

MJSL Parent Guide to Rec Soccer

General Information

K-1 Program with Professional Trainers

Due to its resounding success in the last years we will continue this year with our professional trainer program for the Kindergarten and 1st grade kids. It will be organized and run by professional trainers with the assistance of the parent coaches. This program will provide each player with the same soccer experience and the proper soccer skills, thus ensuring a solid basis for further development. The training focuses on all of the basic building blocks of dribbling, passing, trapping and shooting that are paramount to becoming the most complete soccer player possible. Emphasis is also placed on proper field positioning, teamwork and good sportsmanship. The hour for each K-1 Division will operate in a combined practice/scrimmages/game format. Make sure you bring a #3 ball for your child to each session.

Minors Program partly with Professional Trainers as well

In the Minors Division the first half of the season will be run by the professional trainers so as to continue to develop the players' soccer skills. Each session would be equally divided between a skill portion and then micro-soccer games. The second half of the season will consist solely of competitive games.

New: Intermediates Program to Utilize Professional Trainers

This year the intermediates division will also use professional trainers so as to continue to develop the players' soccer skills. Each team, in assigned groups with other intermediate teams, will receive a total of 4 practice sessions with the professional trainers. The sessions will be available on Monday and Thursday evenings.

Soccer Drop

The MJSL has a Soccer Drop program. Gently used or new soccer equipment (soccer cleats and indoor soccer shoes, shin guards, soccer balls, soccer goals, goalie gloves, training cones, training video's and cd's, soccer books etc.) can be donated and picked up free of charge during the Rec soccer program on Saturdays at Harbor Island.

Awards

At the end of the season we recognize the teams' accomplishments and all players receive a participation trophy. Division winners receive the Kiwanis Trophy.

Internal Growth Program

The MJSL has a program to have players between the ages of 15 - 17 work on the following within the organization:

- Become referees for the Rec Program (referee course (\$70) and uniform (\$25) paid by MJSL)
- Become in house trainers (under supervision of a parent coach) for 2nd/3rd grade Rec teams
- Assist recreational soccer coaches with Saturday's games and practices

The players would be eligible to receive school credits for community service.

For more information please contact Jay Cebalos (833-9517, jayceb@optonline.net)

MJSL Finances

The MJSL receives no government funding. Registration fees and Sponsorship fees underwrite all activities. MJSL expenses include equipment; professional trainers; insurance; field maintenance; referee pay; coach and referee clinics; mailings; uniforms; trophies and other related expenses. The MJSL provides all the equipment, goals, field markings etc. used at Harbor Island Park. We also provide scholarship registrations to those children who qualify and are unable to pay registration fees.

Who runs the MJSL?

The MJSL is an all-volunteer organization. If you are interested in participating in the league beyond being a parent or even a coach, please consider volunteering. Please contact the league at 777 0415 or contact a board member.

MJSL Parent Guide to Rec Soccer

Contacting the League

- Phone: 777 0415
 - Website: MJSL.org
-

MJSL Expectations and Guidelines

Sportsmanship Rules!

- Respect for referees - do not question or yell at referee during play of the game.
- Support coaches and players positively - encourage good play
- Respect for the coach - do not coach your child from the sideline under any circumstance. Enjoy the game, be positive and allow the kids to play!
- Treat your child the same whether his/her team wins or loses
- Promote sportsmanship and fair play
- Do not use foul language
- Set a good example for our children

Player and parent obligations to the team

Joining a team is a commitment to yourself, your teammates, your volunteer coach and the other teams. It is important that parents ensure players attend games and practices. If you know in advance that your child cannot play in an upcoming game or attend a practice or becomes ill at the last moment, it is your obligation to let the coach know so he/she can adjust the practice or game plan. Remember coaches are all volunteers donating their personal time to help your child learn and enjoy the game of soccer. Please provide them with the respect they are due.

Competitive Play

MJSL attempts to have balanced teams each season. However, there may be situations where one team will dominate a game. To prevent lop-sided scores we have instituted a simple rule - **winning by more than five goals = a loss**. If a team is dominating we ask the coaches to move strong players to defense, institute a minimum number of passes before shooting, have the 3 strongest players only play with their left foot or take strong players out of the game. Making these adjustments quietly as soon as it is clear that one team is dominating (e.g. score is 3-0 in the first half) spares hurt feelings and keeps the game enjoyable for everyone.

During the game

Parents, coaches, non-playing players, and other spectators are asked to stand several feet behind the sideline during the game, so they do not interfere with the play of game or risk injuring a player when play comes near the sideline. **Parents are not permitted to coach or instruct any players during the game, also not their own children.** Coaching by parents sometimes conflicts with the coach's instructions and confuses the players. Spectators and coaches are not allowed to run the length of the field nor are they to be behind the goal or goal line. Parents are not allowed on the field at all. Coaches may come on the field **ONLY** with the permission of the referee.

Playing Time

Each Recreational League player SHALL play a minimum of 50% of the game. Kindergarten and First grade playing time must be distributed equally among the players. Coaches are strongly encouraged to distribute playing time equally among all players, as opposed to keeping their best players in for longer periods. It is important to recognize that that our recreational soccer program is about letting the kids play the game, rather than focusing on which team is winning or losing. If a coach does not honor the 50% playing time policy, parents may gently remind the coach of this MJSL requirement. If the problem persists, please contact the Division Leader.

On the other side of the coin: If a player in the Minors, Intermediates or Majors consistently does not honor team obligations (practice and game attendance) the coach may work with the Division Leader to discuss a further reduction in playing time.

MJSL Parent Guide to Rec Soccer

Post game sportsmanship

MJSL players and coaches line up at the centerline immediately after the game to shake hands.

Injuries

If a child is injured during a game, it is the referee's judgment as to whether to stop the game or continue playing. To indicate they are injured, players should sit or lie down on the field. Normally the game will not be stopped until the ball has ceased to be in play. It is considered good sportsmanship for players to intentionally kick the ball out of play if they notice a player hurt. It is important that coaches and parents do not run onto the field of play until the referee has given permission to do so. This lessens the possibility of further injuries to players, parents and coaches by colliding with each other or another player.

When play is stopped for an injury, all players go to one knee and remain where they are on the field. This prevents a crowd from forming around a potentially injured player and allows play to resume quickly.

Practices

Practice is an important part of the MJSL soccer experience. Coaches are encouraged to schedule practices before and during the season at Harbor Island or any other Mamaroneck park. Priority must be given to games that have the space reserved. To maintain field quality, Harbor Island cannot be used on rainy days or immediately following heavy rains. The Mamaroneck recreation department determines if a field is in usable condition.

Parent attendance at practices is encouraged for the younger age groups. Your child will appreciate your attention to his/her accomplishments during games and practices. Also, your coach will appreciate having an extra person to help with practice.

Cancellations

We play in light rain, wind, hot weather and cold weather, but cancel games due to heavy downpours, lightning and poor field conditions. The only individuals who can officially cancel games due to bad weather are the MJSL Recreation Vice President and the Mamaroneck Recreation Commissioner. The Rec VP contacts Division Leaders who contact their coaches. Coaches should then in turn communicate the game status to their parents. If a game has not been called, assume that the games are still scheduled. Parents can also call the Village of Mamaroneck Recreation Commission Hotline at 777-7763, which should also have an update on whether the fields are in a condition to be played on.

Teams

The MJSL will form teams from registered players during June and advise the coaches of team assignments in August. Coaches are then responsible for notifying team members and establishing a practice schedule. Every effort is made to balance teams by age, skill level and school. On the K-1 teams we try to place players so that they know some of the other players on the team. We do not accept parent requests for coaches or teammates for two reasons 1) Playing with children from different schools gives the children a chance to make new friends; 2) Balanced teams are the priority. Administration of special requests also requires staff we don't have. Since the MJSL primarily draws players from three elementary school areas (Mamaroneck Avenue, Rye Neck and Central) and two middle schools (Rye Neck and Hommocks) children usually know others on their team and opposing teams.

Coaches

Volunteer coaches are the key to the children's soccer experience. We rely on volunteers to coach the teams. If your child's team needs a coach, it's a great opportunity for you to get involved with the kids, the team, the league, and soccer itself. Many of our finest coaches began their "careers" by being "drafted" in this way, and have never regretted it!

MJSL Parent Guide to Rec Soccer

Coaches Responsibilities

- ❑ Communication with team members - Because of the many steps involved in the registration and team formation process, coaches will not get their rosters until August. The coach then has to contact everyone about practice. A few months will pass from the time you register until you hear from a coach. If you haven't heard from your coach by September 1st, call the league phone and leave your name, your child's name and your phone number(s). Once initial contact with players and parents has been made, many coaches find that e-mail simplifies the communication process.
- ❑ Attend coaching clinics - This year the MJSL will again be offering coaching clinics. We require that all coaches attend a clinic. Parents are welcome to attend these clinics as well.
- ❑ Appoint a team manager to handle administrative responsibilities such as setting up a snack schedule, making phone calls, etc.
- ❑ Lead parents and players in good sportsmanship - A coach is responsible for the behavior of his players and the spectators on his side of the field during a game. If problems occur, the coach will be cautioned by the referee to control the sideline.
- ❑ Safety - The coach is responsible for the health and safety of his/her players including:
 - Ensure all players have proper equipment at practice and games.
 - Maintain a contact list in case emergency contact is needed.
 - Ensure each child is released to a parent or guardian after each practice and game.
 - Proper warm-up for games and practices.

Equipment and Supplies

- ❑ Shin guards are required at all practices and games and must be worn inside of the sock.
- ❑ Soft-cleated soccer shoes are required. Baseball and football spikes are not allowed.
- ❑ No jewelry (earrings, necklaces etc.), watches, hard plastic or metal hair bands or wristbands can be worn during games, and should not be worn while practicing. This rule protects your child and other children.
- ❑ Parents should ensure players have a filled water bottle at every practice and game.
- ❑ Most coaches want their players to have a ball at every practice. K-1 players use a size 3 ball. The minors and intermediates use size 4 balls. Majors use a size 5 ball.
- ❑ Sports goggles are recommended, but not required, for anyone who wears glasses. Mouth guards are optional, but may be desirable if your child has braces.
- ❑ The MJSL sponsors partially underwrite Recreation uniforms (shirt, socks). Please patronize our sponsors.
- ❑ If your child will play goalie, goalie gloves are recommended. Many coaches invest in a pair for their team at the beginning of the season.
- ❑ Please label your child's equipment!

Referees

Most referees are local High School students who have played in the MJSL. Referees are trained by the MJSL referee committee via clinics, game observations and individual feedback. Our novice referees attain experience starting at the lower age levels and advance through the age levels as they become more proficient. The MJSL is also interested in adult volunteers to referee Majors Division games.

NEVER, NEVER YELL AT THE REFEREE!!!! Even experienced adult referees will make calls that you disagree with. It is important to remember that our referees are older children from our community. If a questionable call occurs during a game, the coach may ask the referee for an explanation of the call at half time or after the game. If you have a problem with a referee, call your Division Leader. He/she will need the game information, referee's name and the details of the problem. If a referee has a bad attitude or is not good with the children, let us know. **Any abuse or harassment of a referee will result in disciplinary action against the coach or parent - including potential police involvement.**

If we cannot get referees for a game we may ask knowledgeable parents to officiate. This is a rare occurrence.
