

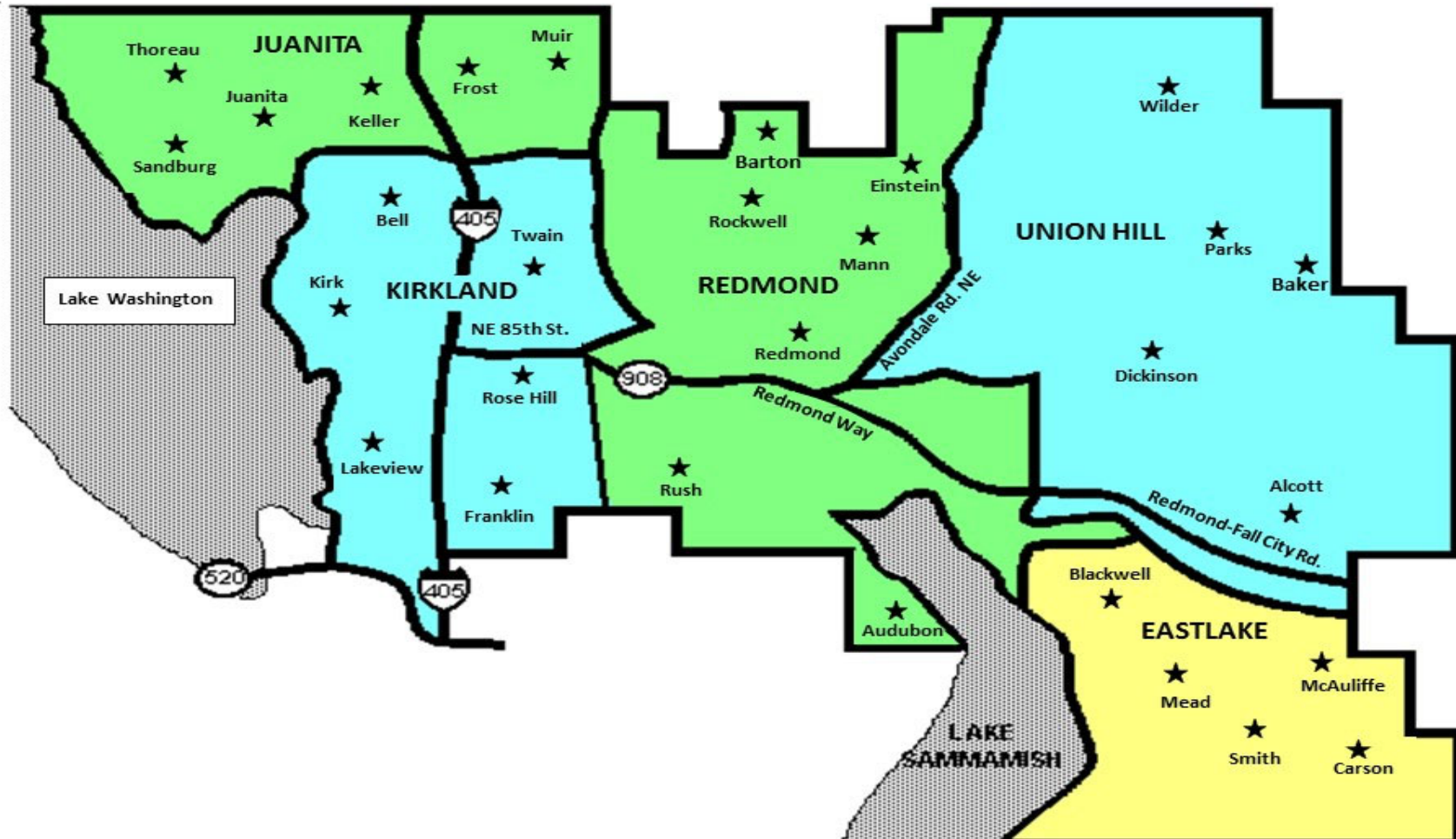
Agenda



- 1. Welcome - Club President**
- 2. Opening Remarks on Club**
- 3. Practice Fields**
- 4. Equipment/Uniform Distribution**
- 5. U7/Coed Soccer**

Five Clubs – One Program

LWYSA Recreational Club Boundaries



Practice Fields



**Field owners: Kirkland, Redmond, Sammamish, King County and
Lake Washington School District
Referees.LWYSA.org – Coaches can reserve fields now.**

No Practice at 60 Acres on Friday, August 9 and August 23 due to tournaments.

Rules regarding practice at 60 Acres are at

<http://www.lwysa.org/home.php?layout=3009505>

Mon/Tues/Thur/Fri - both North and South are open for practice from 4-7 pm

Wed - North only - no practice on South

- You can use the fields after 7 pm if there are no scheduled games or activities
- Fields which are closed are posted & have signs
- Fields 5, 10, & 13 are assigned to NYSA - LWYSA cannot use these fields
- 4 teams per field
- Coaches 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
- Use cones to mark out space if needed.
- No ladders or tight repetitive drills like ladders.
- Overall -- cooperate.

2019



**Lake Washington
Youth Soccer
Association
Annual Coaches Meeting**

Tim Mortimore, VP Rec Soccer

U7/Coed Soccer – Kindergarten



- **Introductory program for Kindergarten girls and boys**
- **Parent volunteers with Club Coordinator assisting**
- **Practice for first half hour; play game for second half hour.**
- **3 v 3 without GK**
- **Located at centrally located Park**
- **First session on Friday, September 13th for 6 weeks**
- **Two additional Friday sessions (for 8 weeks total) located at Arena Sports, Redmond**
- **Team photos in September**

Medical Release Forms



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.

Concussion, SCA, SafeSport



Washington Youth Soccer Association now mandates the completion of the SafeSport video series in order to obtain a required RMA (background check). ALL Coaches, at all levels are also required to complete the Sudden Cardiac Arrest and Concussion Protocols.

To get started, go to the WYSA website (www.washingtonyouthsoccer.org) and select Resources/Risk Management. Click the link to WYS Affinity Background Check to get started.

Coach Development



Coaches Training Clinic with Tim Mortimore

August 20th and August 22nd

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)...7pm

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

Coaching Information Sources



Practice plans:

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

Printed material for Micro Soccer available at LWYSA office.

Online sources include :

- <http://www.soccerxpert.com/>
- <http://www.usyouthsoccer.org/>
- www.washingtonyouthsoccer.org for 'E' and 'D' advanced coaching licenses.
- *Positive Coaching Alliance*

LWYSA Referees



- In 2018, nearly **one in five** games were not covered by a Referee.
- We are in a critical need of Referees. Coaches will find that refereeing games is the best game training they can receive. Not to mention...you will learn the Laws!
- 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.
- **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 29th** and **September 5th**, at 7pm to train parent refs. 60 Acres Portable Building/Field 14

LWYSA Recreational Soccer Program



Fall

- **Volunteers provide a Soccer experience for 3000 players beginning with practice in August and ending with the Association Cup Finals in November and WYSA Recreational Cup in December**
- **Players range in age from U7 (Kindergarten) to U19 (Seniors in HS)**
- ***We NEED ADULT REFS!***

Micro/Mod Soccer



- **Small Sided Soccer**
- **Modified Rules**
- **Small Ball – Size #3 for U8/Size #4 for U9 and U10**
- **Flags for Goals – U8 and U9**
- **No scores or standing kept at U8 or U9**

U8:

- 4 vs 4
- Goalie
- 20 minutes halves

U9:

- 5 vs 5
- Goalie
- 25 minutes halves

U10:

- 7 vs. 7
- 25 minutes halves

U11:

- 9 vs 9
- 30 min halves

U12:

- No change from U11

Match Schedules



The U8 – U12 game schedules will be posted to the Bonzi 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.

First matches for both groups begin the first Saturday after Labor Day. This year, September 7th or 14th.

Team Photos



Designer Studio Sport Photography **(week of September 23)**

60 Acres (except Coed) will be the site for team photography in September. Coaches will set reservations via a Calendar that will be made available at the start of the season. Packages include a complimentary 4x5 for Coaches and a Trading Card for each player.

All Coed, U8 and U9 teams sponsored by Land O Frost will have back of jersey photos taken.

Based in Lake Stevens, our contact is Marc Bryce, Director of Business Development, marc@thedesignerportraitstudio.com

Details will be emailed and posted prior to season start.

Uniforms



- For a forth year, full kit (jersey/shorts/socks) are provided with registration.
- Team Coach/Manager (U10+) uses the LWYSA website to select a Style and Color combination. Players only.
- Sizing information has been provided by parents as part of the registration process.
- If you receive a late registering player, our office will place an order upon Registration payment.

For assistance contact Meghan Dosch (meghand@lwysa.org)

Corporate Sponsors who support LWYSA, Rec uniforms:

Lee Johnson Auto Family, Kirkland

Winners Sportswear, Bellevue

Goddard Schools, Redmond

Land O Frost, Lansing Illinois



Uniform Cost / >\$30 per kit



Tournaments and Programs



Recreational Cup

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, TBD location for State Finals

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

Registration: Teams will receive e-mail when registration dates have been finalized

Cost: \$450.00 (Two game guarantee)

Tournaments and Programs



North Shore Youth Soccer Association- Jamboree

Eligible Age Groups: U7 - U19

When: **SATURDAY, AUGUST 24** - U7-U8 (4v4) and U9-U10 (7v7)
SUNDAY, AUGUST 25 - U11-U12 (9v9) and U13-U19 (11v11)

Where: 60 Acres

Format: Three game guarantee

Registration: <http://www.northshoresoccer.org/>

Cost: U7-U10 = \$75 U11+ = \$90

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...



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. Please contact the person who refs your games and ask them to attend August 3, or August 12-13.

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 – Coach recruitment, Uniforms, Equipment, Association Cup, Rec Program Coordinator, Sponsorship and Donation, all around good guy - ricka@lwysa.org

Vickie Barnett – Registration, Girls' team formation, practice field/game scheduling, Referees, Rec Cup (U13-19 teams) and the person who has seen it all - vickieb@lwysa.org

Meghan Dosch – Registration, Boys' team formation, Uniform fulfillment - meghand@lwysa.org

Equipment and Uniform Distribution



- **The Club will distribute equipment to coaches immediately following this meeting. Make sure you know what Age Group your team is in. Equipment bags are sorted by U8, U9, etc.**

This Fall...



Remember why we are here...

Good Evening...



Thank You for Coaching

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