15- U19 teams will compete in one to three tournaments during the fall season. Due to the lack of tournaments within the local area and also to play varied competition, it is often necessary to travel out of state to Kansas, Illinois, Nebraska, Minnesota etc.

Tournaments are chosen based on the following criteria:

- Age of teams
- Ability of players
- Level and variety of competition
- Geographical location
- Previous experience at tournament
  - o Facilities
  - o Playing surfaces
  - o Overall organization
  - o Quality and numbers of referees

## ***XV. Evaluations***

During the winter (November – January) we conduct player evaluations for all U11 – U19 players. The evaluation consists of a 20-25 minute conference between the coach, player and their parents (guardians). Older players may request just a written evaluation or to set-up a meeting to discuss college plans.

Players will receive both a written and oral evaluation of their performance during the fall season. The respective team coach will contact team members toward the end or after the fall season to schedule the evaluation.

Players are evaluated in the four components of the game:

1. *Technical* - ability to perform skills such as passing, receiving, dribbling, shooting etc.
2. *Tactical*- relates to decision making both with and without the ball. Can be performed individually, as a small group (four defenders working together) or as a team.
3. *Physical*- player's athletic attributes including speed, agility, endurance and balance.
4. *Psychological*- player's mind, coachability, ability to understand roles and responsibilities and overall positive attitude toward teammates, coaches, opponents and the game in general.

Players receive information on ways they can improve and also general comments about their overall performance.

The club really values these evaluations and feels that it is an excellent opportunity for players and parents to have some on-on-one time with their coach. Parents and payers are encouraged to take advantage of these meetings by preparing questions and comments before hand.

***If you do have any immediate questions or concerns, please do not wait until the evaluation. Contact your coach to discuss your concerns or to set-up a one-on-one meeting***

## ***XVI. Costs and Program Fees***

There are two types of fees involved in playing in the U11 – U19 program; **Club Fees** and **Team Fees**.

### **Club Fees**

This fee covers club registration, pro coach training sessions, field costs, league fees, referee fees, and other miscellaneous club expenses. 2011-2012 Fees are:

U11-U12 = \$323

U13-U14 = \$351

U15-U19 = \$392

### **Refund Policy**

Signing up for a competitive soccer team is a complex thing, involving tryouts, verbal acceptance, and finally, a deposit of \$50. It at least potentially involves excluding another player if/when the small number of teams is full. Thus, the \$50 deposit is considered non-refundable for withdrawal without exceptional circumstances.

If the balance of fees (that beyond a \$50 deposit) has been paid, and the player withdraw before the first tournament or league game, the player will be entitled to a refund of the registration fee, less the \$50 deposit. A player that withdraws is entitled to receive back any pro-rated tournament fees that have not been used by the team already.

In case of season-ending injury/illness, a reasonable pro-rated credit can be applied to the following season, or refunded in the case of a U15-U19 player.

### **Team Fees**

Each team will have a coordinator who will be responsible for collecting fees and depositing the monies into a team account. Team fees cover tournament application fees, and coaches' league & tournament expenses. Coaches are reimbursed the following expenses for travel outside of the city of Ames:

- Mileage at 50 cents per mile
- Food per diem of direct reimbursement or \$30 per day at tournaments
- Hotel

Team fees will be equally divided up by the team members based upon the estimated league fees and tournament calendar as recommended by the Director of Coaching. We understand that there may be occasions when players cannot attend a tournament for various reasons. However, all players will share in the expense even if they cannot attend. The tournament calendar is drafted far in advance so that conflicts are avoided where possible.

If teams enter optional tournaments or events such as during the winter or summer, then only the players participating will be assessed the costs associated with the tournament or event.

## ***XVII. Uniforms***

All players at the U11 – U19 age groups will wear the designated club uniform. The complete uniform kit consists of a yellow jersey, a navy jersey, shorts, two pairs of socks and a set of black warm-ups. A team bag is optional. ASC alls are also available for purchase. The jersey is heavily customized (numbers, badge, etc.) and is therefore hard to return for size. We keep track of numbers to avoid conflicts within teams wherever possible. When you purchase a uniform, you are asked for 1st and 2nd choices for numbers .

Each summer, the club makes a bulk order for all the new players. During the rest of the year, individual orders are accepted. **Orders are made through Active.com. via the club website.** The expense of using Active.com approximately balances out the sales tax that you do not have to pay. When you order on line, the size choices will be given. You can order mix-and-match sizes.

Please note that the uniforms no longer bear the Admiral logo. Some are the exact same item under the High Five brand, and some are custom made.

**Some words of wisdom on sizing:**

- Allow two year's wear (and growth)
- Most U11 boys wear almost everything YL size
- The YM size for girls is tiny!
- There is a big difference (3 inches) in inseam length between the YL and AS warm-up pants. The AS size is probably most appropriate for players about 5'5" to 5'8".
- Warm-ups should NOT be purchased too large for your child or they will be impossible to play in.
- The socks are available in three sizes: 18, 24, and 30 inches. Do not buy the 18 inch socks unless your player is short!

Price list (rounded) Check the club website for the updated prices.

Full Kit: \$179.30

A la Carte \$8.00 base charge for shipping

Jersey: \$33

Shorts \$18

Socks \$6

Warm-up top \$37.50

Warm-up pants \$27

Bag \$22

### ***XVIII. Procedure for Handling Concerns/Disputes***

The club encourages an open-door policy of handling any questions or concerns regarding individual player, team or club issues. We hope that players and parents will go to the source to ask questions or discuss problems versus discussing amongst themselves which only results in further fuelling the fire and not reaching any solution or conclusion. The proper protocol for handling any issues or concerns is followed in the prescribed order listed below:

- Level 1 = Player & coach
- Level 2 = Player, parent and coach
- Level 3 = Player, parent, coach and Director of Coaching
- Level 4 = Player, parent, coach, Director of Coaching and President
- Level 5 = Player, parent, coach, Director of Coaching, President and Board

If you miss any of the steps listed above then you will be immediately directed back to the appropriate step.

## ***XIX. Volunteers***

The Ames Soccer Club exists primarily because of the service of its volunteers. The club was founded by volunteers and is administered by a volunteer board of directors. This is YOUR club, and it runs on YOUR efforts and enthusiasm.

Each of us can help out. Throughout the year, the club runs several tournaments that serve as both playing opportunities and fund-raisers. With each of us giving just a few hours, we can pull these off with aplomb.

Among the most important volunteer positions within the club are those of the Parent Coach and Team Coordinator. Every team needs a Parent Coach to facilitate good practices under the direction of the staff coaches. For U6-U10 teams, the Parent Coach(es) also coach the games. For the older teams, the great majority of games are covered by a Pro Coach, but the Assistant (Parent) Coach sometimes fills in. The Team Coordinator is especially important for the U11 and older teams where tournaments come into play. A short Team Coordinator "[handbook](#)" is available.

We need a little help from a lot of people for our tournaments. Put in a couple of hours directing traffic or selling concessions and help us raise funds for the club!

Roughly speaking, club jobs break down into five categories:

**Parent coaches** for U6-U10 teams and assistant coaches for our older teams. If you are interested in coaching, please contact Gary Eyles.

**Team Coordinators** for U11 and older teams keep track of tournament paperwork, arrange for team parties and the like. Some U6-U10 teams also have separate Team Coordinators to relieve the Parent coach of some organizational efforts.

**Members of the Board of Directors.** These are elected each December, but openings for appointment are almost always available. The board sets policy for the club and arranges for most of our activities, in conjunction with the Director of Coaching. If you are interested in being on the board, contact our Director of Volunteers.

**Members of Board Committees.** The club has occasional need for either ad hoc or standing committees (e.g., the uniform committee). Please let our Director of Volunteers know if you are willing to serve on a committee or have a particular interest in a topic you think a committee would serve well.

**Tournament/Event Volunteers.** The club runs events, such as the Indoor State Cup and the Kohl's American Cup tournaments, which require the services of volunteers to make them run. These one-time events are a great way to introduce yourself to working more with the club. Please let the Director of Volunteers know if you'd be willing to help out with such things if available.

As well as these ongoing needs, the board is looking for volunteers that might be interested in some of the following activities:

- Helping to organize club-wide social events
- Helping to mark fields
- Participating in and/or organizing club-wide "clean up days"
- Participating in creating of a club yearbook
- Other creative ways to support the club!

Contact [the](#) Director of Volunteers to let us know of your interest!

## ***XX. Alliance 4 All Sportsmanship***

### **What is Alliance 4 All?**

Alliance 4 All is a program designed to bring together the “4” participant groups in a soccer match -- coaches, players, parents and referees – to “practice better sportsmanship”. It is a collaborative effort developed by the Iowa Soccer Association, Kansas Youth Soccer and the Nebraska State Soccer Association.

During spring 2011, Alliance 4 All was rolled out as a pilot program in our clubs. The program is centered on four brief, online education modules which serve as guides for ways to practice better sportsmanship. It will also strive to recognize the good sportsmanship that is being practiced, rather than focusing on policing behavior and penalizing offenders. Ultimately, the program’s success will hinge on the commitment of each individual to practice better sportsmanship, and our hope is that the materials we’ve developed will encourage and help people do so.

After this spring’s pilot run, the full program will be rolled out and available for leagues, tournaments and coach/referee education programs.

### **Why should I care about my behavior?**

All you need to do is google “poor sportsmanship youth sports” to see the dizzying list of incidents throughout the years, and the repeated calls to action.

You are but one of many pledging throughout Iowa, Kansas and Nebraska to practice better sportsmanship in youth soccer. But YOU are only one of FOUR of the required equation. Sportsmanship is the responsibility of all participants in a soccer match -- players, coaches, parents and referees. By understanding that each has a role and taking responsibility to do your part, we can add to the google search results for “good sportsmanship youth sports.”

### **Why is Ames SC supporting the Alliance 4 All pilot program?**

When Ames Soccer Club was asked “Why Alliance 4 All for your club?” the answer came easily. “Sportsmanship is important to Ames Soccer Club because it goes hand-in-hand with developing good soccer skills and this can be carried over into other sports and to everyday life. Teaching sportsmanship keeps things in perspective reminding all 4 participant groups that we participate in soccer...because it’s fun.”

### **Ames Soccer Club A4A Contacts**

Dave Wohlsdorf  
*dwohlsdorf@sauer-danfoss.com*

Gary Eyles  
*garykix@mchsi.com*  
Ames Soccer Club is on facebook, too!

Look for Alliance 4 All talk on our facebook page. [www.facebook.com/AmesSoccerClub](http://www.facebook.com/AmesSoccerClub)

**How the program works in our club *Iowa Soccer is excited to have Ames Soccer Club as an Alliance 4 All-Endorsed Club!***

For the spring of 2011, the Ames Soccer Club served as a pilot program for Iowa Soccer's sportsmanship initiative "Alliance 4 All". As an endorsed club, Ames SC has committed to do the following:

- All players, parents, coaches and club referees will be required to watch a short presentation prior to the season, conveniently available online.
  - At the completion of the video, each participant will be required to submit electronically their pledge to abide by their Alliance 4 All Code of Conduct. This pledge will go to the Ames SC A4A contact.
  - You will see the Alliance 4 All logo on the Ames Soccer Club website, which with one click, will direct you to an Alliance 4 All resource page.
  - The logo will also be onsite at soccer venues to help remind everyone of their pledge to "practice better sportsmanship."
- 
- Ames SC will select an "Alliance 4 All Practice Better Sportsmanship" Award winner, a person who demonstrates excellence in sportsmanship on- and off-the-field. Iowa Soccer will publicize information about ASC's winner who will be considered for the state level "Alliance 4 All Practice Better Sportsmanship" award.

***How to: watching the videos, pledging to practice better sportsmanship***

- You just need a computer and less than 15 minutes to watch the video and make your pledge
- Go to [www.iwasoccer.org](http://www.iwasoccer.org), mouse over the "Programs" area and click "Alliance 4 All". This will take you to a resource page where you can select your video -- player, parent, coach or referee.
- At the end of the video, you'll be automatically taken to a second resource page where you can electronically submit your pledge to your Alliance 4 All Code of Conduct.

## ***XXI. Contact Information (2011-2012)***

Director of Coaching	Gary Eyles	360-5117	<a href="mailto:garykix@mchsi.com">garykix@mchsi.com</a>
President	Jeff Beetham	451-0789	<a href="mailto:jbeetham@iastate.edu">jbeetham@iastate.edu</a>
Registrar	Ralph Ackerman	292-5203	<a href="mailto:racker@iastate.edu">racker@iastate.edu</a>
Treasurer	Brian Cassaidy	291-2814	<a href="mailto:brian@cassaidy.com">brian@cassaidy.com</a>

### **Head Coaches:**

U11 Boys Gold	Matt Laczniak	231-6630	<a href="mailto:mlaczniak@yahoo.com">mlaczniak@yahoo.com</a>
U11 Boys Black	Matt Laczniak	231-6630	<a href="mailto:mlaczniak@yahoo.com">mlaczniak@yahoo.com</a>
U12 Boys Navy	Dylan Martinez	290-1087	<a href="mailto:dm.5talents@gmail.com">dm.5talents@gmail.com</a>
U12 Boys Gold	Dylan Martinez	290-1087	<a href="mailto:dm.5talents@gmail.com">dm.5talents@gmail.com</a>
U13 Boys	Chris Barlett	515-509-4425	<a href="mailto:cpb6666@iastate.edu">cpb6666@iastate.edu</a>
U14/U15 Boys	TBA		
U17 Boys	Gary Eyles	515-360-5117	<a href="mailto:garykix@mchsi.com">garykix@mchsi.com</a>
U18 Boys	Pedro	708-1431	<a href="mailto:pedrosm@iastate.edu">pedrosm@iastate.edu</a>
U11 Girls Navy	Mazdak Mina	450-3073	<a href="mailto:minimina@gmail.com">minimina@gmail.com</a>
U11 Girls Gold	Mazdak Mina	450-3073	<a href="mailto:minimina@gmail.com">minimina@gmail.com</a>
U12 Girls Navy	Jordan Bishop	214-404-1428	<a href="mailto:jbish5@gmail.com">jbish5@gmail.com</a>
U12 Girls Gold	Jordan Bishop	214-404-1428	<a href="mailto:jbish5@gmail.com">jbish5@gmail.com</a>
U13/U14 Girls	Kira Werstein	319-290-3790	<a href="mailto:kira@iastate.edu">kira@iastate.edu</a>
U15 Girls	Gary Eyles	515-360-5117	<a href="mailto:garykix@mchsi.com">garykix@mchsi.com</a>
U19 Girls	Lindsey Long	515-231-4981	<a href="mailto:lindseyllong@gmail.com">lindseyllong@gmail.com</a>

## **XXII. Resource Materials**

### **Organizations:**

Ames Soccer Club	<a href="http://www.amessoccer.org/">http://www.amessoccer.org/</a>
IPSL	<a href="http://www.iowasoccer.org/ipsl/">http://www.iowasoccer.org/ipsl/</a>
GDMJSL	<a href="http://www.gdmsoccer.org/">http://www.gdmsoccer.org/</a>
Iowa Soccer	<a href="http://www.iowasoccer.org/">http://www.iowasoccer.org/</a>
US Youth Soccer	<a href="http://www.usyouthsoccer.org/index.html">http://www.usyouthsoccer.org/index.html</a>
USSF	<a href="http://www.ussoccer.com/">http://www.ussoccer.com/</a>
FIFA	<a href="http://www.fifa.com/">http://www.fifa.com/</a>
UEFA	<a href="http://www.uefa.com/">http://www.uefa.com/</a>

### **Coaching:**

NSCAA	<a href="http://www.nscaa.com/">http://www.nscaa.com/</a>
Sportscoach UK	<a href="http://www.sportscoachuk.org/">http://www.sportscoachuk.org/</a>
Soccer specific	<a href="http://www.soccerspecific.com/ss/">http://www.soccerspecific.com/ss/</a>
Youth Professional	<a href="http://www.yptusa.com/">http://www.yptusa.com/</a>
Better Football	<a href="http://betterfootball.net/?orderby=modified">http://betterfootball.net/?orderby=modified</a>
Soccer Clinics	<a href="http://soccerclinics.com/">http://soccerclinics.com/</a>

**Players:**

UEFA training Ground <http://www.uefa.com/trainingground/index.html>

Games on TV <http://www.socceramerica.com/>

ODP <http://www.iowasoccer.org/ODP>

Soccer Training <http://expertfootball.com/training/>

Soccer U <http://www.socceru.com/>

ESPN Soccer net <http://soccernet.espn.go.com/index?cc=5901>

Soccer clips <http://www.soccerclips.net/>

Fuel Magazine <http://www.usyouthsoccer.org/FUEL/>

**Parents:**

Parents for Good Sports <http://www.parentsforgoodsports.org/Default.tpl>

Michigan State University <http://www.educ.msu.edu/ysi/>