



# PARENT / PLAYER HANDBOOK 2011 – 2012 Season

## Welcome to Freedom Futbol Club!

Freedom Futbol Club is dedicated to instilling the love of soccer through the education and development of youth players, committed to creating winners on and off the field.

The goals of Freedom Futbol Club are:

- To tap into the spirit in each player, extending it well beyond the sport
- To have players perform at their highest ability while competing with dignity, respect, integrity and sportsmanship
- To create an athletic experience, within a fun, healthy and positive environment
- To demonstrate the rewards of playing the game of soccer and being part of a team
- To encourage creativity and imagination within the game

The realization of these goals will produce meaningful and lasting memories, not just for the players, but for family and friends as well, demonstrating that soccer is more than just a sport

### I. Season at a Glance

Freedom FC's program begins on April / May and concludes after State/National Cup. The season runs for a minimum of ten (10) months.

#### Training Program

- Training will be held at least twice / week, for a minimum of 1 ½ hours
- Players are expected to attend each training session on time, dressed in Freedom FC training apparel
- Shin guards, soccer socks, and cleats are required at all times
- Players are required to bring their own soccer ball as part of their equipment
- Players should bring water or sports drink to practice
- Players should be prepared to learn and have fun
- The team coach and/or team manager should be contacted if player is unable to attend a training session



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## Tournament Play

- Annual dues cover a minimum of six (6) tournaments for U11 and older age brackets and a minimum of four (4) tournaments for U10 and younger brackets
- Tournaments will be selected by the coaches and will be played throughout the season

## Coast Soccer League (CSL) Play

- League play typically starts in September, with approximately fourteen (14) scheduled games
- League games are held weekly, during weekends
- League Cup is a tournament held towards the end of League Play, with all teams from Coast Soccer League competing in their age bracket

## State / National Cup

- This is a state / national tournament held after League Play
- Participating teams come from any league in Southern California

## **II. Freedom Futbol Club**

Freedom Futbol Club (Freedom FC) is a CA non-profit organization as defined by the Internal Revenue Services as 501(c)(3). Freedom FC operates on membership fees received from players, donations / sponsorships and fundraising activities.

## Board of Directors

The Board of Directors manages and oversees the activities of Freedom FC, as described in the Club bylaws. The Executive Board of Directors is comprised of the following positions: President, Vice-President, Secretary, Treasurer and Director of Operations, Director of Coaching and Club Registrar.

## Coaching Staff

Freedom FC will provide each team with an experienced, USSF licensed coach / trainer.

Coaches/Trainers are responsible for coaching and developing players. They are also responsible for running the weekly training sessions for their teams. Our coaching/training staff is dedicated to the complete player, on and off the field.



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### Team Managers

Each team must assign a Team Manager. The Team Manager is primarily responsible for the overall management and organization of the team. This includes the maintenance of CalSouth forms and player cards, completion and submission of game cards and paperwork, team check-in (applies to tournaments), dissemination of information to parents, Coaches/Trainers and Freedom FC and handling of the team budget / monies. The Team Manager will work closely with the Coach/Trainer and will act and serve as the team representative during meetings with the Club, or any other Club-related meetings. The Director of Operations will be the main contact for the Team Managers.

### **III. Tryouts**

Freedom FC will hold Club-wide tryouts on annual basis. Throughout the year, the Coach / Trainer, at their discretion, may hold open tryouts for his/her team. The Coach / Trainer determines player selection.

### **IV. Fundraising Activities**

Fundraisers can be determined by each team and requires the approval of the Board of Directors. Donations and sponsorships are managed at the team level. Please contact the Director of Operations for assistance.

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### V. Player / Parent Responsibilities

When we attend games or tournaments, we are not only representing our team, we are also representing our club. Bad behavior is a reflection on everyone including future teams that may be traveling. It is our hope that we will make Freedom FC proud!

The following is a list of guidelines that players and parents are expected to follow at all times (training sessions, games/tournaments, travel, etc).

- 1) School is to be your number ONE priority. If grades drop, playing time may be reduced.
- 2) Profanity or negative comments towards players, including those in other teams, are not tolerated.
- 3) Every player is part of the team, *we win as a team and we lose as a team*. Any player that does not support the team concept (negative or abusive comments towards other players or fighting) may be expelled from the team.
- 4) Players must get plenty of rest and eat properly.
- 5) All hotel rules MUST be obeyed...especially the pool rules. Please remember that there are other guests in the hotel and that we too are guests. Any complaints from hotel management may result in discipline of the offending player(s).
- 6) Players are not allowed to go off by themselves. Players should not leave the hotel without checking in with the people who are responsible for you. Use the "buddy system" at all times.
- 7) If you change room assignments or hotel locations, please notify one of the coaches, in the event you need to be contacted.
- 8) It is your responsibility to be in the proper uniform and at the field on time.
- 9) Parents are financially responsible for any damage or vandalism that their children do. Such behavior may exclude that player from participating in future tournaments.
- 10) Players traveling with other players families are encouraged to provide their share of the costs for meals, entertainment and accommodations.
- 11) We encourage that parents follow the "24 hour rule" – give yourself and the Coach/Trainer at least 24 hours before discussing any concerns related to the game
- 12) Please refrain from coaching your child during games and training sessions.
- 13) During games, players should stay with their team, next to their Coach/Trainer.
- 14) Parents are highly encouraged to watch training sessions. If you do not stay at the practice site, please be available to have your child picked up at least five (5) minutes prior to scheduled end of practice.
- 15) If a player is unable to attend practice, games or team event, please notify one of the coaches or team manager as soon as you can.
- 16) The Coach/Trainer should be your first point of contact, for any issues / concerns. If you feel that the issue was unresolved, you may contact any one of the members of the Board of Directors for assistance.

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Players Signature

Date

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Parents Signature

Date



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## VI. Financial Responsibility Agreement

We have received a copy of the proposed budget for the 2011 - 2012 Season, along with the parent / player handbook. Dues are payable and due in installments (full balance paid by October 2010) as proposed and determined by each team. Each team is responsible for managing its own team account, facilitated and administered by the team manager.

Initial payment of \$250 is due by registration night, with remaining payments due on or before the 1<sup>st</sup> of each month. Any payment made 10 days past the due date is considered delinquent and will be assessed a \$15 late payment fee payable to Freedom Futbol Club. It is our responsibility to remember when payments are due.

We further understand that if any players' individual account is delinquent, that player may be suspended from the team. If after 30 days the account remains delinquent, that player may be dropped from the team. If for any reason we feel that we cannot make these obligations, we will let the Team Manager know immediately. All payments will be given to our Team Manager, and deposited immediately into the Freedom FC account on behalf of the team. We understand that once funds are deposited into the account, they immediately belong to Freedom FC. Furthermore, if for any reason a player quits, is expelled from the team or if team decides to disband, there may be no refunds.

In the event a player decides to leave the team, a written notice must be provided to the head coach/trainer. In addition, we understand that Freedom FC uniforms belong to the team and stay with the team. As such, it is our responsibility to return the Freedom FC uniform to the team in a timely fashion.

**We understand the financial agreement and agree to participate.**

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Players Name

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Parents Signature

Date

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Address

City

State

Zip

Please submit signed original to your Team Manager.

Team Manager – Please make a copy for the player/parent and place the original signed form in your Team Binder.



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### VII. Player Contract

I hereby agree to become a part of and play soccer for Freedom FC for the year 2011 - 2012. Further, I understand and agree that I may not play, train or tryout with any other club soccer team during the Soccer Year 2011 - 2012, unless I first obtain a valid written release from my Coach/Trainer.

I understand, acknowledge and agree that as a player and member of Freedom FC, I will abide by and comply with the following Player's Code of Conduct, at all times.

I will:

- 1) Train and play to the best of my ability
- 2) Have a positive attitude and never quit
- 3) Win without boasting
- 4) Respect officials and accept their decisions without question
- 5) Exemplify sportsmanship
- 6) Attend and be prompt for all games, training sessions (e.g., proper mental attitude, equipment)
- 7) Report any injury to my coach immediately
- 8) Respect my Coach/Trainer, teammates and opponents
- 9) Learn and obey the Laws of the Game
- 10) Practice basic soccer skills on my own time at least 20 minutes per day
- 11) Notify the Coach/Trainer or team manager if I will be unable to make a game, training session or team meeting

Further, I will never:

- 1) Engage in dissent directed toward any official
- 2) Use profane or vulgar language
- 3) Use a controlled substance (drug) unless prescribed to me by a physician
- 4) Participate in horseplay
- 5) Leave the game field or a training session without permission of the Coach/Trainer
- 6) Make excuses if my team loses a game
- 7) Forget that I represent Freedom FC

**Player Name:** \_\_\_\_\_

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_ / \_\_\_\_ / 20\_\_\_\_

Please submit signed original to your Team Manager.

Team Manager – Please make a copy for the player/parent and place the original signed form in your Team Binder.



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### VIII. College Soccer Recruiting

Did you know that only 2% of players are recruited without having to promote themselves? This means that 98% have to put in a lot of hard work to play well and be noticed. Your coach / trainer can help with your networking in contacting college coaches. It is also good practice to contact coaches to promote yourself and to inform them when / where you are playing.

Below are excerpts from various soccer websites:\*

- Make a list of the top five (5) schools that you are interested in and then find out as much as you can about each of these.
- Watching at least one game of the college team that you want to join will help you answer many questions. You could then use the material collected to compare the players of the college team with your own skills.
- College level play is high and the step between high school and college is huge. So, do not think that your road to the stars will be easy as in high school you will need to practice a lot more and every practice will be equal to a cup final.
- If you have the talent to play at the college level, you must take the initiative to market and promote yourself to college coaches. You must send letters and emails to college coaches and let them know about you and how you can help their program be successful or continue to be successful.
- Do you know what you want to get out of college? Make sure you pick the school that aligns with your needs and objectives.
- Will you get enough playing time in the soccer team? The intra-team competition is different for different colleges. If you are less than a star player, you may find that colleges with very strong soccer teams will not have a place in the playing XI for you. So instead of being a benchwarmer for a strong team, try picking a college where you can lead from the front and get maximum playing time, even if the college is smaller.
- Even if you do not make it to your number one option college, you need to keep practicing hard. There are many ways to achieve your goals. Hard work and focus is what will bring you results.

\*Sources:

<http://www.soccer-training-guide.com/college-soccer-recruiting.html>

<http://www.recruitedforscholarships.com/collegesoccerrecruiting.html> <http://www.athletesadvance.com/athletic-scholarships/soccer-scholarships/>



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## Freedom Futbol Club Photo RELEASE

I, as the parent and/or legal guardian of the child who is participating on a Freedom Futbol Club team, does hereby grant to the Freedom Futbol Club and its successors, assigns and licensees, permission to use pictures taken of my child in publications, on the Freedom Futbol Club's website and other media and to use, exhibit and display said picture and name in connection with promoting the playing of soccer with any public materials produced by or for the Freedom Futbol Club.

This permission is freely given and without remunerative consideration of any kind.

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Player Name

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Parent Signature

Date

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