

San Carlos AYSO

2005

Handbook

Everybody Plays – Everybody Volunteers



Table of Contents

AYSO Philosophy	2
San Carlos Region 107 History	3
Eligibility	3
Field Use Policy	3
Potential Activity Conflicts and Requests	4
The AYSO Team	4
Player Development.....	4
Division Age Groupings	4
Under 6 (Division 7)	5
Under 8 (Division 6)	5
Under 10 (Division 5)	5
All Other Divisions	5
Mandatory Parents Meeting	5
Parents Participations	5
Player Attendance and Participation	6
A Word for Parents	6
Parent/Gardian Responsibilities	6
Parking	7
Standards of Conduct and Discipline	7
Practice/Game Conduct – Zero Tolerance	7
Soccer Conduct	7
Player Suspension/Expulsion	8
Game Protests	8
Practice and Season Play	8
Balancing Our Teams	8
Regular Season	9
Tournaments	9
Standings	9
Sportsmanship Program	10
Awards	10
Winter League	10
Game Cancellations	10
The Game	11
Uniforms and Equipment	11
Pictures	11
Soccerama	12
Soccer Accident Insurance	12
AYSO Coaching Clinics	12
The Regional Board	13
Website Information and Contacting Us.....	14
San Carlos AYSO Board of Directors Listing	15
2004 Sponsors.....	Back Cover

AYSO Philosophy

Purpose

Our goal is to operate a program that provides a fun, fair, and safe environment for the kids. Our successes are due in a large part to the efforts of our volunteers – coaches, referees and program administrators – all working together. Our volunteers are learning that sport is a mechanism for building character and self esteem. Our coaches and referees are trained to remember that they are role models. We wish to create an atmosphere where young people can develop a positive self-image, self-confidence, and other positive character traits through their interest and participation in soccer. Our program is based on the “BE POS”itive AYSO Philosophy:

Balanced Teams At the start of each season we aim to set up teams as evenly balanced as possible – it is more fun when teams of equal ability play – one sided games have little value to either team.

Everyone Plays Our goal is for kids to play soccer – so we mandate that every player on every team must play at least half of every game. When team size allows, all players in U6-U14 shall play at least three quarters of every game.

Positive Coaching Winning kids are built up, not torn down! We train and require our coaches to offer honest positive encouragement to our players, rather than negative criticism; “catch them doing something right.” Soccer is FUN for players, coaches and parents. MAKE IT SO!

Open Registration Our programs are open to children between the ages of 4 ½ and 18 years who want to register and play soccer. Interest and enthusiasm are the only criteria for playing. We will accommodate as many children as available playing fields and qualified volunteers allow.

Sportsmanship Athletic contests naturally involve competition. We desire to create an environment in which the game is played with a healthy and constructive orientation, rather than a “win dominated” attitude. We want everyone to “honor the game.” We emphasize respect for: rules of the game, opponents (for whom without we have no game), officials, teammates, and self. We believe that no matter what the outcome of the game, everyone will have a positive experience if they are treated respectfully and congratulated for giving their best effort.



San Carlos – AYSO Region107 - History

In winter of 1969 there were 100 AYSO players scattered across Northern California. AYSO came to San Carlos in 1974, with just a few teams, under Emmett MacCorkle. In 1976, the San Carlos Region was chartered under the National Organization by Dick Knickerbocker and was recognized to operate within the city boundaries of the City of San Carlos. Dick went on to serve as commissioner for seven years, and as a result of his dedication, our annual Knickerbocker Cup Tournament was named after him. Since then, we have had fourteen Regional Commissioners. Bob Masters, for his outstanding contribution to youth soccer, was given the distinction of joining Dick Knickerbocker in the renaming of our annual tournament to the Knickerbocker-Masters Cup. Bob served on the board for eight years, including three years as Regional Commissioner. Below is a list of Regional Commissioners who have served in San Carlos and their dates of service:

Emmett MacCorkle	1974-1975	Dave Segin	1993
Dick Knickerbocker	1976-1982	Jeff Grace	1994-1995
Frank Mocerri	1983-1984	Brad Lamont	1996-1997
Quentin Koller	1985	Rod Lehr	1998
Bob Masters	1986-1988	Steve Lippi	1999-2000
Ken Staedler	1989-1990	Barbara Billings	2001-2002
Guy Perego	1991-1992	Raymond Merala	2003-2004
		Rob Holden	2005-

With the help of hundreds of volunteers over the years, soccer in San Carlos has continued to grow. The first few teams had to travel to neighboring cities in order to compete with other teams in AYSO. Today, we have seven age divisions with five of them having enough teams to compete within our own region. In 1991, for the first time, San Carlos had over 1,000 children in the program, and currently we have grown to approximately 1,500 kids and 145 teams! We are the beneficiaries of the effort, skill, know-how, good will and wonderful positive attitudes of many people over the years; thanks to those who have worked so hard, we have a successful soccer program in San Carlos!

Eligibility

San Carlos AYSO is open to boys and girls of ages 4 ½ through 18 as of July 31.

Field Use Policy

Playing facilities are critical resources for the operation of our program (this includes adequate areas of grass fields and parks). Currently, the City of San Carlos has an insufficient number of playing facilities to meet the growing demands of our youth. In 1994, the City implemented a Field Use Policy to administer the appropriation of these limited facilities among requesting organizations. This policy requires the City to distribute fields to those organizations with the highest percentage of participants who are San Carlos residents.

In order to more favorably position our organization with this Policy, AYSO Region 107 has adopted a policy that limits registrations to players that: (1) are residents of San Carlos, (2) were enrolled in our program last season, (3) had siblings in the program the previous fall; or (4) at the careful discretion of the Regional Commissioner, are necessary to achieve a minimum number of players for a team.

There is only one thing that hurts us more than turning away a non-resident child from playing in our soccer program and that is turning away a San Carlos resident child. As a result of our policy, our AYSO program had a residency factor greater than 97% in 2004. This continues to help our AYSO organization “compete” for field space in our own City. AYSO will continue to do everything we

reasonably can to maintain and increase the amount of field space in our City. But for now, we must also continue to favor San Carlos residents in order to increase our chances of securing playing space.

Potential Activity Conflicts and Requests

With approximately 1,500 children playing soccer on 145 teams, it is impossible for San Carlos AYSO to rearrange teams, practices, or game schedules because of non-AYSO activities. Most games will be played on Saturdays, with some Friday, Sunday or mid-week games as necessary. Practices are Monday through Friday, once per week for U8, twice per week for U10 – U19; scheduled by the league. There are no weekday practices for the U6 Division.

The AYSO Team

Each team will have a volunteer coach, volunteer team parent(s), and, if possible, an assistant coach and a sponsor. The coach is completely responsible for his/her team. Team parent(s) are encouraged to assist the coach with such tasks as distributing schedules, field set-up, the year-end team party, and other duties not specifically related to coaching. In addition, teams may have a volunteer assistant coach to assist the coach at practices and to fill in when the coach is unable to make a game. A league goal is that all teams have a sponsor. Sponsor fees are \$250/team. Parents are encouraged to volunteer as a coach, assistant coach, team parent, assistant team parent, referee, board member, or sponsor.

Player Development Guideline

Recognizing that one of the most important missions of San Carlos AYSO is to have all participants develop versatility as soccer players, with a thorough understanding of the game of soccer, all coaches shall teach all of the positions to all of their players, regardless of ability. Further, coaches are expected to play each player for a minimum number of games (minimum = two games or three halves or six quarters) in each of the Forward, Midfield, and Back lines. We encourage kids to experience the Goalkeeper position for a full understanding of the game. This player development guideline applies to Divisions U6, U8, U10, U12; it is also encouraged in U14.

Division Age Groupings

Players are assigned to teams in the following age groupings:

Division	Age (at 7/31)	Length of Games	Other
Under 6	4 ½ years	24 minutes	No goalkeepers, five players on the field
Under 8	6-7 years	40 minutes	Seven players on the field; players play at least 3 quarters (only 2 as goalkeeper)
Under 10	8-9 years	50 minutes	Nine players on the field; players play at least 3 quarters (only 2 as goalkeeper)
Under 12	10-11 years	60 minutes	Players play at least 3 quarters and must play at least one quarter on the field
Under 14	12-13 years	70 minutes	Players play at least 3 quarters.
Under 16	14-15 years	80 minutes	Players play at least 2 quarters
Under 19	16-18 years	90 minutes	Players play at least 2 quarters

Other information regarding each division follows:

Under 6

The Under 6 league is one of the first experiences a child will have with team sports. Emphasis is placed on skill development and the enjoyment of putting on a uniform and playing with teammates.

Teams gather for one hour on Saturday. Basic skills are taught in a 20-minute practice session which precedes a game. A game consists of two 12-minute halves. Scores are not kept so that fun and skill development, not competition, are the major focus. It is important that over-zealous parents or spectators don't impose expectations that are beyond the skill and maturity level of the children. Coaches act as referees. This division is intended to introduce children to team play and some concepts and skills of the game of soccer.

Under 8

- Each child will be allowed up to two throw-ins at a given time before the ball is turned over to the opposing team.
- There are no direct free kicks. All fouls will be awarded indirect kicks, including those in the penalty area. Slide tackling is not permitted.
- Goal kicks shall be taken from the top of the penalty area, with all opposing players at least 10 yards away.
- Each team will provide a parent volunteer to referee games. An Under 8 Referee Clinic will be provided for parent volunteers.

The emphasis will be on teaching proper ball control techniques. With skills developed at an early age, strategy can be emphasized, as the players grow older. No league standings are kept.

Under 10

- Slide tackling is not permitted.
- Goal kicks shall be taken from the top of the penalty area, with all opposing players at least 10 yards away.
- No league standings are kept.
- Two year end, blind draw, single elimination tournaments shall be held; weather permitting.

All Other Divisions

- No other special provisions.

Mandatory Parents' Meeting

After team assignments are made, each coach will hold a mandatory parent meeting. The purpose of the meeting is for parents to meet the coach, discuss the practice schedule, AYSO and team philosophy, parental and player guidelines and for the coach to answer any questions the parents might have. Team parent(s) will be selected and other responsibilities will be assigned to assist the coach in administering the team during the season. **Parental attendance at this meeting is mandatory; participation is strongly encouraged.**

Parent Participation

It is expected that each parent who has a participant in the Region will volunteer his or her services in some way. San Carlos AYSO is a rewarding experience for players and their parents alike. Get involved – you'll be glad you did. *EVERYONE PLAYS – EVERYONE VOLUNTEERS.*

Player Attendance and Participation

Every player shall play at least one-half of every game, as long as the player arrives before or during the first quarter. Actively participating players in the Under 8, Under 10, Under 12, and Under 14 divisions shall play at least three quarters of every game. Players arriving at half-time must play one-half of the remaining time.

Each player is strongly urged to attend every practice (see “Standards of Conduct and Discipline”). It is appreciated that there will be scheduling conflicts from time to time between the players’ schedules and practice/game schedules. Please remember that the coach should be notified if a player is unable to make either a game or practice. It is the coach’s prerogative, with approval of the appropriate League Director, to limit the participation of a player if the player fails to be at practice or games repeatedly, or repeatedly causes disruptions at practices or games.

A Word for Parents

It cannot be overemphasized that the AYSO program is *for the players*. Youth sport is a means of building character and self esteem in children. It is expected that good sportsmanship and the qualities of fairness and self-control be demonstrated at all times. Parents and volunteer officials are role models for the children; thus, over-zealous adult behavior is totally inappropriate and disallowed. Parents are encouraged to cheer for players on both teams. It is solely the coach that is to perform any “necessary coaching” on game day. **Players play, coaches coach, referees ref, and parents cheer.** Coaches are responsible for their team’s sideline behavior.

While participation in a competitive situation is a relevant aspect of the game, it is not to be confused with the goal of the game. The object of the games is to win, the goal is enjoyment. The soccer promoted by AYSO is a balance of fun, development, and competition.

Soccer today is a booming sport in San Carlos, and nationally; and a quick look at the game’s structure shows why. Play is fast, spirited, and continuous. One of the charms of the game is its ad-lib quality; much of the action is made up as the game progresses. It’s no wonder that more and more men, women, and children are playing or supporting soccer in San Carlos and nationally.

All of this can, and often does, set the stage for some spectator situations that are not consistent with what AYSO is trying to achieve for our boys and girls. We, as parents, spectators, coaches, and referees, have a responsibility to keep our all-volunteer soccer program fun for all. Please consider the following guidelines:

Parent/Guardian Responsibilities:

- Positively encourage your child (and all players) and be supportive of his/her best efforts. Recognize effort – not only results.
- Volunteer to help bring the AYSO program to your children
- Assist your child in arriving at practices and games on time, and to notify the coach if your child will be late or not able to attend a practice or game
- Arrange for your child’s timely, safe journey home after practices and games, and to remember that AYSO is not a child-care service
- Assist your child’s coach when needed, by participating in any team activities or meetings where parent help is needed
- By conduct and example, promote good sportsmanship, fair play, and fun for all AYSO players and their families

- Respect the officials; recognize they are volunteers, never dissent during a game – San Carlos AYSO has a “Zero Tolerance Policy” (described below) for unbecoming, over-zealous, or unsporting behavior
- Promote a fun, fair, safe, and positive environment for the players.

Interesting and compelling tools for Sport Parents are available on the Positive the Positive Coaching Alliance Website at <http://www.positivecoach.org/subcontent.aspx?SecID=183> .

Parking

AYSO and the City of San Carlos have received complaints about parking from residents who live near soccer fields. Please use the designated parking lots at the various fields. Parking in front of neighboring houses is strongly discouraged.

Standards of Conduct and Discipline

Most girls and boys registered to play soccer with AYSO are enthusiastic, motivated, and sincerely interested in having a good time. Most of our AYSO families support our program and its volunteers by helping their players arrive at practices and games on time and properly equipped.

It does occasionally happen that a player experiences difficulty in adjusting to team play or in getting along with teammates, or that a family is not willing to help a player get to practices and/or games. These rare problems have a way of upsetting entire teams – even divisions – and must be addressed before the enjoyment of the majority of players and families are jeopardized. Please observe the following:

Practice/Game Conduct – Zero Tolerance

By our participation in the AYSO program, we volunteers have committed ourselves to its goals and objectives, which include a responsibility to promote good sportsmanship and fair play. San Carlos AYSO has adopted a Zero Tolerance Policy with regard to dissension or other inappropriate behavior. Players and coaches whose game conduct is not consistent with the ideals of good sportsmanship and fair play may be either cautioned (yellow card) or ejected (red card) at the discretion of the referee. If a spectator is unable to refrain from making derogatory remarks to any player, coach, or referee, or from using foul or abusive language, the referee may suspend the game until the spectator leaves the field. If an unruly player, coach, or spectator refuses to leave the field when asked by the referee, then the referee may terminate the game.

Soccer Conduct

- Cheer positively for the things you like and encourage effort. Have fun!
- Never put down anyone- not one of your child’s teammates, not an opponent, not a coach, not an official.
- The size of a soccer field and the continuous nature of the game seriously diminish the effectiveness of sideline coaching. Leave the coaching comments to the coach. Coaches coach – parents cheer.
- All spectators are required to stand **at least one yard from the touchline**. Coaches and referees are asked to enforce this rule.
- Spectators, coaches, and players are not allowed behind the end lines.
- Coaches must stay within ten yards of the half-line.
- Each year a huge effort goes into recruiting new volunteers, especially referees and coaches. Per the Zero Tolerance Policy, shouting dissenting or derogatory remarks, or harassment of any sort directed against referees or coaches is unwarranted and **will not be tolerated**.
- Please help keep the fields neat and clean by properly disposing of all trash.
- During practices, using the goals in the same position as they are during the games causes excess wear and tear on the fields and is strictly prohibited.

- Playing or practicing on fields that have been closed because of weather or other reasons is strictly prohibited.
- Bicycles may not be parked within 10 yards of playing fields.
- Baseball dugouts, backstops, and infields are not to be damaged. Kicking soccer balls, climbing, and bike riding in these areas is prohibited. Also, soccer balls may not be kicked against any fences.
- City and school policies prohibit the consumption of alcoholic beverages while on playing or practice fields.
- National AYSO prohibits the consumption of tobacco products at practices or games. The City of San Carlos prohibits tobacco products on city owned or maintained fields.
- Please leave pets at home on game days. Dogs are prohibited on school grounds and play fields.

Player Suspension/Expulsion

If a player receives a red card and it is his/her first ejection, he/she will automatically be suspended from the next game. The appropriate Commissioner, League Director and Chief Referee will review any expulsion. Their decision is final. A second red card during the season can result in expulsion for the remainder of the season. Striking a referee, linesman, or any other AYSO official will result in a one-year expulsion.

Cautions (yellow cards) are cause for the League Director to meet with the player and parent or guardian to discuss ways of avoiding future cautions. Any player receiving three cautions during the season will be suspended for the game following receipt of the third yellow card. This includes post-season and tournament play, including the Area Tournament.

The following are additional grounds for a one-game suspension with the approval of the Division Coordinator, League Director, and Commissioner:

- Failure to repeatedly attend practices or games without notifying the coach in advance, or without reasonable cause.
- Deliberate hitting, kicking, scratching, or tripping with the intent of injuring another player.
- Use of foul or abusive language.
- Refusal to participate at practices.
- Disruptive behavior during practices or games.

If discussions with the player and with the parent/guardian, and/or suspension from a game fail to end the offending behavior, the player may be asked to drop from the program. Any participant whose behavior fails to conform to the spirit of AYSO may be subject to review by the Board and may be dropped from the program.

Referees have an obligation to file a written report of any abusive language used by coaches, players, or spectators, or of conduct that interfered with the game.

Game Protests

Referee judgment calls are final and are not grounds for protest. Game protests are discouraged and will not receive enthusiastic consideration. Please cool off 36 hours before filing a protest.

Practice and Season Play

For Divisions Under 10 through Under 19, team practice will be held two times per week on weekdays at schools or parks in San Carlos. For the Under 8 league, there will be only one practice per week. It is important that players attend practices because this is where game skills and strategy are taught. Coaches must be notified in advance if it is necessary for a player to miss a practice or game.

San Carlos teams in inter-area play will follow the Area and playoff rules. Practice and game schedules may change. Please consult with your coach to be sure that dates and times for practices and games are still correct.

Balancing Our Teams

San Carlos AYSO uses a player rating system to balance our teams each year. Coaches are asked to carefully and confidentially analyze and evaluate their players at the end of each soccer season. Each player is evaluated and ranked hierarchically with other players in the division. Each player is also given an attitude/coachability rating. Coaches meet with the League Director and the Division Coordinator to discuss these ratings and to make any necessary adjustments to achieve accurate and uniform ratings.

These players' ratings are fed into a computer-balancing algorithm, which evenly distributes rosters according to age and ratings. After adjustments are made to accommodate siblings and coaches' children, all teams are numerically comparable and theoretically equal and balanced.

Even though we have developed a system that fairly and evenly distributes the players, there are factors involved that prevent "perfect balancing". Coaches honestly and fairly evaluate skills, however this is subjective. Also, many things can happen during the off-season and after ratings have been compiled that affect a player's skill and ability. Children that play winter soccer, indoor soccer, or attend soccer camp generally improve their soccer skills. An off-season growth spurt can change a child's coordination. Even if teams are "perfectly balanced", other factors may help player development and teamwork, and can affect the strength of a team. Therefore, while it is not perfect, we feel that we have been fair and equitable in developing our teams. We always welcome any comments or suggestions on ways to improve the balancing of our teams.

Regular Season

Depending on field availability, the regular season will run for all Divisions (except the Under 19 and Under 16, which play under Area 2N's schedule and rules) from Saturday, September 10 through Sunday, November 20.

Tournaments

The Under 19 and Under 16 Area and Section Tournaments will take place in late Oct. through Nov. 13.

For the Under 14, Under 12, and Under 10 leagues, the top team will represent San Carlos in the Area 2N Tournament, which will be played on Saturday and Sunday December 3 and 4.

The Knickerbocker-Masters Cup Tournament will take place on November 18 to 20 for all teams in the Under 14, Under 12 divisions not participating in the Area Tournament. U10 teams will play this tournament one week earlier.

The Under 8 and Under 6 leagues do not participate in post-season outdoor tournaments. Their outdoor seasons will end on November 19.

All teams in Under 14 through Under 8 leagues may participate in the Tri-City (San Carlos, Belmont, and Redwood City) Thanksgiving Indoor Tournament held Friday through Sunday November 25-November 27. Players wishing to participate pay a nominal registration fee. A committee representing the three cities determines all rules, regulations, fees, and venues.

Standings

Standings are not kept in the Under 10, Under 8 and Under 6 divisions.

In the Under 14, Under 12 divisions, points will be awarded for regular season play. One method of assigning points is:

Winning Team	6 points
Losing Team	0 points
Teams that tie	3 points for each team
Goals scored	1 point each up to a maximum of 3
No points are awarded for shut-outs.	

Coaches are responsible for reporting game scores to the division coordinator. If at the end of the regular season a tie occurs for first place, the winner will be determined by results of head-to-head competition. If there is still a tie, the team with the fewest goals scored against them shall be declared the winner. The next tie-breaker is the team with fewest losses. The next tie breaker is fewest goals against per loss. If a winner still cannot be determined, a playoff format, with points awarded as described above, will be the tiebreaker; weather permitting.

Any changes in this standings keeping policy must be approved by the League Director and Division Coordinator prior to the first regular season game. No protests will be allowed after the start of the regular season.

Sportsmanship Program

In an effort to promote our Zero Tolerance policy and to reward displays of outstanding sportsman-ship, we may be instituting a new Sportsmanship Program this season. This may include weekly presentations of sportsmanship tokens to individuals, and also end-of-the-season awards to those teams that best demonstrate sportsmanlike qualities throughout the year. The evaluation of team sportsmanship will include not only players on the field, but behavior of coaches and spectators on the sidelines as well. The details of this program will be distributed to coaches and also may be explained by a Board Member or a Referee prior to the kick-off of the first game of the season.

Awards

Because San Carlos AYSO hopes the satisfaction of fair play, good competition, and positive volunteer and player interaction will reward the players, and because AYSO has established the award presentations detailed below, parents are asked not to purchase extra awards for their teams.

Under 19 and Under 16 teams will receive awards based on their participation in the Area 2N tournament.

All players on Under 14, Under 12, and Under 10 teams that come in first place in the City Championship Tournament will receive a trophy and will go on to the Area 2N tournament. The Runner-up to the City Champion will also receive a trophy and will compete again one week later with all other teams in these divisions in San Carlos' Knickerbocker-Masters Cup Tournament. Awards for first place and runner-up teams for this will be presented after the final game of the tournament.

All players in the Under 10, Under 8 and Under 6 divisions will receive a participation award. In addition, awards to sponsors will be presented.

Winter League

San Carlos AYSO affiliates with a "select play" winter league soccer program for Under 14, Under 12, and Under 10 girls and boys that were registered in the fall program and wish to continue playing

soccer. This season runs from January through March and is maintained through separate registration fees.

Once the numbers of coaches and teams have been established, all interested players are invited to try out for a limited number of slots. If you are interested in this program, please contact your coach and applicable Division Coordinator by November 15.

Game Cancellations

While soccer worldwide is generally played rain or shine, AYSO in San Carlos has made certain commitments to the various institutions that provide or maintain our playing fields. Early in the season it is possible to play soon after rain because the soil can quickly absorb the water. But as we get into the rainy season, many San Carlos fields become un-playable in the eyes of the field keepers.

Inclement weather or poor field conditions may necessitate the cancelation of games from time to time. Any such cancellations will be made at the discretion of the City of San Carlos Parks & Recreation Department or referees. Cancellations are determined as early as practical before game time and are communicated through a recorded Fields Condition Hotline. That number is: 594-2626. Coaches are responsible for calling this number for field status updates. It is the responsibility of the coach to contact his/her team when a field rainout occurs. Playing on a closed field could result in loss of practice time for the team, or loss of use of the field for the entire AYSO program, so please honor this designation.

On the field, the only person authorized to cancel a game is the referee of that game.

The Game

Game referees are solely and completely in charge of the game from the moment they enter the field of play. Most coaches request that players meet at a given time prior to the start of the game so that the team may be properly warmed up and prepared for the game. Please help your coach by making sure that your players are not late. Please give your coach at least a days notice if a player is expected to miss a game.

Uniforms and Equipment

Each player must be dressed in:

- Team issued jersey (tucked into shorts, and not modified in any way, no adding of player names on the jersey)
- Team issued shorts
- Team issued socks
- Shin guards – completely covered by socks
- Soccer shoes with plastic or rubber molded cleats are recommended. Screw-in cleats, if used, must be in good condition, and the stud must be part of the cleat rather than the shoe. Cleats at the very front of the shoe, such as those employed in baseball and softball, are not allowed.

Players may not wear bracelets (metal, plastic or cloth), wristwatches, barrettes, earrings, or any other such object, including casts or splints, that could possibly cause injury to themselves or other players. ***Specifically, pierced earrings are NOT allowed – even if brand new*** Medical bracelets shall be taped to the wrists.

Goalkeepers may wear soft knee or elbow pads. They may also wear warm-up pants. The goalkeeper may wear protective head gear if in the opinion of the referee it will not cause injury to the goalkeeper or to another player.

Other clothing, such as shirts and pants, may not be worn over the uniform while a player is participating in a game. Sweatshirts may only be worn under the uniform in cold or wet weather. No player, except the goalkeeper as noted above may wear sweatpants or warm-up pants. *Players will not be allowed to play unless properly dressed.*

Coaches will have some practice balls and a game ball, but it is recommended that each player have his or her own ball to use for practice. It need not be an expensive ball.

Players are not allowed to chew gum or eat while participating in games or practices.

Pictures

Team and individual picture will be taken on Saturday, September 17 and Saturday, September 24. Parents will be notified by your team parent or coach as to the time and place. The cost of the team picture is included in the registration fee and also includes an individual player photo. Additional pictures may be ordered from the photographer.

Soccerama

Soccerama is a fun, joyous, and spirited event that celebrates the beginning of the San Carlos AYSO soccer season. Information will be given to the coaches as soon as plans are set. Enjoy!!!!

Soccer Accident Insurance

Soccer is a contact sport and participants are at risk of being injured. AYSO Incorporated has a supplemental accident insurance plan that covers each registered player and registered volunteer for injuries incurred while participating in AYSO activities. The Soccer Accident Insurance (SAI) *pays only for those eligible expenses not covered by your public, group, or individual insurance.* If you do not have an SAI brochure, please ask your coach to get a copy for you, request one from the AYSO Regional Safety Director or write: AYSO-SAI, 5403 W. 138th Street, Hawthorne, CA 90250.

You should be aware of the steps to take if your boy or girl sustains an injury:

1. If a player is injured at practice or at a game, notify the coach and the referee (if present) immediately.
2. If the injured player needs medical attention, seek medical care immediately.
3. Coaches and referees will report any injury to the AYSO Regional Safety Director. Our Safety Director will assist the parents or guardians with making an SAI claim.
4. All injuries must be reported to the National office within 90 days of the injury. It is imperative that all accidents be immediately reported to our Regional Safety Director.
5. In order to make an SAI claim, you must first make a claim for payment to your family's insurance carrier or to your employer's group medical plan.
6. Following any injury claim, a release form is required before the player may return to play.

AYSO Coaching Clinics

San Carlos AYSO offers instructional coaching clinics to help develop new coaches and improve the quality of coaching in our soccer program. Positive Coaching/Safe Haven, U6, U8 and U10 clinics are scheduled every year, and there is no fee to attend. Youth (U12), Intermediate and Advanced clinics are offered periodically. Experienced certified coaches teach all clinics. Other local AYSO regions also offer a variety of coaching clinics at convenient times.

The Youth Coaching Clinic is a five -hour course that introduces soccer theory and eleven-a-side play. The clinic covers the basic rules and laws of soccer, positions and systems of play, drills and techniques needed to run a fun and organized practice, and preparations for a game.

The Intermediate Coaching Clinic is a 15-hour course over a three-day period of time and is offered to coaches with 2-3 years of experience. It is specifically targeted for coaches who have completed the Youth Coaching Clinic. This clinic covers more advanced drills and teaching techniques as well as coaching strategies during a game.

The Advanced Coaching Clinic is an 18 hour course for Under 14 through Under 19 division coaches who have 3-5 years of experience and have completed the Intermediate Coaching Clinic. This clinic builds on the individual skills taught in the Youth and the group play taught in the Intermediate Clinics. It focuses on the coaching techniques of observations and evaluation, on tactical decision making, and dealing with the older aged player. It utilizes small group play to create match pressure situations to work on advanced topics like combination passing, functional training, and set plays.

AYSO believes that coaches who attend these clinics not only improve their abilities, but will also have more fun. Schedules for San Carlos and other area coaching clinics are available, please contact the Chief Coach, and check the web site.

The Regional Board

AYSO Incorporated is a non-profit corporation run by the Executive Director and the National Office Staff under the direction of the Board of Directors. A Regional Board appointed by the Regional Commissioner administers region 107, San Carlos. Members of the Board are responsible to the Regional Commissioner for the Region's operation and, like the Regional Commissioner, serve in a volunteer capacity. Board meetings are held the second Wednesday of each month, usually at Trinity Presbyterian Church at Brittan and Alameda. If you are interested in how our league functions, please feel free to attend. Some positions on the Board, and a brief description of some of the duties are listed below:

Regional Commissioner

The Regional Commissioner (RC) has the responsibility to conduct the day-to-day business of the Region within the framework of the National Bylaws and Rules and Regulations, and the Region's guidelines. The Regional Board assists the RC in implementing these guidelines.

Assistant Regional Commissioners

The Assistant Regional Commissioners shall work with and assist the RC in the daily management of the Region and fulfill the obligations of the RC in his/her absence.

League Directors

League Directors preside over and administer the Girls' and Boys' Leagues for all divisions. They recruit the staff necessary to operate the leagues.

Field Director

The Field Director is responsible for obtaining and maintaining the playing fields. He/she shall ensure that goal posts and corner flags are provided for each game and that they are properly protected at all times. He/she shall also ensure that the fields are properly lined.

Purchasing Director

The Purchasing Director shall be responsible for purchasing uniforms and equipment such as trophies and sponsor plaques, as may be needed from time to time by the Region.

Treasurer

The Treasurer has custody of all funds, securities, evidence of indebtedness, and other valuable documents, and shall deposit funds and securities in the name of and to the credit of the Region in a bank or depository. The Treasurer keeps in appropriate books an accurate account of all money received and paid out.

Secretary

The Secretary takes and publishes minutes of the Board meetings, assists with correspondence, and maintains the directory of Board members.

Registrar

The Registrar is responsible for placing advertisements to notify the community of registration dates, distributing registration flyers to homes and schools, and mailing pre-printed registration forms. The Registrar is responsible for the proper registration of each member in the Region on appropriate official AYSO Registration Forms, the mailing of such forms to the National Office, the dissemination of the other copies of such forms as required, the collection of the registration fees, and the turning over of such fees to the Treasurer.

Regional Coach Administrators (Chief Coach)

The Regional Coach Administrators are responsible for obtaining, training, and supervising all coaches in the Region. He or she disseminates information when appropriate to assist the local coaches. The appropriate Division Coordinators and League Directors assist the Chief Coach in selecting and supervising coaches.

Regional Referee Administrator

The Regional Referee Administrator is responsible for obtaining and supervising all referees in the Region. He or she recruits new referees and equips all referees with uniforms and supplies they need to carry out their duties.

Sponsor Directors

The Sponsor Directors are responsible for obtaining team sponsors for the league.

Division Coordinators

The Division Coordinators are responsible for communications between the teams and the Board, with the assistance of the appropriate League Director. There are Division Coordinators for each age grouping in the Boys' and Girls' Leagues. Coordinators are the initial point of contact and decision making for coaches, parents, and players regarding issues and concerns within their division. Coordinators are responsible for maintaining standings, obtaining coaches, encouraging coaches to attend clinics, obtaining player ratings, emphasizing positive coaching and sportsmanship and helping to assign team sponsors.

Safety Director

The Safety Director (SD) is responsible for gathering all data related to an accident/injury. Further, the SD reports all injuries, as required, to the National Office. The SD assists the parent/guardian in the processing of all program-related SAI claims. The first contact for any injury resulting from soccer practice or games must be your coach. The parent and the coach can then contact the SD to start the process.

Indoor Tournament Director

The Indoor Tournament Director will work with other nearby Regions to organize an Indoor Tournament that take places at the end of the regular Fall season. This will include securing facilities, scheduling the games, obtaining referees, and maintaining the standings during the tournament.

Child and Volunteer Protection Advocate

The Child and Volunteer Protection Advocate is responsible for promoting and implementing the AYSO Safe Haven program. He/She will work with the Registrar to insure that all volunteers complete, date, and sign the AYSO volunteer application form and its authorization to perform applicant screening, and be the screening liaison with the AYSO National Support Center.

Other Members

Our Regional Board is made up of volunteers in these and other positions. All members are instrumental in running the regional AYSO program and are an important part of our volunteer network.

Website Information and Contacting Us

If you want to be up to date on the latest happenings with San Carlos AYSO, please visit our website at: <http://SanCarlosayso.org>. It is very informative and will allow you to track the latest posted developments.

To contact us by mail (we check the P.O. Box occasionally):

San Carlos AYSO

PO Box 1462

San Carlos, CA 94070

2005 San Carlos AYSO Board of Directors

		CONTACT	
POSITION	NAME	NUMBER	E-MAIL
Commissioner	Rob Holden	592-5056	rob.holden@the-private-bank.com
Commissioner Emeritus	Raymond Merala	598-9617	rmerala@piziali.com
Commissioner Emeritus	Barbara Billings	592-5815	babillings@pacbell.net
Culture Coordinator	Brad Lewis	556-1958	blewis@pixar.com , aylewis@comcast.net
Registrar	Tim Gordon	591-5781	mitnodrog@msn.com
Boys League Director	Dan Hoffman	631-7969	dhoffman@netapp.com
Co-Girls League Director	Chris Thane	598-9492	ctcthane@earthlink.net
Co-Girls League Director	Brad Driver	593-9832	bradcolemariah@earthlink.net
Treasurer	Barney Mooney	367-1760	barnmooney@aol.com
Secretary	Leane Moore	892-8514	leanemoore72@hotmail.com
Auditor	Anna Lippi	593-5757	alippi@mindspring.com
Scheduler	Steve Lippi	593-5757	slippi@seq.org
Community Relations	Rod Lehr	591-1947	rod.lehr.b79z@statefarm.com
Chief Coach	Bob Cook	450-1120	bobcook@pacbell.net
Special Projects	Chris McKay	593-0101	cmckay@cisco.com
Referee Administrator	Diane Palme	631-2970	diane@trub.com ; dspalme@yahoo.com
Director of Referee Instr.	Carlos DeMarchena	368-3521	carlos.demarchena@sumcousa.com
Referee Scheduler	Regina Lewis	556-1958	ayregina@comcast.net
Dir. of Ref. Assessment	Bob Miller	593-2464	bobwmiller@comcast.net , bob.miller@mercer.com
Field Director	Will Stambaugh	280-5603	cchwill2002@yahoo.com
Sponsor Director	Frank Rodriguez	366-5712	hoopsoul@rcn.com
Safety Director	Marianne Camous	654-5516	camous@earthlink.net
Purchasing Director	Stanley Johnson	593-7292	kksks@sbcglobal.net
Purchasing Asst.	Cindy Oliva	591-4146	cinbad68@comcast.net
Technology Advisor	Dana Rasmussen	637-1170	dana@rasmussen.us
Picture Coordinator	Francine Lopacinski	637-1705	lopacinski@fr.com
Prof/College League Liason	Alex Leibovich	592-4289	avlfc@pacbell.net
Appreciation Event Coord.	Maureen Garrett	592-6535	garrett5@sbcglobal.net
Indoor Director	Lisa Allen	594-4828	scallen4@aol.com
Winter League	Michael Lipinski	593-7480	lipooner@aol.com
Yearbook Coordinator	Robin Mendoza	802-9356	mrlapin@pacbell.net
Soccerama U6 - U10	Will Stambaugh	280 5603	cchwill2002@yahoo.com
Child & Vol. Protect. Adv.	Greg Cattermole	592-3850	gcatterm@carcionelaw.com
Asst. Child & Vol. Protect. Adv.	Josh Bentley	594-4200	joshuabentley@sbcglobal.net
BOYS COORDINATORS:			
Under 19 & Under 16	Michael Lipinski	593-7480	lipooner@aol.com
U19 Assistant	Cindy Oliva	592-4146	cinbad68@comcast.net
Under 14	Antonia Lindsey	596-8832	antonia.lindsey@usa.net
Under 12	Greg Gehlen	595-8574	greg@gehlen.com
Under 10	Gene Shimshock	637-7995	gene@shimshock.com
Under 8	Doug Appleton	218-1228	doug_appleton@sbcglobal.net
Under 6	Charlie Pederson	631-8480	cpederson@pacclub.com
GIRLS COORDINATORS:			
Under 19 & Under 16	Michael Lipinski	593-7480	lipooner@aol.com
Under 14	Chuck Gillooley	595-2599	chuckg32@comcast.net
Under 12	Chuck Gillooley	595-2599	chuckg32@comcast.net
Under 10	Jim Loucks	591-8547	docloucks@sbcglobal.net
Under 8	Karen Boe	598-0667	luvselmos@yahoo.com
Under 6	Chris Woo	593-7371	chris.woo@invesmart.com
Area Director	Ken Rhoads		Kenrhoads@sbcglobal.net

2004 SPONSORS

On behalf of all of the participants in San Carlos AYSO, we wish to thank our family and business sponsors for their generous support during the 2004 season. Their support represents approximately 15% of our total annual budget which helps immeasurably in keeping AYSO Soccer more affordable for all of our families. When you are looking for new services within our community, please remember to patronize the following businesses when you can, and let them know you appreciate their donation to our soccer program.

A Tavola Restaurant
Aguilar & Associates
Airport Auto Parts
Alex Lehr - Lehr Real Estate
Allergy and Asthma Consultants
Allwood Construction
Andrew Hirsh & Nina Brooks
Archadeck of Santa Clara Valley
Artizen, Inc.
Bay Area Custom Homes
Bay Reprographic Supply
Bayside Insurance Services
BCA Structural Engineering
Bevilacqua & Sons, General Contractors
Bianchini's Foodville Market

Bridge Bank

Broken Spoke
Brosnan Family

Cabinet World

Cabinet World
Cardiovascular Medicine and Coronary Interventions
Carstens Realty
CEO Construction

Chico's Bail Bonds

Cool Balls
COSTAR
D & J Tile
Diane Cantwell

dpw, inc.

Dr. Eugene E. Spector
Driver Group

Drs. Hong & Stasko - Optometry
Equilar, Inc
Galvez Construction

Gnatus Dental Laboratory, Inc.
Gonzalves & Stronck

Graphic Imagery, Inc

Gregory Cattermole, Attorney at Law
Hot Water, Inc.

Infinity Press

J. M. Trucking
Joseph Woo - State Farm Agency
John Groff & Margaret Thatcher
Joseph V. Dalli, CPA
Josh Bentley Attorney At law

JS Design Construction
La Hacienda Mexican Restaurant

Laura Bertolacci - Re/Max Today

McMahon Law Group
Sanders Family
Michael Cacci - General Contractor
Michael Henderson -Henderson Consulting Group
Mobius Venture Capital

North Coast Engineering
Paragon Technical Inc.

Pizza and Pipes

Plumbing & things
Prime Capital, Inc.

Redwood City Insurance Center

Reign Financial - Kevin P. Clay

Reza Oliyai

Richard & Janet Hart

RNC Construction

Robert J Padreddi - General Contractor

ROSCA
Saffron Indian Bistro

Shari Edwards - Chicago Title

Simpson Roofing
Skinny Sippin and Vigil Coffee

Smelly Mel's Plumbing Contractors

Stan Konrad DDS

Stanford Investment Group

**Chris Frangos -
Coldwell Banker
Coast to Coast
Development
Cody Brock, Inc.
Cook & Associates
Sliwkowsky Family**

**Law Offices of David T.
Moutoux
Leeward Investments
Lucia Skinner
MacCorkle Insurance
Service**

**Technology Credit Corp., Larry
Clark
TEK Elements
The Ostertag Family
Wageworks
Vargo Family**