



# Parent Handbook



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## Introduction

You have joined a sports program dedicated to providing a positive and rewarding experience for you and your child. This program is based on the Sportsplex USA Winners philosophy. Simply put, every child that participates is a winner, regardless of skill. Therefore all players will be given equal opportunity to succeed and have fun.

Our mission is to instill a sense of pride and confidence into every player by demonstrating and modeling the positive values of team sports. This system is based on our belief that sports provide an atmosphere for your child to learn more than skill. Our belief is that we have the wonderful opportunity to develop a strong foundation of character building values. Those values include *Respect, Honesty, Teamwork, Sportsmanship, Integrity and FUN!*

With your help and support we can achieve our mission. Parents... you are also a participant, by supporting your child's interests and providing encouragement. We hope that you enjoy your experience with Mighty Mite Soccer. Please keep in mind that all our coaches are doing their best to encourage your child to be cooperative, learn, and have fun.

We would like to reassure you that this is your program; therefore I gratefully accept any comments or suggestions. Let's work together to make this another great season.

## Youth Recreational Soccer Program

A positive and rewarding introduction to the sport of soccer!

- ❖ Everybody participates – no tryouts
- ❖ Everybody plays – no starters/bench players
- ❖ Parents and children grow together – build family strength

In our program every player is a winner! Learning and having fun in a sport are the most important. Our experienced instructors introduce skills in a basic, fun and progressive manner with much repetition and positive reinforcement.

## Session Format

Every 50-min Saturday session will be structured similarly and will include the following:

- Warm Up with Parent
- Stretching
- Developmental Drills
- Scrimmage Game

NOTE: Development drills will focus on the fundamentals of the sport. Our program is intended for beginner to intermediate players and there will be no league statistics kept or championship teams.

## **Rules**

### A. Teams

Depending on the actual number of registrations in each age group and the player's skill and size, participants may be transferred into a different hourly session. Players may be moved mid-season if needed to keep the teams balanced. Requests may be granted if it does not interfere with the balance of the two teams.

### B. Playing Regulations

- 5-10 players per team
- All players will play equal time during the game
- All players will have the opportunity to experience all game positions.

### C. Equipment

- Cleats are optional; however suitable athletic shoes must be worn.
- Jerseys will be provided.
- Shin guards are required during scrimmage sessions.
- Shorts or sweats may be worn, NO jeans or cutoffs.

## **Time of Session**

All Games and Practices are on Saturdays, however your child's session *time* will be emailed to you following the Assessment Day.

## **Skills Assessment Day**

Teams are formed following the skill assessment according to age, maturity and level of play. There are 5 to 10 players on each team. Team shirts are given by the second Saturday. If you have any special requests for game times or teams – see the instructor following the assessment.

## **Rainouts**

If it rains the day of session, class will be rescheduled. You will typically be notified regarding the reschedule by phone or email. If it rains the previous day, the decision to play will be made by 8:00am on the day of session.

## **Spectators Code of Conduct**

As a spectator, we hope to provide a fun and rewarding experience for you and your child. In order to achieve our goal, we ask that you adhere to the following criteria:

1. Applaud good plays by your own team AND the opposing team.
2. Never ridicule or scold a child for making a mistake during a game or practice.
3. Encourage players to always play according to the rules.
4. Be patient, understanding, positive, and supportive
5. HAVE FUN!

## Lesson Plans

### Week 1:

- Season Introduction
- Skills Evaluation and Fun Soccer Drills

### Week 2:

- Jerseys handed out
- Warm-up / Stretching
- Dribbling Skills
- Scrimmage Game

### Week 3:

- Warm-up / Stretching
- Shooting Skills
- Scrimmage Game

### Week 4:

(Arrive 30 Minutes early)

- **Individual & Team Pictures**
- Warm-up / Stretching
- Footwork Skills
- Scrimmage Game

### Week 5:

- Warm-up / Stretching
- Trapping and Shooting Skills
- Scrimmage Game

### Week 6:

- Warm-up / Stretching
- Review all soccer skills
- Scrimmage Game

### Week 7:

- Warm-up / Stretching
- Scrimmage Game
- Award ceremony
- Ice Cream Party provided by Sportsplex USA

**THANKS FOR YOUR INVOLVEMENT!**

To register for next session, please visit [www.sportsplexusa.com](http://www.sportsplexusa.com)