



Player Handbook

2019–2020 Competitive Year

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Welcome

Congratulations on being selected for a Newberg Youth Soccer team! Newberg Youth Soccer was established to provide a developmental, competitive soccer program in Newberg with the needs of the community at the forefront of our vision and planning. We strive to create a supportive environment that promotes player growth and development on and off the field. We look forward to fostering a positive relationship with your family and developing your player to fulfill their potential as a soccer player. Welcome to the club!

This handbook provides an outline of what you can expect from our club and our coaches, as well as what we expect from our players and their families. Our goal is to answer any questions you may have; if you still have questions after reading the handbook, please feel free to contact us at info@newbergyouthsoccer.com.

What is Club Soccer?

Club soccer is for passionate players who are looking for competitive play and advanced learning. Teams are coached by licensed, professional coaches and trained year-round with breaks in the winter (optional training is available) and after tryouts at the beginning of May. Games are played on weekends in the fall and spring against other competitive clubs in Oregon and southwest Washington. Club soccer is for dedicated players willing to make a one-year commitment to do their best and learn all they can about the game. It is not the right fit for every player and every family.

Newberg Youth Soccer is a member of the Oregon Youth Soccer Association (OYSA). OYSA is the governing body for youth soccer in the state of Oregon and is overseen by U.S. Youth Soccer (USYS). NYS registers teams through OYSA which allows us competitive league play in Oregon and southwest Washington.

Participant conduct

All members of Newberg Youth Soccer are expected to read, agree to, and abide by the code of conduct. You can review this policy on our website at <https://www.newbergyouthsoccer.com/members/policies/participant-conduct/>.

What is Club Soccer? FAQ

What is a player card?

Player cards are cards assigned by OYSA to each player. These cards confirm a child's birth date and identity, which in turn keeps the playing field level by ensuring everyone is from the correct birth year. Players cannot play in tournaments or league games without a player card.

Do I have to provide my child's birth certificate?

Yes. This is the only way to prove your child is the age you say they are.

Fees

Newberg Youth Soccer fees for 2019–2020 are \$500 for U9–U10 teams, and \$700 for U11–U19 teams. There are several payment options. You may pay in full through our online registration system or by sending in a check or money order to P.O. Box 1074, Newberg, OR, 97132. You may also opt for three payments due at the time of registration, August, and October. These payments can be made online, by mail, or in-person to your coach or team manager. Payments must be paid in full and on time to ensure your child is able to play with the team. Our financial policy can be viewed at <https://www.newbergyouthsoccer.com/members/policies/financial/>.

What do the fees cover?

Club soccer is a larger commitment and more involved than park and recreation soccer, and fees are substantially higher. These fees pay for:

- Coach salaries
- Administrative costs
- League registration fees
- OYSA player cards
- Equipment such as balls, goals, pinnies, cones

NYS understands that club soccer is expensive and at times out of reach financially for many families. We're committed to keeping our costs lower than surrounding clubs to ensure competitive soccer is accessible to more families. To keep costs low teams will engage in fundraising. Fundraising can be used for:

- Equipment not provided by the club such as team benches and team canopies
- Optional tournament fees
- Individual team fees
- Individual uniform purchases
- Team unity experiences

Fees FAQ

Does NYS provide scholarships for qualifying families?

Yes, there are scholarship funds available for qualifying families. Once you have read the club's Scholarship Policy (www.newbergyouthsoccer.com/scholarship), complete and sign the application form, returning it to the board with the requested documents, as outlined. A limited number of scholarships covering up to 75% of player fees are available.

Team formation

Teams are formed by birth year as dictated by USYS. If you are a girl born in 2007, you will play on an 07G team. If you are a boy born in 2004, you will play on an 04B team. When there are not enough birth year players to fill a roster, birth years will be combined to form a team.

Example: eight girls born in 2003 and eight girls born in 2004 attend tryouts and are selected for teams. The birth years will be combined to make a complete roster. Combined birth year teams always play as the older birth year. Players can play up; players cannot play down. Thus, the team in the example is an 03G team.

NYS coaching staff assigns teams based on player ability and development. We understand you may not agree with placement decisions. We believe you have your child's best interests at heart. A coach also has your child's best interests at heart from a perspective based on licensure, experience, and training. They are also considering the interests of every player on the roster. Therefore, we ask that you trust the coaches to place your child on the team best suited for them as a player.

Conflict resolution

If a conflict arises, we ask that you attempt to address it with your coach first. If the situation is still an issue, you may contact Scott Diefenbaugh (at doc@newbergyouthsoccer.com) for further assistance. Conflicts may then be referred to the Board of Directors if you are dissatisfied with the response.

Meetings and team unity building

Your coach or team manager may call periodic meetings to convey information and introduce the season ahead. Team unity activities such as picnics and parties may be organized by anyone on the team. These activities give players a chance to get to know each other outside of the soccer field and give parents a chance to become familiar with each other. Please make an effort to attend every party and meeting and alert your team manager and coach if you are unable to attend.

Team Formation FAQ

What if I feel my player needs a challenge?

If a parent feels their player is developmentally advanced for their birth year, they may have their player try out for an older birth year. Trying out for the next birth year does not guarantee the player will make the older team. We ask that you attend tryouts for both your birth year and the older birth year so that our coaching staff can get the best assessment.

What if my player wants to be on a team with their friends?

Club soccer is for players who are dedicated to the sport. It's also a great opportunity to build new relationships with people you would not otherwise have met. We encourage you and your player to try new things and make new friends. Players who don't want to participate unless they are on a team with their friends may find that club soccer is not the right environment for them.

What if my player is a returning player and is placed on a different team than their previous teammates?

Multiple factors come into play when forming teams. Coaches have a different perspective than parents; they must not only think about where your player is at developmentally, but also where the other players are at and how the roster will come together. Rest assured, if your player does not make a team with their previous year's teammates, it does not mean your player does not have the potential to grow. Your player may need more time and support before they are ready for the extra challenge. Additionally, player rosters have some flexibility. If a certain level of growth is achieved, players can be moved to a different team during the year.

Why is my player being asked to play for a different team for a particular tournament or weekend? Does that mean they will be changing teams?

Players are sometimes asked to play on a different team due to extenuating circumstances such as team injuries, illness, vacations, or schedule conflicts. This practice of allowing roster substitutions not only prevents a team from forfeiting, but it also provides players with the opportunity to experience a different chemistry on the field. Additionally, it gives players the opportunity to experience a different coaching style. These substitutions are not permanent unless the coaching staff decides such a move is beneficial for everyone involved.

Uniforms

The process for assigning player numbers varies by coach. Player numbers will be worked out at the beginning of the season. Uniforms will be available in June at Tursi's Soccer in Portland or on the web at www.tursissoccer.com. The required kit consists of:

- Home game jersey (Nike Tiempo Premier in Gray)
- Away game jersey (Nike Tiempo Premier in Black)
- Shorts (Nike Classic in Forest Green)
- Training jersey (new Nike Park in Forest Green, or existing gray with logo in center)
- Socks (Nike Classic in black)

Game uniforms are non-negotiable; referees have the option of not allowing a player to participate if they are out of uniform. Extra jerseys, shorts, and socks may be purchased along with the following optional pieces:

- Nike jacket
- Nike rain jacket
- Nike pants
- Nike backpack

Uniforms will be available for purchase at Tursi's by the end of June. Please purchase uniforms as soon as possible. Players who do not have uniforms by the required date will miss out on game play.

Equipment

All players are required to have shin guards and cleats for every practice and game. Players without cleats or shin guards will not be able to participate in practices or games. We prefer that all players have their own ball. U9–U12 players need a size 4 ball; U13 and up need a size 5 ball.

Jewelry and accessories

Soccer is a contact sport; therefore, hard or rigid items are not permitted on the field as they can cause injury to the wearer and other players. This is including but not limited to: watches, bracelets, earrings, necklaces, rings, and hard casts. Medical alert bracelets and necklaces are the exception but must be taped to the body to the referee's satisfaction. Exceptions will not be made for recently pierced ears. Hair may only be secured with fabric/elastic hair bands. No metal or plastic pieces are allowed.

Uniforms FAQs

I found required kit pieces on sale somewhere else. Can I purchase those pieces to save money?

We understand the value of a good sale and encourage you to buy optional pieces elsewhere if you so desire. Required kit pieces are only available at Tursi's soccer due to the customization process.

Practices

Practice days and times are determined by the coaches and available field space. Canceled practices will be communicated via TeamSnap by the team manager and/or coach. Practice absences should be communicated in advance to the team manager and coach. Missed practices may result in less playing time during games.

Training philosophy

NYS believes that training is the best opportunity for development and growth. Coaches prepare training sessions to meet specific learning goals, and we expect players to come prepared to participate fully in order learn.

Practice conduct

- Arrive on time to all practices. Aim to be 10 minutes early to ensure players are ready to practice when the coach is ready to begin practice.
- Arrive in your practice uniform with a ball and plenty of water.
- Arrive properly fueled for success. A good balance of protein and carbohydrates ensures that you will have the energy and stamina to do your best.
- Give your best effort. Practices are an opportunity to grow as a soccer player. Giving your best effort shows respect for the work that your coach is putting in, as well as shows respect for your teammates and their efforts.
- Listen when the coach is teaching.
- Complete any homework assigned by the coach.
- Practices are only one piece of your potential as a player. Strive to practice at home on non-practice days to hone your skills. Even simple ball handling and juggling attempts will enrich you as a soccer player.

Games

U9 and U10 teams are known as development teams and play in development leagues. Development teams play on a smaller field with seven players on the field at a time (also known as 7v7). Development league games are played at Wilsonville High School in the fall and Liberty High School in the spring. Fall season runs from the first weekend after Labor Day to the last weekend of October. Spring season typically begins the first weekend of March and completes the last weekend of April.

Older teams (U11 and up) are known as competitive teams and play in OYSA's Portland Timbers and Thorns Leagues. Each Timbers and Thorns League is broken down into Division 2, Division 1, and Premier divisions, with two or more brackets per division.

Fall league is for age groups up through U15. Because the U15 age group is potentially comprised of middle school and high school players, participation in the fall league is determined by each team. Fall league begins the first weekend after Labor Day in September and completes between the end of October and middle of November, depending on age and division.

Winter league is for age groups U15 and up. It begins in late January and completes in mid- to late March.

Spring league is for age groups up through U14. It typically begins the last weekend of February and runs through the end of April for development (U9 and U10), Division 1, and Division 2 teams. The Premier level team season typically runs from the first weekend of February through the end of March. Games will not be held the weekends of Spring Break.

NYS home games for U11 and up are held at Newberg High School. Away games are held in other locations around Oregon and southwest Washington.

Information about field size and game length can be found in the league rules.

Your team manager will communicate game locations and arrival times as soon as the information is available. Players are required to arrive early for warm ups, encouragement, and logistics; tardiness may result in less playing time.

Style of play

At NYS, we believe in a style of play that builds out from the back and train accordingly. Our goal is develop confident, creative players who are able to use skill and combination play to keep possession, control games, and create scoring opportunities. Defensively our goal is to be disciplined and compact as a team so that we can deny the attack and more effectively recover the ball. On both sides of the ball, we look to grow a player's ability to make positive decisions on the field which helps them become a more complete player. At some youth soccer games parents and coaches yell at the players to boot the ball. This is not the way we believe soccer

was intended to be played. More insight as to our style of play can be found here:
<https://www.soccerparenting.com/playing-out-of-the-back/>

Game conduct

- Arrive on time to every game for warm-ups
- Complete warm-ups as instructed to help prevent injuries
- Leave the game area cleaner than you found it
- Obey the rules of the game
- Respect the referees and their calls
- Listen to your coach and follow their guidance
- Have fun and play safe!

Playing time

U9–U13 players are guaranteed fifty percent playing time to ensure each player has a chance to develop their skills. For U14 and up, players are guaranteed a minimum of thirty percent playing time per season. Additional playing time is determined by the coach and typically depends on a number of factors: attendance, punctuality, effort during practices, attitude, performance, number of players available to play a particular position, strategy, among other factors.

Tournaments

Tournaments are held by various leagues and organizations throughout the year. Tournaments are excellent learning and bonding experiences, but they are completely optional. Participation in a tournament is decided by the coach and parents, not the club. Tournament entry fees are split evenly among participants. If a tournament requires an overnight stay, families are responsible for their travel costs; furthermore, the coach's lodging costs will be paid for by the team.

Game rules

If you are a new soccer parent, this handbook explains the game in simplified terms:
<http://www.soccer-for-parents.com/support-files/rulesv2.pdf>

U.S. Youth Soccer's pocket guide may come in handy:
<https://usys-assets.ae-admin.com/assets/1/15/Soccer%20Pocket%20Guide%20-%20English.pdf>

Rules of games for U11 and up:
https://docs.wixstatic.com/ugd/e0e3f4_f721be15e5314d9cb406fec68602fa54.pdf

Willamette United FC Development League rules for U9-10:
http://www.willametteunitedfc.com/doclib/1.%20U8%20U10%20FALL%20LEAGUE%20RULES_FINAL.pdf

Injuries

NYS wants our players to be properly cared for. All injuries, whether during or outside games and practices, must be communicated to the coach and team manager.

Concussions

Concussions are traumatic brain injuries caused by bumps, blows, or jolts to the head; or hits to the body that causes the head and brain to move back and forth quickly. Concussions cause disruption to brain function which in turn causes physical, emotional, or cognitive impairments. These impairments often resolve within weeks but can become permanent. Concussions are serious injuries that require medical attention and proper care.

Oregon state law requires all youth sports organizations to hand out concussion fact sheets to at least one parent or guardian of each athlete and all athletes over 12. Oregon law also requires sports organizations to gather documentation that all required parties have received concussion information. Team managers will be responsible for distributing literature and gathering signatures.

NYS wants to keep our players safe. We've adopted Providence Sports Center's concussion protocol to protect our athletes. You can find that policy here: https://docs.wixstatic.com/ugd/5f068e_d4afa9f534b746dcb5af0bee5f18d839.pdf We also encourage you to have ongoing conversations with your players about concussion safety and to check out the CDC's website about concussions at <https://www.cdc.gov/headsup/index.html> for further learning. Our coaches adhere to state law by undergoing annual concussion training and are committed to following the Recognize, Remove, and Refer guidelines consistently.

Club Leadership

Board of directors

Newberg Youth Soccer is a non-profit entity operated by a board of directors. Visit <https://www.newbergyouthsoccer.com/about/people/> for the current list of board members.

Coaches

Newberg Youth Soccer has a talented team of licensed coaches who are passionate about helping players reach their potential. Visit <https://www.newbergyouthsoccer.com/about/people/> for the current list of coaches.

Staff

Newberg Youth Soccer is fortunate to have a dedicated team of people who are excited about youth soccer in our community. Visit <https://www.newbergyouthsoccer.com/about/people/> for the current list of staff members.

We have open positions within club operations. If you are interested in ensuring the success of youth soccer in Newberg, please contact the NYS President for more information.

Team managers

Team managers play a crucial role in coach and team support. They collect necessary documents for OYSA and the club; bring player and coach cards to every game; communicate practices, meetings, games, cancellations, and other information as required by the club and coach; hold on to team funds, among other duties. This position enables the coach to focus on the success of the players. Please communicate with the team managers as outlined in this handbook. If you are interested in becoming a team manager for your player's team, please let your coach know.