

WASHINGTON STATE





Welcome to our Fireside Chat

- **Our Guest Speakers tonight are:**
- **Frank MacDonald** – One of the founding members of the Washington State Legends of Soccer. An unapologetic advocate for soccer at all levels for more than 30 years as a journalist, publicist, volunteer coach and administrator.
- **Cliff McCrath** - For going on five decades has greatly influenced the growth as well as the success of the game in Washington, both as a coach and colorful spokesman. His teams were the first from the state to win national acclaim and championships. Named Seattle Sports Star of the Year, inducted in 11 Halls of Fame, retired as #2 in Collegiate wins, 37 consecutive winning seasons at Seattle Pacific University, 5 NCAA Div II Championships, Co-Founder of Northwest Soccer Camp at Bastyr University.



2018

Lake Washington Youth Soccer Association

Annual Coaches Meeting



Welcome

Thank You for Coaching

**It is through your effort that our
players will have an outstanding Fall
season!**



LWYSA Rec Organization

Vice President, Recreational Soccer

Tim Mortimore
(VPRecreation@lwysa.org)

5 Recreational Clubs:

- Eastlake - Scott Sanford (EastlakePresident@lwysa.org)
- Juanita - Ferdie Zapata (JuanitaPresident@lwysa.org)
- Kirkland - Craig Fukutomi (KirklandPresident@lwysa.org)
- Redmond - Open - Volunteer Needed
- Union Hill - Open - Volunteer Needed

Staff - Vickie Barnett (vickieb@lwysa.org)
Rick Anderer (ricka@lwysa.org)
Taylor Miller (taylorm@lwysa.org)

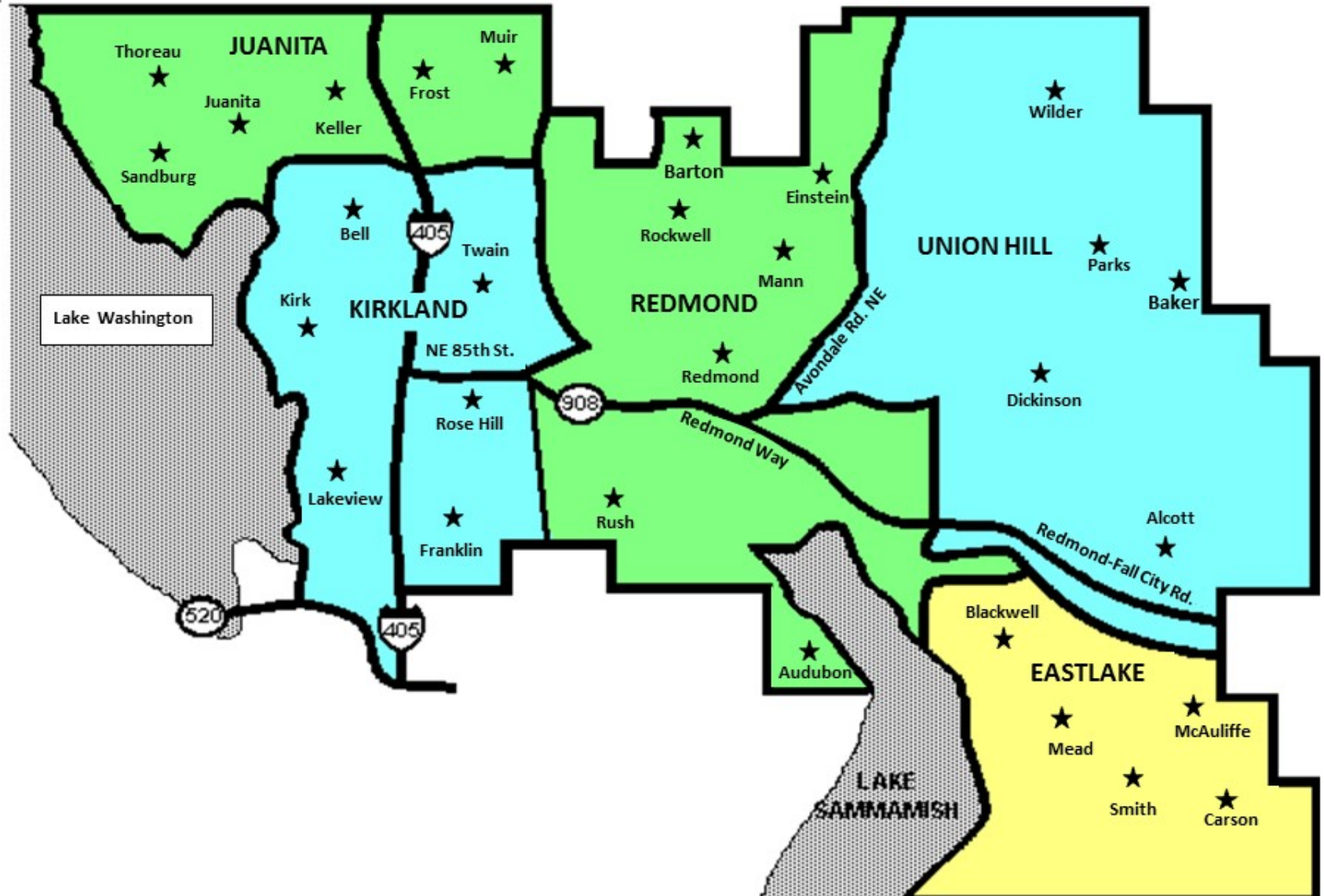


LWYSA Rec Organization

What is the Role of a Club President?

- **Voting member of Association Board**
- **Oversees Club volunteers in the areas of Practice Field assignment, Equipment and Kindergarten/Coed Soccer program**
- **As needed may serve on a Judicial Panel**
- **Provides a link between Players, Parents and Coaches with LWYSA**

LWYSA Recreational Club Boundaries





LWYSA Referees



- U8-U9 Teams use parent refs for every game. Each team provides a person to referee half the game. A referee clinic will be held **August 30th** and **September 6th** to train parent refs. 60 Acres Portable Building/Field 14; 7pm
- We need licensed Referees – especially adults. We are in a critical need for Referees. Many games this year will not be covered.
- Many games are not assigned until a day or two prior to play.
- We know which games will not be covered, calling won't help. If no referee is available – play anyway. Use volunteer(s) to referee. Yes, the game will count.



Coach Development

Coaches Training Clinic with Tim Mortimore

August 16th and August 21st

Clinic for beginning and intermediate coaches covering how to play the game, work with kids and parents.

60 Acres Portable (Southeast corner of 60 Acres North/Field 14)

PCA

Check www.lwysa.org for information. Email will also be sent to coaches.



Micro Soccer

Small Sided Soccer:

Modified Rules

Small Ball – Size #3 for U8/Size #4 for U9 and U10

Flags for Goals depending on location

No scores or standing kept at U8 or U9

U8:

- 4 vs 4
- No goalie
- 25 minutes halves

U9: ***THIS YEAR 5 vs 5***

- ***Goalie***
- ***25 minutes halves***



Coaching Information Sources

Practice plans and Coaching Information

Online sources include :

<http://www.lwysa.org/home.php?layout=3006845>

<http://www.soccerxpert.com/>

<http://www.usyouthsoccer.org/>

www.onlinesocceracademy.com

www.washingtonyouthsoccer.org for 'E' and 'D' advanced coaching licenses.



Medical Release Forms

This is IMPORTANT!

Have the signed medical release forms with you at all practices and games.

This consent form is part of the player/coach/volunteer online registration process.



Concussions Safety

Concussions: “Zackery Lystedt Law”

The law mandates that ALL players and parent(s)/guardians sign and return an informed consent form relating to the nature and risk of concussion or head injury.

To participate in practices and be eligible for the current soccer season, you will need to review and electronically sign the consent form. Until the consent form is signed, players will not be allowed to practice or play.



Sudden Cardiac Arrest Safety

Effective July 24, 2015 -- Senate Bill 5083

Coach Training and Certificate of Completion Every Three Years - every three years, each WA Youth Soccer coach and assistant coach must complete an online sudden cardiac arrest prevention program and submit a certificate showing completion of the program to the club/association. WIAA is still working on the training program for coaches; in the meantime, WIAA recommends use of the National Federation of State High School Associations (NFHS) online training. The training takes approximately 15 minutes and is available for free at <https://nfhslearn.com/courses/61032>. A certificate is issued on completion of the training.

http://www.washingtonyouthsoccer.org/resources/concussion_and_sudden_cardiac_arrest_awareness/



Practice Fields

Field owners: Kirkland, Redmond, Sammamish, King County and Lake Washington School District

Fields.LWYSA.org – Coaches can log in and sign up for fields now.

60 Acres is open August 1st, no reservations. No Practice on Friday, August 10, 17 and 24. Teams find open space by the coaches talking at the fields and following a simple set of rules.

- **Fields which are closed are posted. Northshore has fields 5, 10 & 13. We can't use them.**
- **Players/Teams meet in a general area/gate or group of fields versus a specific field for practice. 4 teams per field.**
- **Coaches in an area talk to establish space boundaries at the start of practice, moving to open space.**
- **Stay out of the middle of fields and goal areas – practice on the sides, goals will be set on sidelines not end lines and should not be moved – use cones to mark out space**
- **No tight repetitive drills like ladders – avoid destroying the field, especially the goal areas.**



Match Schedules

The U8 – U12 game schedules will be posted to the Team Connect team page when completed. An email will be sent to coaches letting you know the schedule is posted. We expect to have the schedule complete by late August.

U13 to U19 game schedules will be posted on the D2 Youth Soccer website (www.wsysad2.org). This website will be updated continually so check the site often. First games should be posted by late August.

Games for U10-U19 teams begin the weekend of September 8/9.

Games for U8 & U9 begin September 15.



Uniforms

- Full kit (jersey/shorts/socks) are provided with registration.
- U10-U19 Team Coach/Manager uses the LWYSA website to select a Style and Color combination.
- U8 and U9 teams are preordered.
- Sizing information has been provided by parents as part of the registration process.

For assistance contact Taylor Miller (taylorm@lwysa.org).

Some local businesses who support LWYSA, Rec uniforms:

Lee Johnson Auto Family, Kirkland

Winners Sportswear, Bellevue

Goddard Schools, Redmond

Land 'O Frost



Equipment and Uniform Distribution

- **You will be notified by email from Taylor Miller when your uniform order is ready for pickup. The Coach, Asst Coach, Team Manager or designated Parent can pick up the kit.**
- **We will also hold an Open House at our offices on Wednesday, August 15th, between 6pm and 8pm. Pick up your orders AND if we have your equipment bags, get them as well.**



2018 Program



- The U7/Coed (Kindergarten) program will have two weekly sessions (optional) added to its season. The final two weeks will be played indoors at Arena Sports in Redmond. Should you desire, you can also register for Arena's Winter Program.
- All LWYSA teams(all age groups) are invited to register for the **NorthShore Youth Soccer Association Jamboree**. The Jamboree takes place at 60 Acres, Saturday and Sunday, August 25th and 26th. Three game guarantee. Visit the NYSA website or call their office at 425-486-5106



2018 Program



- As a Coach you may be eligible for a **Matching Hours** program through your employer. These programs managed by your Human Resource Department and can be the basis of a significant contribution to non profit organizations like the Recreational Soccer Program of LWYSA. We are a 501 C3 non-profit corporation.
- Please recognize our program sponsors, Lee Johnson Auto Family, Neal Smiles Orthodontics, Land 'O Frost and Goddard School (Redmond Ridge). They help us guarantee low income players participate and support out uniform program.
- The Rec Program also partners with Winners Sportswear of Bellevue and Arena Sports Redmond to enhance our teams experience. Please check out the products and services these fine businesses provide to the Soccer Community!



Association Cup

When: Fall regular season results will be used to determine qualifiers and seeding of the Quarterfinals. ALL teams are a part of the and Semi finals will be held **Saturday, November 3rd**. (AM and PM games) Finals will be held **Saturday, November 10th**.

Who: Eligible Age Groups: U10 - U12

Where: 60 Acres North and South

Teams moving into Quarterfinals will be determined after Week 7 of the Regular season

Cost: \$0



Recreational Cup Tournament

When: Mid-October - Prelim Games begin, Mid-November – District II Finals, Early Dec. – State Finals

Eligible Age Groups: U13 - U19

Where: District II fields through District Finals, Finals held at Eastlake HS, State Finals held at Starfire Complex in Tukwila

Format: Three-Stage Tournament (round robin preliminary games followed by District II semi-final and final games followed by State Finals)

Registration Deadline: Approximately - September 15

Cost: \$425 (Fee has not been finalized – cost is approximately break-even for LWYSA for fields and referees)



Recreational Cup Tournament 2017

LWYSA State Champion in 2017!

GU16 Juanita Bumblebees/Rebels

One team a Finalist !

BU16 '02 Redmond Pablo



2018 Program



- **Coach Lynn Glenn – “We have an amazing group of young ladies that are currently involved in the **JHS Lady Reb program** and these student athletes are working hard to serve as good role models to your young sons and daughters. As a program we want to offer support to you as fellow coaches”:**

Player/Coach Outreach - Our players and/or coaches are very interested in fostering the love of this beautiful game, and if you are interested, we would love to come out to a practice and help you run drills, encourage the kids, or come to a game and support your players! Just let us know you are interested and we'll be there.

- **Lynn Glenn
Head Coach - Juanita High School Lady Rebel Soccer
CoachLynnGlenn@gmail.com**



2018 Program



- **Ball Girl/Ball Boy** Program - We are very interested in reviving this program. If your team is interested in coming out to participate, not matter how big or small the kids are, we would love to have you. The kids have a great time cheering for their Lady Rebs and shagging balls, AND participation comes with recognition at half time. Under the big lights your players will hear their own name and team name announced, and then they can go on the field and play a little between halves! We are looking for teams to fill the following dates:

Thu, Sep 13	Sammamish	7:30 PM
Thu, Sep 27	Bellevue	7:30 PM
Tue, Oct 2	Lake Washington	7:30 PM
Thu, Oct 4	Mercer Island	7:30 PM
Tue, Oct 16	Liberty	7:30 PM
Thu, Oct 18	Interlake	7:30 PM (Senior Night, all teams welcome)

Thank you again for your support of the Lady Rebs!

GO REBS!



This Fall...

WEATHER...it happens in Washington

Rain: Yes, matches are played in the rain.

Lightning: If you experience lightning, stop all activities, however unpopular the decision may be, and seek safe shelter. Remain there for at least 30 minutes after the last witness of lightning/thunder. Most likely, this will end the training session or match due to the waiting period. That's fine – we will figure it out later if it's important for match results.

Dangerous conditions that cannot be corrected... halt training or matches.

SAFETY FIRST!



This Fall...

Communication!

Respect the grounds, the game, the participants...

Preserve the fields! Stay out of the middle of the field during training sessions if the field is wearing down. Stay out of the goal area – move the goal fixture to the side. Find areas to train that won't harm the field conditions.

Move the goals during practices if needed for repetitive drills.

Model responsible behavior and maintain sideline decorum.

Encourage your team parents to volunteer to help the team, club, and association. **Parent tunnels.**

And remember...NO DOGS ALLOWED ON THE FIELDS! Keep them in the car or parking lot. Clean up after them. It is a King County rule!



Who do you call?



The LWYSA office staff is in place to create a GREAT soccer experience for our players. We support Coaches, Players, Parents and Referees.

425-821-1741

Rick Anderer (x229)– Coach recruitment, Support, Uniforms, Equipment, Association Cup, Rec Program Coordinator, Sponsorship and Donation ricka@lwysa.org

Vickie Barnett (x228)– Registration, Team formation, practice field scheduling, Referees, Rec Cup teams) vickieb@lwysa.org
(U13-19)

Taylor Miller(x100)- Front office assistance, Uniform fulfillment and Boys team formation/[**taylorm@lwysa.org**](mailto:taylorm@lwysa.org)



2018

***“Always treat your opponent with great respect;
Before, during and after the contest.***

***That way, if you lose, you come out showing great
class—
And if you win, well, it’s just that much better!”***

**--Don James
UW Football**

***“A good coach can change a game.
A great coach can change a life.”***

**--John Wooden
UCLA Basketball**



This Fall...



Remember why we are here...

Thank You for Coaching!