



# SIERRA MOUNTAIN SOCCER CLUB CLUB GUIDE

Club Phone and Hotline

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[www.sierramountainsoccer.com](http://www.sierramountainsoccer.com)

## **BOARD OF DIRECTORS**

Your Board of Directors consists of volunteer Board Members and volunteer advisory members. The responsibility of the Board is to ensure that the Club is operated according to the policies outlined in this Guide. Elections for Board members are held in July of each year. Should you be interested in offering your insight into the process of operating this Club, feel free to contact us.

Tad Herrington - President  
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Kristina Milner –Vice President, Club Administrator  
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Rick Pendleton -Treasurer

Phebe Bell –Secretary, Scholarship Coordinator

Robin Redmond –Registrar and Awards BBQ Coordinator

Robert Sullivan –Sponsorship and Fundraising Coordinator

Ken Wittels - Board Member

Tamara Hatch -Board Member

Mike Murphy –Board Member

## **Advisory Board Members**

Kelley Carroll - Advisory Council

**Welcome! The purpose of this handbook is to present in clear detail exactly what will be expected of the members (players, coaches and parents) of the Sierra Mountain Soccer Club.**

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## **MISSION STATEMENT**

We are the area's premier soccer organization, committed to providing an unparalleled experience for all who have an interest in the sport of soccer. We promote the spirit of sportsmanship, the electricity of competition and the importance of pure enjoyment. Our mission is to provide the opportunity to play developmental and competitive soccer as well as provide specialized training programs to all who wish to participate, regardless of their financial capability.

## **GOALS AND OBJECTIVES**

1. Provide an enjoyable athletic experience in which sportsmanship and teamwork are highly valued.
2. Instill a love of the game that will last a lifetime.
3. Integrate all socioeconomic and cultural groups in our community.
4. Foster a safe, family-oriented environment.
5. Improve the quality of all of our teams and programs by providing professional coaching and guidance.
6. Develop a sense of community in all participants.
7. Attract and educate coaches
8. Develop a pool of local, certified referees for home matches and club-hosted tournaments.
9. Host an annual tournament that will fund our scholarship program.
10. Become a sustainable non-profit organization capable of meeting our mission today and for the future.

## GENERAL INFORMATION

Sierra Mountain Soccer Club is a California 501c3 non-profit, public benefit corporation which is organized for the purposes of promoting youth soccer and the training of club officials, coaches and players. We are a community-based club that conducts year-round, competitive and developmental soccer programs for players aged 8 to 18. A Board of Directors governs the Club as the only official voting members. The Board of Directors hires the Club's Staff and approves an annual budget. Certain responsibilities are delegated by the Board to Committees. Current Committees include Fundraising, Facilities Development, Board Development, Finance, and Disciplinary Review. A Coach/Parent Advisory Group also advises the Board through periodic meetings.

### Coaching Staff

Competitive Team Coaches are paid professionals. They are supervised, mentored and educated by our Director of Coaching. They are licensed by either the United States Soccer Association and/or the National Soccer Coaches Association of America. Development Team Coaches are trained volunteers, who are also managed by our Director of Coaching and invited to attend our Coaches Education Program. All of our coaches have had either a distinguished playing or coaching career prior to joining the Club. The variety of coaching experiences found on our coaching staff exposes players to the different coaching styles and techniques employed throughout the world. Coaches are responsible for the conduct of the team on and off the field. Coaches are contracted on a season-to season basis. A review of their performance is conducted by our Director at the end of each season.

## CLUB PHILOSOPHY

As a community-based program, we aim to enhance the development of soccer as a sport. We believe that the game belongs to the players. Our coaches are committed to providing a positive environment where players can develop, sportsmanship is required, and teamwork is highly valued. Love of the game and integrity are the cornerstones of our foundation. We encourage the participation of athletes from our diverse community who share these principles.

The Club will teach a uniform soccer philosophy throughout the teams. The general components of the teaching philosophy will consist of Mental, Physical, Technical, and Tactical elements. Our objectives are to create an atmosphere of fun, healthy competition where players are responsible for implementing the club philosophy so they are able to grow as human beings, citizens, students, and soccer players. **Our Club members agree to put their team and the Club ahead of the individual player.** Our goal is to resolve conflicts that might arise between our members in a fair and unbiased manner. Our members agree that the team coach will be responsible to make decisions for the good of the **team**. Playing time in matches is determined by the coaches based on players' attendance at training sessions, work ethic and ability.

## COMPETITION

SMSC is affiliated with the Nevada Youth Soccer Association (“NVYSA”), U.S. Club Soccer and Northern California Soccer Association, a California State Association affiliate league. We aim to provide the following competitive teams in the fall and spring seasons:

<u>Boys</u>	<u>Girls</u>
U10	U10
U11	U11
U12	U12
U13	U13
U14	U14

In the spring season, we also provide high school aged teams:

<u>Boys</u>	<u>Girls</u>
U15/16	U15
U17/18	U16
	U17/18

Our Club may also host development teams in various age groups. These teams may play at the recreational or competitive level based on the player pool. At the discretion of the Director of Coaching, teams will compete in either the Great Basin Youth Soccer League, headquartered in Reno, Nevada or any of a number of U.S. Club Soccer or NorCal Leagues located in Northern Nevada and Northern California. As teams progress, they will have opportunities to compete at higher levels.

## PLAYER SELECTION GUIDELINES

**Teams are formed for the “soccer year” which is played in the fall and spring. Players are selected to the roster for both seasons, except for the high school-aged teams, who play only in the spring season.**

Evaluation sessions for each birth year will be held on at least one day for a period of at least one and one half hours. Coaches may hold multiple sessions. If a supplemental session is necessary, prospective players will be notified as soon as possible. Players must attend at least one evaluation session to be eligible for selection. When possible, numbered bibs will be used to identify each player (not names). Players should not wear Club uniforms or training gear with Club logo to evaluation sessions.

Players must attend scheduled evaluation sessions for the team in **their birth year group**. Parents may request that a player be placed on a development team only. Players may also attend evaluation sessions for a birth year group one year older than

## **PLAYER SELECTION GUIDELINES - continued**

their own. **Although exceptions may be granted, priority for selection will be given to players in their own birth year.**

The league sets the roster maximums for recreational teams and competitive teams. Competitive Team roster size is limited to 12 players for U10 through U11 and 18 players for older age groups, with up to 8 players named as alternates. Alternates may be added to roster with permission of the coach and Director of Coaching at any time. Alternates may be allowed to train with the team and will be affiliated with the Club as a "U.S. Club Roster Player". If a league roster spot opens up during the season due to the loss of a player, an alternate may be asked to fill the spot.

Selected players will be notified about their status with the team by phone within one week of the last evaluation session and must commit to the team within 7 days of selection by submitting the membership agreement and payment (and/or scholarship or payment plan request). Selection will be made by the Head coach, and the Director of Coaching. Players who do not attend the evaluation session will not be selected to the initial roster. If there are not enough players in a birth year to form a team, combination teams will be formed with priority given to younger players. A second team may be formed in a birth year, if there are enough players who attend the evaluation. The second team will be the "Development Team" and may play in either the competitive or recreational division of the League depending on the quality of the player pool.

Between the fall and spring seasons, usually in early November, teams may hold supplemental evaluation sessions to fill any vacancies on their rosters. Players who drop or transfer from a roster during or after the season will be replaced with new players. New players are selected after these mid-year evaluation sessions held by the team coach and the Director of Coaching. The Club will also hold open sessions for the U10 and U11 age bracket to assess the interest to make new, additional teams for the spring season. Players from another Club who want to attend an evaluation session for an SMSC team must obtain and submit to the Club Administrator at the session, a "Player Action Form" signed by his or her current coach.

After the selection process, players may transfer to and from other teams at the discretion of the coach and with approval from the parents and the Director of Coaching. Players who are released from the Club are not guaranteed placement on any roster for the future. **Commitment to the Club is required within 7 days of selection and requires submission of the Membership Agreement, all necessary documentation and photos for player registration with the League and U.S. Club Soccer, and payment of membership fees to the Club.**

## **IN-SEASON TRAINING PROGRAM**

The Club is dedicated to providing training which will help our athletes achieve their goals. The Competitive training program is designed for the athlete who is serious about soccer and interested in playing at the highest competitive level available. It is geared to prepare players to compete both technically and tactically. Development training is

## **IN-SEASON TRAINING PROGRAM-continued**

focused on building a better understanding of the game and building individual skills. In-season training sessions (typically twice per week for competitive teams and once per week for development teams) will be determined and announced by the coach at the team's pre-season meeting. Every effort is made to establish regularly scheduled sessions. However, this is not always possible due to field and coach availability, daylight savings time, and weather. **Training sessions are mandatory.** If you have an emergency, contact your coach or Team Manager immediately. Generally, fall training begins in early August and spring training begins in early March. The Club sometimes utilizes indoor training facilities in Truckee and grass fields in Reno in the early spring. Players should arrive at least 10 minutes prior to the start time for the session so that you are dressed and ready to train at your appointed time. Players should wear appropriate layers, including your training shirt and shin guards. **Players do not wear club uniform jersey, shorts or socks to training sessions!!!** They bring their own water container and gear bag. **The Club hotline, 530-587-2633, may be used to confirm the status of training sessions when the weather is uncertain. Due to facility owner notification, the hotline will be updated at 3 pm each day.** Drivers should check the hotline prior to leaving for the session. If weather conditions change dramatically, training may be cancelled at the field.

## **LEAGUE MATCHES**

Recreational League matches are typically once per week and include 8-10 matches per season. Competitive League matches can occur as often as twice per week and typically include 8-10 matches per season. Recreational League matches are played mostly in the Reno area in both seasons. Competitive League Fall matches are played half "home" (in Truckee) and half "away" in the Northern Nevada area. Early spring "home" matches are sometimes played in the Reno area. Players/Parents are responsible for their own transportation to and from matches. Carpooling is highly recommended. For assistance with carpooling needs, contact your Team Manager. Directions to all matches can be found on the Club website.. **Please use the SMSC hotline 530-586-2633 to confirm match status on the day of the match.**

## **TOURNAMENTS**

At the direction and discretion of the Director of Coaching, teams may participate in tournaments both during and after the spring and fall seasons. Players are expected to attend tournaments with their team. Players who cannot participate with their team in a tournament due to another commitment, must communicate with their coach immediately. Our club participates in tournaments sanctioned by state associations and U.S. Club Soccer. All expenses for travel including food, lodging, gas, airfare, tournament t-shirts and other items are paid by the individual player. Tournament fees are included in the membership fees (2 tournaments.) If a team decides to participate in three or more tournaments, these fees will be collected by the team manager prior to the extra tournament(s). The fee is based on the total cost of the tournament(s) chosen for the team, plus coach travel expenses, divided by the number of players on the team. The Club covers the tournament fees for scholarship players, but not their individual travel expenses.

## **OFF-SEASON TRAINING PROGRAMS**

The off-season training programs are managed by licensed, professional coaches from the SMSC staff and are highly recommended for all Club members. Although not a requirement for selection to the Club, this year round training regime provides a fast track to player development. Both programs allow players to train and compete against players of same age and ability. Fees and schedule may be found on the Club website.

### **Summer Training Program: Week long training sessions-**

Technical development will be forged utilizing circuit-based training. Tactical development will come through match-related and match condition exercises. Sessions are held Monday through Friday and are two hours each day.

**Winter Training Program (early January to end of February)** - This is an indoor, Futsal- type program. The training will be held in local gyms, utilizing smaller, dead weight balls. The central focus of all training will be individual skill development. Most sessions will include match condition 4 v 4 scenarios (games). Sessions are held for one and one half hours once per week.

## **OUTSIDE COMPETITION AND PARTICIPATION**

### **General Statement**

SMSC believes in creating opportunities for their players to challenge themselves and develop their game. In order to accomplish this goal, we support our players by allowing **appropriate** outside competition where they can strive for excellence and recognition beyond the Club.

### **Recreational Leagues**

Members of the Sierra Mountain Soccer Club are not allowed to participate as a recreational player in any recreational league match or All-Star Tournament. This policy will be enforced at all times and is considered a “Red Card” offense as listed in the Player Disciplinary Protocol section.

### **Guest Playing**

In accordance with U.S. Club Soccer and U.S.Y.S.A. regulations, players may guest play for teams outside or inside our Club with the permission of their Head Coach. All requisite loan papers must be signed prior to participation and player cards must returned immediately after participation with another team.

### **Northern Nevada Premier Program**

SMSC players are eligible to participate in the NNPP. In conjunction with the Great Basin Youth Soccer League, the Nevada Youth Soccer Association has developed a “Select or Travel” program which provides the top players in the U12, U13 and U14 age groups the opportunity to train and play with the best players in the North Nevada area in their age group. This program is meant to provide additional opportunities for club players, not to

## **OUTSIDE COMPETITION AND PARTICIPATION-continued**

replace their home club team experience. The program provides quality instruction from nationally licensed coaches and quality competition through matches against other select teams in the region. The age group teams train locally and travel to high level tournaments throughout the Far West Region. More information regarding this program may be found on the GBYSL website: [www.gbysl.org](http://www.gbysl.org).

### **Olympic Development Program**

Also for our top players, SMSC will help players achieve their goal to play at "the next level" by providing recommendations to the ODP Technical Directors. The Olympic Development Program (ODP) is U.S. Youth Soccer's national identification and development program. The program's goal is to identify the top players in each state, region and eventually the nation, providing them with opportunities to train and play at elite levels along the way. The Director of Coaching is responsible for identifying and advocating for players after they are selected to play in the ODP.

## **UNIFORMS**

All new players in the Club will be required to purchase a full Club kit (home and away jersey and shorts and socks). Returning players may use their kit from season to season and may purchase replacement pieces to the kit as necessary. The uniform fee must be paid before the kit or replacement piece(s) will be issued to the player. For new players to the Club, the uniform request form should be submitted with the membership agreement and payment, within 7 days of selection. Order forms (including returning jersey numbers or requested jersey numbers cleared by Head Coach) for replacement pieces and full kits are available at all evaluation sessions and on the Club website. Players can also purchase club logo backpacks and warm-ups before each season.

## **TEAM COMMUNICATION**

Players and parents are asked to check their e-mail daily for team communications. For last minute schedule changes due to weather, **the SMSC hotline will have updated information at 530-587-2633** as soon as decisions have been made by facilities managers. **For mid-week training sessions, this may be as late as 3:00 pm.** Each Team will have a Pre-Season Meeting where parents will receive information about training and match schedules, communications plan, and rosters.

**We ask that our members (parents and players) communicate with their Coach.**

Questions concerning your child's playing time, development, etc., should be directed to the coach. Concerns, criticisms, or recommendations are welcome at the appropriate time (not during training or matches). Coaches will be available before and after training and matches to speak with players and/or their parents.

Our coaches and managers will communicate in at least two ways about regular schedule changes, including by phone, email or in writing.

## **TEAM COMMUNICATION-continued**

Questions about player registration and uniforms should be directed to the Club Administrator.

If you have spoken to the Head Coach and still have issues that you feel have not properly resolved, please address your concerns with the Director of Coaching via email or phone.

**A Coach/Parent Advisory Committee was started in the spring of 2009 to allow interested parents to advise Club staff and make recommendations to the Board of Directors regarding Club policies. If you are interested in joining this advisory group for the 2010-11 soccer year, please contact the SMSC office. The Advisory Group will meet twice per season (once early and once post season) and “as needed” to address the issues of the Club.**

## **MEMBER FEES**

**Competitive Teams: \$550.00/player/season (incl. 2 tournaments)**

**Recreational Teams: \$350/player/season**

**Sibling Discount Policy** – for families who have more than one competitive player in the Club, fees may be paid as follows: \$550 first player, \$325 second player, \$100 third player

**Please make checks payable to SMSC.**

### **Fees cover the following costs:**

- League team, player and referee fees
- NVYSA and US Club Soccer affiliation fees and insurance
- Training and game equipment
- Coaches' and Director of Coaching Fees
- Facility Rental fees
- Office Management and General Expenses

### **Additional costs may include the following:**

- Uniform Fee for new players to the Club (see UNIFORM POLICY SECTION)
- Replacement Uniforms for returning players.
- Player equipment expense – each player is responsible for their gear, such as practice shorts, shirts, socks, shin guards, tape, and shoes.
- Transportation expenses – each player is responsible for his/her own transportation to and from training sessions and matches.
- Fees for additional tournaments during or between seasons in which the team elects to participate. The fee will include a coach's per diem for meals and lodging. The total fee for all tournaments will be split by the number of participants on each team.

## MEMBER FEES-continued

### Payment Plans

Players who need to pay their fees by installments may do so by paying with a credit card and choosing the Auto Pay payment plan. An initial payment of \$250.00 for competitive teams will be charged. Payment must be submitted within 7 days of the player's selection to the team. It should be submitted with the Membership Agreement. The Club will also accept postdated checks for monthly installments with a \$250 initial payment. Checks should be made payable to SMSC. Payment in full must be received before the end of the season. Incomplete payments may result in the loss of the player's position on the team. **All fees and forms can be sent to: Sierra Mountain Soccer Club, P.O. Box 4000, Truckee, CA 96160.**

## SCHOLARSHIP POLICY

Players who are selected to a team and who cannot afford the member fee (or a portion thereof) may request a scholarship from the Club. All players who wish to be considered for a scholarship will complete a request form; which requires a program fee of at least \$100.00 for competitive teams and \$50.00 for development teams each season, a parent signature, and an agreement to complete volunteer time by the end of each season of their participation. The preferred volunteer time activity for the Club is for players and their parents to obtain certification to act as referees and assistant referees at home matches and club-hosted tournaments. Other opportunities for volunteer hours are listed in the volunteer section of this guide. Non-compliance with the scholarship agreement or membership agreement will result in the player's loss of scholarship and position on their team for the next season. **Keep in mind that the Club is a non-profit corporation and, therefore, the majority of money provided for scholarships must be generated through fundraising activities.** Scholarship request forms will be available at all evaluation sessions and on the Club website. To complete the request, players must return the form(s), along with the program fees, to the club office within 15 days of selection to the team. Families may use the payment plan to cover the \$100.00 or \$50.00 commitment for scholarship by submitting a minimum payment of \$25.00. Player selection will not be influenced by financial consideration. After selection, requests for scholarship may be declined if the Club has maximized the scholarship fund for the season.

## PLAYER AND PARENT REQUIREMENTS

### Commitment to the Club

Players/parents commit to membership in the Club by submitting a signed Membership Agreement and fee payment within 7 days of selection. The agreement binds the player and his or her parent (guardian) to the Club and acknowledges receipt and understanding of the policies, rules and standards found in this Guide. So that every player in our Club can obtain the maximum benefit, we need all members to abide by the Club rules, protocols, and policies established by the Club as outlined in this Guide.

## **PLAYER AND PARENT REQUIREMENTS-continued**

### **Expectations from the Club**

Players and parents can expect honesty, communication, consistency, and reliability from their coach. In addition, all coaches will follow the protocols, policies and Club rules found in this guide. The Club accepts the responsibility for training and developing its players in a healthy, positive and respectful environment.

## **PLAYER RESPONSIBILITIES**

As a player, you are responsible for your own performance and conduct. Honesty, communication, and reliability will be expected at all times. We insist our players be polite, well-behaved, and respectful. The Club asks that you care about yourself and the sport of soccer. This requires that you maintain a healthy lifestyle and healthy team attitude. Any known use of drugs, alcohol, or tobacco products is not acceptable and may result in expulsion from the Club. **The Club insists that players maintain a positive team attitude and a personal sense of good sportsmanship and fair play.**

**The Club recognizes that there are things more important in life than soccer, and in terms of priority, school and family come first. As a SMSC player, we expect you to commit to the sport of soccer and your team as your first sports activity and priority during the soccer season. If a player participates in other activities that cause him/her to miss training sessions or matches during the season, it will affect their playing time.**

At all Club or team functions, players are expected to conduct themselves in a respectable manner and to represent the Club and their team in a positive way. From the designated arrival time at all training sessions and matches, players are expected to concentrate on soccer. Players must arrive on time with required equipment (shoes, uniform or training gear, shin guards, water bottle, etc.) and be ready to practice or play. Training and playing require undivided attention. There will be no visiting between players and parents, family, friends, or others (who might cause players to lose focus on soccer) from immediately before the training session or match until they have been dismissed by their coach. This includes half-time when players are expected to get water and then immediately join the team for match analysis or team adjustments. At the conclusion of matches, when team responsibilities are over, players are then free to join family and friends.

**Training sessions and matches are mandatory.** Players should always be dressed and ready to begin either training or pre-match warm-up activities **on time**. If for any reason, you are not able to attend training or a match, the coach should be contacted at the earliest possible time prior to the start of event. Please make every effort to schedule other activities at times that will not interfere with training or matches.

## **PLAYER RESPONSIBILITIES-continued**

### **Player Disciplinary Protocol**

If disciplinary actions are necessary, the following steps will be taken in this order:

1. The coach will discuss the problem directly and privately with the player, with the assumption the problem will be corrected immediately.
2. **YELLOW CARD STATUS** - If the problem persists, the coach will communicate with the player's parents to discuss the problem and lack of response on the part of the player. Parents will have the opportunity to be involved with correction of the problem at this time.
3. **RED CARD STATUS** - If the problem still continues, the coach may temporarily suspend the player. If the situation warrants, the coach may recommend to the Director of Coaching that the player be removed from the Club.

### **Player Disciplinary Protocol: continued**

4. **EXPULSION** - The parents of any player recommended for removal from the Club may request to meet with the Discipline Review Committee of the Board of Directors, the Director of Coaching and the coach. Decisions made by the DRC will be final. No refunds will be given by the Club.

## **THE ROLE OF THE PARENT**

**Recent youth sport research has shown that parent involvement with the team is directly associated with player performance and commitment.** Parental support and involvement in the Club is also essential. If players are to fulfill their quality commitment to the Club and their team, parents must ensure that their player attends all Club and team functions (training sessions, meetings, matches, fund-raising activities, etc.). We ask that parents arrange transportation so that their player arrives at their sessions or matches, dressed and ready to go prior to the start time.

There will be times when scheduling conflicts cannot be avoided. The Club requires parent communication, planning, and understanding to minimize these conflicts. It is the Club's responsibility to present a periodic schedule to allow you time for your planning. When parents and/or players have an unavoidable conflict, the Club expects timely communication to make any necessary adjustments. The coach will make final decisions on scheduling after careful consideration of player needs and those of the Club or team. There will be no coaching by parents. No matter how good a parent's intentions are, we insist there be no shouting instructions to players or yelling (complaining) to officials during games. Vocal support of the team and positive encouragement to players are welcome comments. However, "Pass" or "Shoot," etc., are interpreted as instructions and, as such, are not desirable. It is important players not be distracted at training sessions, or during matches. Parents and friends are encouraged to stay off the

## **THE ROLE OF THE PARENT-continued**

designated training area, including the goal mouths. It is also important that the players are given only **one** set of instructions by **one** voice. For this reason, the Club insists that the coach be the **only** voice at all training sessions and matches.

No one other than those listed on the official game roster may sit on or near the team bench before and during matches. Parents are asked to please respect the space and privacy necessary for the coach and team to carry out their responsibilities.

The Club's first concern is for the long-term growth and development of its players as young people, not just as soccer players. There will be times coaches make decisions and players are instructed in a manner that parents may not understand. Club, team, and player development will sometimes be given a greater priority than winning, especially in the years prior to high school. Parents must understand this and conduct themselves in a manner consistent with a healthy team environment. Playing only to win, without taking healthy Club, team, and player development into account will not result in a solid foundation upon which players or their teams will be prepared for winning in the future. Parents who cannot conduct themselves in the above manner may be asked to leave the premises and are subject to the same disciplinary protocol as the players.

## **VOLUNTEER AND FUNDRAISING ACTIVITIES**

Only a portion of the expenses incurred by the Club are financed through member fees. The Club's funding is also sustained through sponsorships, fundraising, and grants.

### **Ways Volunteers Can Help the Club:**

- **# 1 PRIORITY: Act as referee or assistant referee for home matches**
- Secure a committed sponsor for a Club team for one season
- Assist with the Gift Campaign
- Serve on Coach/Parent Advisory Committee
- Serve on the Facilities Development Committee
- Assist Sponsorship Coordinator
- **Volunteer as a staff member for a fundraising event:**
  - Annual Awards and Recognition BBQ
- **Volunteer as a staff member for Club Tournaments:**
  - "Fire in the Sky" Labor Day Tournament

## **COLLEGE ADVISORY PROGRAM**

The Sierra Mountain Soccer Club is committed to helping its members continue their soccer playing experiences through the college level. Our support for this process begins with the U15 age groups and goes through the college years. With the college contacts, relationships, and friendships that the staff has established throughout the years we are able to help with the initial search, selection and attendance at all levels of collegiate soccer. We provide counseling for our college bound players, including assistance with resume development, letters to prospective coaches, provision of exposure opportunities and direct contact with college recruiters. Periodic sessions will be held to educate college bound players and their parents about the recruiting process and to assist players in their search for the appropriate schools to meet their academic and soccer needs.

### **JUGGLING CLUB – “Keep it Up” Program**

#### **What is Juggling?**

Juggling is the act of keeping the ball off the ground. For soccer players, this means using any part of your body (laces, thigh, chest and head) to maintain control of the ball in the air without using your HANDS!! If you haven't juggled before, try the following: Hold the ball out in front of yourself. Now, drop the ball onto either your laces or thigh, and knock it back into your hands. Once you get a feel for this, try to do it two or three times in a row without using your hands!

#### **Why Juggle?**

Because juggling can significantly improve your game in many different ways! Your touch on the ball is vital to the game of soccer. If you can juggle the ball consistently, you are more likely to be consistent when receiving and distributing the ball in games. It's a great way for you to learn how the ball reacts to different touches and surfaces. Juggling can also improve your confidence on the ball, not to mention, it is fun!!!

#### **When to Juggle?**

The best part about juggling is that you can do it almost anywhere and all it takes is YOU and YOUR BALL!! The most effective way to achieving your juggling goals is to PRACTICE ON YOUR OWN! Beating your score and challenging yourself are important keys to improving your game. Juggling a soccer ball with feet, thighs or head is an excellent activity for both beginners and advanced players alike. It's a great warm-up activity and you will notice that after only a few minutes, your heart rate rises and muscles become warm and loose.

#### **Juggling Club Procedures**

Most importantly, **NO BOUNCES AND NO HANDS!** Honor system will be followed. When reporting your juggles, include: your first and last name, year born, team name and exact number of juggles. To have a new individual record (IR) documented, please contact Club Administrator clubadmin@sierramountainsoccer.com. Player's accomplishments will be posted on the website and in our newsletter. T-shirts will be furnished free of charge by the Club for reaching milestones of: 100, 250 and 500. Members may register annually for this program on our website.

## **STANDARDS OF CONDUCT FOR SPECTATORS**

The following standards are set forth to govern spectator conduct, before, during and after Sierra Mountain Soccer Club matches:

- Take a position on the opposite side of the field from the team benches and separate from the other team's supporters.
- Always stay 2 yards or more from the playing field.
- Do not address remarks to referees, opposing players or opposing fans. This does not apply where remarks convey genuine friendship and encouragement.
- Avoid comments and gestures which express disagreement with referee calls. Prolonged remarks or abusive disagreement with referee's calls may result in a card being issued to the team, chargeable to the coach.
- Cooperate immediately with any referee request.
- Never use foul language or obscene gestures.
- Avoid remarks toward your own team players who make mistakes. If you are aware of the error, you may rest assured that the player is even more aware.
- Applaud superior play by both teams.
- Give consistent support to coaches and managers whether winning or losing. Coaches are giving hundreds of hours to their players and are committed to their own continued improvement as a coach. In winning, they deserve your congratulations. In losing, they need your encouragement.
- Abusive and destructive comments from spectators will not be tolerated.

**Persons who cannot abide by the above standards will be asked to leave the premises and will not be welcome at future SMSC matches.**

## **ABSOLUTELY, NO DOGS AT TRAINING OR MATCHES!!!!**

### **ONLINE REGISTRATION SYSTEM**

We have an online registration system that all returning and new players are required to register with. Please visit [www.sierramountainsoccer.com](http://www.sierramountainsoccer.com) and click on the online registration tab. Credit card and paper check payments are accepted. Payment plans are available online.