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Welcome to St Cloud Soccer Club

We would like to welcome all our new and returning players to our Competitive and Recreation program. Here at the St Cloud Soccer Club we are proud of our brand new restructuring of our Competitive and Recreation program which are intent on delivering a first class experience to all our players from age U5-U19 years of age. The Development of our young players in a safe, happy and caring environment is of paramount importance, with the aim of giving each individual the best possible chance of achieving their maximum potential in soccer. We will also provide parents/guardians with advice, guidance and information on the welfare and development of their children.

For the players that are selected for our Competitive program we ask for commitment, self discipline, positive attitude to succeed and a good work ethic. We also expect the boys/girls to take charge of their own development by continuing to review and set themselves goals to achieve throughout the season. It is hoped that this handbook provides the reader with a clearer insight into how we can work together to meet the high standards we demand, and achieve the goals we set. We want to offer the best for our players and their parents/guardians. With your help we can achieve this. The St Cloud Soccer Club, board of director and its coaching staff, wish all of our players every success and happiness here at St Cloud Soccer Club.

Competitive Program

What is the Competitive Program? The Competitive Program is our travel soccer that runs a 42 week technical program aimed towards players wishing to take their skill and play to the next level. The staff is highly qualified professional coaches. Players will be challenged within the correct environment to ensure smooth development transitions. The coaches will provide regular assessments and feedback throughout the year assessing a four corner model for each player on technical/tactical, psychological, physical and social aspects of the player's development. This program is designed for players who believe they could play at a higher level but have not had an opportunity. The competitive program is to develop boys and girls not yet at the 'elite' level. The quality of coaching is mirrored from the elite academies to aid in maximum growth potential. Payment information can be found on our website at Stcloudsoccer.com. Payments will be made by standing order on the 1st of every month in advance. The technical program runs from August through April. Will playing at SCSC affects me playing for my local school team? No, we will not interfere with or stop any player from playing for their local school team.

Coaching Session Arrangements

The following is a list of important points of information:

Dates: • Coaching sessions will take place on: - please check time tables for your age group time/ night. During the school holidays no training sessions will be held unless notified. Details will be given to all players well in advance.

Punctuality: • Players are expected to arrive 10 minutes before the start of the session. Attendance and punctuality to games and practice will be recorded and the coach may use this info when determining play time.

Absence: • If a player is unable to attend training, whether it is due to illness or school commitments, the player must contact his/her team manager to let him/her know that they are unavailable. This must be done with as much prior notice as possible.

Conduct: • The good name of the St Cloud Soccer Club is to be maintained at all times. Players are reminded of the importance of their good conduct and behavior and respect for all facilities we use. People are always watching!

- Behave in a safe and careful manner when using the facilities.
- Treat the coach, team-mates and opponents, as you would like to be treated.
- Take pride in your appearance. Players are expected to wear club kit for training at all times, as laid down by the coaches - "Look smart, play smart". Remember to bring your soccer ball.
- Kit must be worn properly, i.e. socks over shin guards, socks pulled up etc.
- Shin pads must be worn for training and games. Chewing gum is not allowed.
- Earrings and jewelry must not be worn when representing the club/training. This is the players/parents' responsibility to remove items prior to games and practices.

Practice:

- Players must practice - this is the route to excellence. Try to 1. Practice techniques worked on in coaching sessions, 2. Watch games and your favorite players.

- Use the time prior to the session as “personal practice time” – work individually or in pairs.
- All players should practice as much as possible at home.

Problems:

- If you have any problems please do not hesitate to speak to your coach. If the matter is still unresolved then contact Director of Coaching.

Bad Weather:

- Please check GotSport App to make sure practice is on if bad weather may be approaching. Info for the hotline can be found on the website.

Players Kit & Equipment: It is each player's responsibility to bring the following items with them to each session: Training Session: ✓

Development training kit, suitable for sessions. ✓ Cleats ✓ Shin pads ✓ Drinks ✓ Ball. (**DO NOT FORGET THE BALL**)

Game: ✓ Cleats ✓ Shin pads ✓ Game kit ✓ Drinks bottle ✓ Ball.

Footwear must always be cleaned to a high standard. Please ensure the player's shoes are tied prior to arriving at the fields.

Information for Player/Parent • We would ask parents to ensure their player arrives on time for training etc and is collected at the correct time. If he/she is unable to attend please always inform the coach/team manager. Continued late arrival and absences could result in less game time.

- Please provide us with the player's medical details and keep us informed of any change. Also if a change of address/school/contact numbers occurs inform the coach.
- Could all parents please label all their players personal training kit. Especially their ball.
- Always stand on the designated side of the pitch on match days. Always encourage and not instruct. Parents found to be coaching from the sideline could result in their child being substituted. This will be for the coach to reiterate previous instructions to the child.
- Players must always LOOK THE PART, ACT THE PART AND PLAY THE PART.

Follow the Club's Code of Conduct and respect Club Staff.

- Rest is very important. Do not try to do too much. Be selective. A young player needs to allow his body time to rest and deal with growth changes.
- Energy is very important to the athlete. Encourage a healthy diet, high in carbohydrates and low in fat. Eat little amounts, and often.
- Always warm up before and warm down after training and matches. This can assist in the prevention of injury and stiffness afterwards.
- Always represent yourself in a proper manner at all times. Work hard at school.

Injury & Illness: the fitness and health of our young players is clearly very important to our Soccer Club. A fit and healthy player means the young player can give his best. The Soccer Club will provide information and guidance to all our young players on how to assist them to minimize the chance of certain injuries and stay healthy. All our young players will complete a Medical Health Form to ensure Staff is fully aware of any medical condition the player may have, or medication they may need to take. This will be kept on the player's personal file at the Club and within the Attendance Register which is held by a club official. The

Club has a procedure to follow if a player is ill or injured. He/she must inform the Coach that he/she is unable to attend a coaching session or match.

Help Prevent Injury In order to minimize the risk of injury; the player must warm-up properly. Muscles are like elastic bands. When not stretched they shrink. When stretched they expand. If an elastic band is stretched too quickly it snaps. If a player does not warm-up thoroughly and correctly, the risk of a pulled muscle increases. It is important the warm-up is conducted properly and that muscles are prepared for every eventuality. Advice and guidance will be given to all our players on the importance of warming-up, a correct warm-up routine, and preparing the body for the demands of the game.

Coaching Evening/Sessions and Weekend Games all coaches are emergency aid trained.

Parents' Responsibilities: please ensure that all injuries are reported to the appropriate staff. It is important that boys/girls do not play or train with injuries no matter how small, it is always advisable to have the injury examined. **Help Prevent Injury** the fitness and health of our young players is clearly very important to our Soccer Club. **Overplay:** the Soccer Club will always be considerate of the physiological demands on young players as they grow. It is Soccer Club policy to ensure the physical demand is not such that it can be detrimental to their well-being and have an adverse effect on their future. Elite young players will be asked to play at every opportunity. By their school, their district and county teams, and the Club. And, if not controlled properly, can result in the player suffering from an "Overplay" injury and a sustained period of absence through such injury. Young players and their parent/guardian will be made aware of the importance of rest and the dangers of playing too much sport, in a concentrated space of time, too soon. We will ask parent/guardians to oversee and protect their sons/daughters from being asked to be involved in too much competitive sport. They must be selective in the games they play and the sporting activities they are requested to participate in. It is essential that the young elite sportsperson is guided through their growth years with care and consideration.

We as a Club will educate our young players in the importance of rest and the risks of playing too much sport in their formative years. Signs of Overuse Injury: Gradual pain develops, not an 'impact' injury; occurs mainly in the joints.

Particularly lower back, knee' and heels. Not the result of a contact injury. Swelling and inflammation to the area of complaint.

Help Avoid the Risk of Overplay Injuries Do not allow your child to be exposed to too much sporting demands. Do not be afraid to say no. Their bodies are experiencing physiological change and they need to have sufficient rest to cope with the changes. If they are not being allowed rest then the possibility of 'Overuse' injuries occurring become more likely.

Player Diet & Nutritional Information

Like most sportsman, soccer players have to keep a strict diet to ensure they are at their peak of physical fitness. Long gone are the days where you would see players having fast food and soft drinks the night before a game - we are in a totally new era where every advantage counts. Eat right first and foremost. Eating right is key to achieving physical fitness. You can't eat too much because you'll put on weight, but you also can't eat too little as you won't have the energy needed for training and matches. Also, you have to make sure what you are putting into your body is the right stuff. Lots of chocolate sounds great but it isn't what'll give you that extra yard of pace on a Saturday/Sunday. Carbs; this is the first port of call for people wanting to get fit and prepare for sporting glory. Carbohydrates help your muscles recover after exercise, which is of vital importance not only in keeping you healthy, but in giving you the ability to exercise harder and for longer. You need to eat plenty of high glycemic foods which are the best for muscle recovery. Foods such as bread, pasta, rice, baked potatoes are rich in the type of carbs that you want to be eating meal wise after exercise. Straight after a work-out, training session or match you need something quick, and foods such as muffins and bananas will give you that quick boost. Isotonic drinks such as Gatorade/PowerAde are superior to straight water as it gets straight to the part of

the body that needs it and will re-hydrate the system faster. Protein: Protein is also helpful in a balanced diet. Protein can be converted to fat and stored like carbohydrates. Good sources of protein are dairy products such as milk, yogurt and meats and poultry. Drink: Without a doubt one of the huge steps forward in recent years has been the introduction of isotonic sports drinks. The science behind it is that when sodium is absorbed into the blood - it takes water with it which replaces the salt that has left the system through sweat. That is the real plus point of isotonic drinks over water. Electrolytes are in essence the salts that

are lost through sweating. These are found in isotonic drinks and getting them into the system will aid the digestion and osmosis of fluid coming into the body and the muscles. This is important as it'll help the muscles recover quicker and should keep dehydration away. The energy within these drinks comes in the form of glucose. Drinking this during training will help your muscles work for longer and drinking it afterwards will help speed up the recovery process of your muscles. A Full Weeks Diet Here is an idea of the type of diet you should be eating to get and then keep you in peak physical shape (not withstanding an exercise and training regime): Breakfasts should concentrate on cereals, preferably bran-flakes, shredded wheat and the likes. Bagels are also good as are muffins, preferably bran or wild blueberry. Lunches of the likes of baked potatoes with beans or tuna are excellent. Sandwiches are a good source of all the food groups as long as they aren't smothered in mayonnaise and have a healthy filling, for example fresh

chicken salad. Dinners should concentrate on being the main meal of the day. Chicken, pasta, rice, lean meats with a baked or new potatoes and green vegetables would round off a healthy and carbohydrate filled diet. Snacks of chocolate are appropriate during exercise for a fast energy boost but eating these types of foods when not exercising will lead to it being stored as fats instead of being used to help the body immediately. Drinks throughout the day should consist of fruit juices, isotonic drinks and waters. The importance of good nutrition for soccer players... A soccer players' diet must enable him/her to sustain the highest level of fitness throughout their games, and with the energy requirements for soccer being quite high, if you're a player, you'll want to make

sure you're eating the right foods. For athletes to attain their highest possible level of achievement, it not only takes unbelievable skill and dedication, but it also requires a healthy body. Soccer players are no different, so what should they be eating? A football players diet should be... #1 High in energy to help with muscle gain – eat three meals and regular snacks every day. #2 High in carbohydrate rich foods – breakfast cereal, bread, muffins, crackers and crisp breads, rice, pasta, potatoes, and fruit. These should form the basis for most meals and snacks. This will help with exercise performance, recovery from training, and muscle gain. #3 Moderate in protein rich foods – meat, poultry, fish, dairy products, beans, peas, lentils, unsalted nuts. There is no need to eat masses of extra protein to “bulk up.” Remember protein rich foods are not the main source of energy for exercise. In most cases the amount of protein required can be achieved simply by following a balanced healthy diet, which contains sufficient carbohydrate. #4 Low in fat – try to avoid too much margarine, fatty meats, high fat takeaway and snacks, fried food and creamy sauces. #5 High in fruit and vegetables – Include at least 5 servings of fruit and vegetables each day. They are necessary for preventing illness, building muscles and repairing injury. #6 Low in alcohol – it leads to poor recovery, slow repair of injury, and can contribute to excess weight. If you drink alcohol, do so in moderation. What should soccer players eat before a game? Due to the high demands of training and competing in soccer, it's essential that a player's diet before the game comprises foods that can be broken down easily to meet energy requirements. • Eat extra carbohydrate and drink plenty of fluid, 24 hours prior to the game. • Have your last meal 3-4 hours before the game, for example pasta with a tomato based sauce and chicken; or a baked potato with tuna. • Have a light snack 2 hours before. What should a player eat after a game? Eating carbohydrate rich foods as soon as possible after the game will help you recover more quickly. Opt for snacks, such as: • Sandwich with low fat cheese, beef, chicken, tuna, boiled egg, or jam and peanut butter • Bananas • Fruit muffins or pancakes • Bowl of cereal with low fat milk • Low fat yogurt • Fresh fruit • Dried fruit • Low fat cereal bar • Fig rolls • Sports drink • Fruit smoothies. Away matches? Team commitments often require traveling away from home, and it can be very challenging to eat well at such

times. So, it's a good idea to be prepared with healthy snacks and drinks, rather than relying on what's available at service stations and fast food restaurants.

Suitable snacks for traveling: Similar to above, suitable snacks may include: •

Sandwiches (chicken, ham, beef, tuna, banana, peanut butter or jam) • Rice cakes

• Oatcakes • Yogurt • Fresh fruit • Dried fruit • Unsalted mixed nuts Fluid

requirements... Losing fluid is the body's way of controlling temperature during high exertion. However it's important that it is quickly replaced, as dehydration can affect endurance, strength, reaction times and concentration. Suitable

options are water or sports drinks (which have the benefit of offering glucose,

sucrose and salt.) • 1 hour before: drink at least 500ml (approximately 1 pint). •

15 minutes before: drink 200ml (a glass). • During: drink 150ml every 15-20

minutes, if possible. • After: Drink to replenish what was lost. Remember, thirst is

not a good indicator of your fluid needs since you are already dehydrated by the time thirst signals. Signs of dehydration include fatigue, headaches, and lethargy.

You will also know if you are adequately replacing sweat losses by checking the

color and quantity of your urine. • Very dark: you need to drink more fluid. Drink

500ml of water immediately, and continue until urine is pale yellow again. • Pale

yellow: normal water balance.

Parents & Guardians: You will have the greatest influence and control of your child's eating habits.

Appraisals During the period of registration the young player will take part in a structured, progressive coaching and games program. Our Soccer Club will endeavor to provide the best soccer development program to assist every young player with the opportunity to reach his full potential. We will continuously provide players and parents with updates on the players' progress. St Cloud Soccer Club will provide every registered player with feedback every through verbal consultation with your coach. This will take place in at the end of the season at the practice fields. The Player and his Parent/Guardian will be invited to chat over the Appraisal with his coach and attend to discuss their views. If at

any time the player, his parent/guardian requires information on the player's progress this can be discussed with the player's coach or with the DOC.

Child Protection

The safety of every young player at St. Cloud Soccer Club is uppermost in the minds of every member of staff at the Club. We have a moral obligation to every boy/girl and an assurance to every parent/guardian that their child will be given every protection and care while they are present at the Club. All staff working within the department has undergone FDLE Background checks to ensure their suitability in working with children, receive regular information and training on Child Protection issues. The Club will work with other Child Protection Agencies, the Police and Social Services in ensuring the Child Protection Policy and Procedures we follow are up to date and maximize care and protection to every young player at the Club.

Equal Opportunities

St Cloud Soccer Club will pledge that every young player will be treated equally regardless of race, sex, religion or nationality. We wish to give every young player the opportunity to fulfil their ambitions. We will endeavor to make every young player feel wanted. Regardless of personality, background or ability the Soccer Club will encourage all players to achieve their maximum potential. Staff is regularly updated in Equal Opportunities and the necessity of ensuring everyone is treated equally and fairly. The Soccer Club policy is based on the phrase: "ALWAYS TREAT OTHERS AS YOU WOULD EXPECT THEM TO TREAT YOU!"

Code of Conduct

St Cloud Soccer Club will always demand the highest standards from player, parent and coach. We will always project our Soccer Club in the correct manner. Appearance, reliability, punctuality, honesty, humility will be expected from all. On registering with our Soccer Club we will ask player and parent/guardian to

read, agree and sign a Code of Conduct. We will constantly request players to remember who they are, where they are and what they are. They are representing themselves, their families and schools and the Soccer Club. They must be responsible, and conduct themselves in a manner that can bring pride to themselves and the Soccer Club. Parents and Coaches will lead by example. Children will follow their example so therefore it must be exemplary. We will ask them to always encourage fair play and never to contest a referee's or coach's decision. The language that they use at all times must be acceptable and appropriate and follow the criteria in place within the Soccer Clubs relevant Code of Conduct. A full and comprehensive code of ethics is available on our website.

Disciplinary Procedure

We expect everyone connected to the Soccer Club to project the image of the Soccer Club in the correct light. We cannot allow the Soccer Club to be misrepresented and any act which can harm the name of the Soccer Club will be actioned accordingly. The Soccer Club has a disciplinary procedure in place and depending on the severity of the offence will determine the course of action to be taken. On registering with the Soccer Club, player and parent fully understand that any actions that are degrading/misrepresentative/or malicious toward the club or any of its members will be dealt with accordingly and swiftly. This includes but is not limited to social media and gossip and there are disciplinary procedures in place should an act of misconduct occur.

Complaints Procedure

The St Cloud Soccer Club has in place a procedure to follow should a complaint be made against a member of staff. If you have a complaint we ask you to contact your coach, then the DOC. They will register your complaint and take appropriate action. Any complaint must be made within 48 hours of the occurrence. Failure to report the complaint in a timely manner may result in the dismissal of the complaint.

REMEMBER: Good conduct and a disciplined lifestyle are very important. St Cloud Soccer Club expects everyone connected to represent themselves in the correct

manner. Our Codes of Conduct and Disciplinary Procedures are in place to assist everyone to accept and understand the high standards we expect. These can be discussed or viewed, at any time, on request.