



BEEKMAN YOUTH SOCCER CLUB, INC.

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POUGHQUAG, N.Y. 12570

Website: www.beekmansoccer.com

Hotline: 223-2840

Member of
East Hudson Youth
Soccer League
www.ehysl.org

Affiliated with US Youth
Soccer Association
www.usyouthsoccer.org

Fall 2005 BYSC Information Sheet

General

You have joined your youth soccer player in either the in-house, intertown or travel program of the Beekman Youth Soccer Club. Welcome to the club and the 2005/2006 seasons! This information sheet explains some basic information that you, your participant, and your family should know to get the most out of your experience and contribute to the success of the club.

The Beekman Youth Soccer Club is a club, in the long tradition of soccer clubs throughout the world and is as strong as the effort expended and the commitment given of the parents, coaches, directors, and board members. It's run completely by volunteers. We joined and are involved because of the passion and excitement the sport brings out in us, the desire to share that with our children, and the opportunity it provides our Beekman youth to grow and take part in the game.

For up-to-date information about the club, check the website at www.beekmansoccer.com and the hotline at **223-2840**. Everyone is invited to the club meetings held on the 2nd Thursday of every month at the Beekman Recreation Center.

In the BYSC, youth players are registered in either the 1) recreational in-house/intertown program or the 2) travel program. The objective of the in-house and intertown program is to provide a fun and rewarding soccer environment and experience for as many Beekman players as we can so that they want to play the game and be involved with soccer for a long time. The travel program is meant for those players who are more serious about soccer, want to improve their skills to a higher level, and are interested in tougher competition.

Players must try out and be accepted to play in the travel program.

The club registered 540 in-house and intertown players in the 2004/2005 soccer year and about 130 others on travel teams. There are over 50 teams in the club and it has nearly doubled in size in a few short years.

How it Works

The soccer year starts in the fall, usually on the Saturday after Labor Day, with registrations allowed through late June (June 24th this year). For in-house recreational soccer, there is a fall and spring season, each 8 to 10 weeks long. Tryouts for the travel teams are in May.

Players are assigned to an age group based on their birth date. The in-house program has divisions at the U5, U6, U7, U8 and U9/U10 level. The 'U' means 'Under' and the cutoff date is July 31st. For example, a player has to be under 6 years old as of July 31st, 2005 to play in the Under-6 division this fall, otherwise, they have to play in the U7 (or older) division.

In July, after all the in-house and intertown registrations are received, the number of players at each age group are counted and the number of teams needed are estimated. Coaches are recruited and teams are formed by the director of each age group. An attempt is made to balance the teams by sex and ability so that all the games are challenging and competitive. Uniforms are ordered too.

During the summer, the registrants are compiled and sent to the East Hudson Youth Soccer League with a registration fee and forwarded to the Eastern New York Youth Soccer Association, which is one of the 55 state associations of US Youth Soccer, which in turn is the largest member of the US Soccer Federation, the governing body for soccer in the United States.

During August coaches receive the rosters of their teams and should contact their players to have practices before the season begins. The division directors will

prepare the schedules of games and distribute them to the coaches to give to the parents.

During the summer, some players decide to attend one of the many soccer camps in the area to get ready for the season. New coaches will get with their directors to discuss training.

In the week or two leading up to the start of the season, a call is made for volunteers to lay out the fields and line them, move the goals into position and check the fields and nets. Every season the fields are rotated to prevent bare spots.

In order to better adhere to field sizes recommended by US Youth Soccer this fall, fewer fields of each size will fit at the Town Center location (Clove Valley fields). This means it's likely that not all teams of an age group will play at the same time. That is, for example, not all U8 teams will play at 10:30 every Saturday, a team may play at 9:00 one week, 10:15 the next, and so on.

After you register, you should hear from a coach about your first practice or game by the 4th week of August. If you don't, leave a message on the hot line or send an email to the club secretary.

Final preparations are made at the Thursday club meeting before the fall season begins (which will be September 8th this year). Schedules are reviewed, last minute equipment is distributed, rules are discussed, etc.

The fall season continues for in-house teams until a fall in-house tournament on the last Saturday of the season. The soccer year resumes again in the spring, typically starting the first week of April and concluding with another in-house tournament sometime in June. If you registered for the fall, you don't need to register again during the winter for the spring season.

Getting Ready

Getting to practice is one thing, and is pretty much all you need to do for kids up through U7. At U8 and above though, realize that practice is more directed. Coaches will typically have a lesson plan or purpose for a practice and they count on their players to attend and achieve the particular goal for that session. Activities often require a minimum number of players and if enough players aren't there it can make the practice ineffective.

A coach has relatively little time to spend with the team over a season. An hour or a little more a week isn't

enough to improve your child's soccer skills very much. A coach also needs time to discuss rules, sportsmanship, and maybe tactics for the older ages. Therefore don't expect the coach to check your child's shoelaces, make sure he has a ball, or help the child pump air into the ball. That's not fair to the rest of the parents and players on the team.

If you truly want your child to improve her skills then give her an environment at home where she wants to kick a ball around outside or in your garage or basement, alone or with friends. As parents we're all busy, but kicking a ball around with your son or daughter outside after getting home from work is a great way to unwind and create quality time with your kids.

Get your equipment ready before the season begins:

- **Cleats:** Don't scrimp on quality here. If your son or daughter is uncomfortable while they play they may not tell you, and you won't know why they don't want to go to practice or a game and may even give up on playing. At the very least, cleats that are too big will make them trip and handle the ball poorly. Cleats too small will hurt. Insist on good service when you go buy footwear.
- **Ball:** All players need their own ball. Make sure it's labeled well before you bring it to the field or you'll lose it. When you get to the store you'll see different sizes. U5 and U6 players should have a size 3 ball. Other players should have a size 4 ball until they're U13 or above when they start playing with a size 5 ball. Buy a small hand pump when you buy the ball.
- **Shin Guards:** Don't buy them too small. Check them for cracks and wash them throughout the season. Buy extra black soccer socks too so you're not searching for a pair on Saturday morning.

Practices and Games

Practices are scheduled by the coaches. They are volunteers and schedule practices based their own schedule and the availability of their team. Normally in-house teams will practice once a week.

At home, start getting ready in time to arrive before practice or the game. It's not fair to your child, the team or your coach to arrive late to practice. Go through your checklist:

1. Footwear
2. Shin guards
3. Water

4. Jersey
5. Ball (Is it inflated properly?)

If you do get to the field late help your coach by warming up your child yourself for a couple minutes so she's ready to join the rest of the players in their activity. Don't make the coach stop the rest of the team in the midst of an activity to bring your child up to speed because you were late. Help your coach by talking about soccer on the way to the field to get your player mentally prepared for practice or the game. Ask your child who her team is playing, what skill does she want to improve at this practice or what will be her goal for this game?

Unlike some other sports, soccer is played in the rain and when it's cold. If you're wondering about whether a practice or a game is cancelled, first call the hotline for club-wide cancellation announcements, then call your coach. Fields will be closed in the event of lightning or severe rain or cold, or if playing would damage the fields.

Talk with your coach ahead of time about how to talk to your kids from the sideline during the game. Although yelling from the sideline is usually harmless and fun most of the time at the very young ages, at some older ages it can become confusing, detrimental and embarrassing to the children.

The Beekman Youth Soccer Club in-house recreational games follow the same 17 laws of soccer followed by everyone else in the world, those of the Federation Internationale de Football Association (FIFA), modified as appropriate under guidelines recommended by the US Youth Soccer Association for the age groups in our programs. The following table lists some of the basic modifications to the game for very young players.

Age Group	Players on Field	Ball	
		Size	Duration
U5	3 v 3	3	7.5 min qtrs
U6	3 v 3	3	7.5 min qtrs
U7	4 v 4	4	7.5 min qtrs
U8	7 v 7 or 8 v 8	4	10 min qtrs
U9/U10	8 v 8	4	12.5 min qtrs

As the children progress through the age groups, their attitudes, concerns and motivations change, their skills and fitness improve, and their knowledge of the game gets better. Though every child is an individual, some general characteristics exist at different age groups so the game has different objectives at every age group

that you should be familiar with. Read about them on the BYSC website under the link "In-House Program".

Referees-in-training typically officiate games for the U8 and U9/U10 divisions. Remember that these referees are usually kids themselves getting experience before going on to officiating more competitive games. Besides showing the appropriate level of respect, provide these youngsters constructive advice and help them along. A basic rule of thumb to keep in mind when you address young referees is to pretend you're talking to your own child. The BYSC will show absolutely no tolerance for any abuse of young (or old) referees by parents or players.

Responsibilities of Parents/Guardians

As a parent or guardian of a club member, you agree to:

- Make sure my player arrives at practices and games on time and inform the coach ahead of time if my player cannot attend practice or a game.
- Ensure my player is properly equipped with shoes, stockings, shin guards, shorts and jersey and attired properly as described below in the section "How to Dress for Soccer".
- Help the coach whenever possible, perhaps assisting in practice, or participating - with the coach's agreement.
- Make sure my child's shoelaces are tied securely.
- Provide my child with a ball and check that it's inflated properly before arriving to practice or a game.
- Encourage my child and team but not insult or discourage the opposition.
- Be enthusiastic, yet not critical.
- Acknowledge the opposition's good plays.
- Ensure my child, my family, and I behave in an appropriate manner at practices and games.

How to Dress for Soccer

Jewelry of any kind is not permitted to be worn by players during a game or practice. **Don't** get your child's ears pierced before playing soccer and say they can't be taken out for the game. Referees will not be lenient about removing earrings before allowing a player to play but more importantly, you can't imagine the horror of a ripped earlobe.

Shin guards must be worn during practice and games. They must be worn inside socks and completely cov-

ered by socks. Uncovered shin guards can scratch or cut other players.

- Non-metal cleats are preferred. Sneakers are not recommended.
- A knit or nylon head/ear covering is acceptable. Absolutely no baseball caps are to be worn.
- No hooded or zippered jackets/pullovers/etc. are permitted during games or practice. (zippers can cut, hoods can get caught).
- No jeans or non-athletic pants are to be worn
- On game day, sweat pants are permitted, but must be worn under shorts
- On game day, long sleeve shirts are permitted, but must be worn under the jersey
- The jersey is to be tucked into shorts.

What Else to Do

The volunteers who help the club are the key to its success. Usually parents become more involved as they learn more about the sport and the club. For more details on all of the following, surf the web starting at our own www.beekmansoccer.com.

- Offer to be the team manager. Ask how you can help the coach. Ask the coach if you can run a practice so he can really watch and give specific skill training to individuals on the team.
- Schedule time to play with your kid. Really schedule it - like you'd schedule a meeting for work so you don't put it off. Put it on your calendar.
- Get involved by coming to a monthly club meeting on the 2nd Thursday of the month.
- Make sure there's a wall or net at your house that your child can kick a ball against and have it bounce back. Try it yourself.
- Go to a town meeting, like the board meeting on the 1st and 3rd Monday of the month, or the recreation commission meeting on the 2nd Tuesday of every month. We're dependent on the town for our fields - let the board members and commission members know that your family uses them and needs them kept in shape.
- Buy a high quality soccer ball as a surprise gift.
- Research and sign up for a soccer summer camp.
- Learn the 17 Laws of the Game
- Pick your favorite professional soccer player with your child and follow his or her season.
- Help line the fields.
- Get a free trial subscription to a soccer magazine like *Soccer America*.

- Learn about other opportunities. Make a long-range plan for your kid to develop his or her soccer skills.
- Sign up for a USSF 'F' level or a NSCAA State coaches training course. Both are the most fundamental soccer coaching courses and the material taught is simply good advice and discussion for the parent of any youth in organized sports.
- Learn a soccer move with your kid like the Rivelino, the step over, the scissors or one of many more. Find a move on the web (video) or buy a DVD.
- Come practice with the grown-ups at our weekly pick-up game at Doherty field. Everyone's invited.
- Rank the players on your child's team in your head and think about the reasons you ranked some players higher than the others.
- Become a referee
- If not in the travel program, ask around about it and see if you and your family would be interested. If in the travel program, keep up with Select, ODP, Middlepath, Blackwatch South, and other advanced opportunities.
- Financially sponsor the club.
- Help organize a post-season party for your team.
- Come to the Beekman Cup on October 9th or 10th. Stop by any of the other local soccer tournaments on any given weekend during the spring, summer, fall and winter.
- Read how the Beekman soccer teams are doing by looking in the Thursday 'Players' section of the Poughkeepsie Journal
- Go to a high school, college, or professional game like the Metrostars at Giants Stadium.

Finally

Hopefully, recreational and maybe travel soccer are the first steps in your child's future with soccer. For more than 99% of youth players, the ultimate goal is to simply develop a fondness for the game so that when they're older they continue playing to stay physically fit, make friends, and enjoy an activity with global appeal. Be pro-active with your coach and the club to make the most of your child's membership in the club. Play hard and have fun!