

Antelope Select Season Manual

Antelope AYSO Region 884

Rev. 2018



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Select Soccer

The AYSO Area 2C/2D Select Soccer Program is a Winter/Spring soccer program that provides a higher level of competition than the primary program. By providing a more competitive program for our players we hope to develop player skills to a level not always possible through the recreational program. These players (and coaches) then bring their improved skills back to the recreational program, improving the overall experience for ALL players.

It is important to remember, however, that this program is still a part of AYSO, and therefore is still guided by the same principles that cover the Primary season program. It is important that all teams recognize that good sportsmanship and positive coaching are not set-aside during this season.

This program is governed on two levels, the Area level and the Regional level. The Area 2C/2D Select Regulations specify the rules that manage the program. In addition, each Region may have its own rules and procedures that specify how the teams are to be formed and managed, within the Area rules.

This manual is revised each year prior to the season.

Area 2C/2D Regulations

The Select season draws teams from Area 2C and Area 2D. Each Area includes multiple Regions, although not all Regions will compete in the Select Program.

Area 2C includes the Concord, Stockton, Delta (Rio Vista), MDSA (Mt. Diablo), PHMSA (Pleasant Hill) and Walnut Creek Regions (others may be included as the Area grows).

Area 2D includes Antelope, Davis, Winters, Rio Linda, and Capay Valley (Esparto) Regions (others may be included as the Area grows).

The Area 2C/2D Select Committee administers the Select Soccer Program. The committee includes one Area Select Coordinator from each Area, and a Regional Select Coordinator from each participating Region. The rules and regulations that guide the Select Soccer Program are created by this committee and are included in this manual. Note, however, that the Area rules may be updated after the publication of this manual, as the Area 2C/2D Select Committee.

Area rules supersede Region rules during the Select Season.

Regional Regulations

Each Region specifies its own rules and regulations as to how the local program is run, how teams are formed, and so forth. While each Region is given flexibility in how their Select program is to be administered, the program must still abide by the Area 2C/2D regulations, and those of the AYSO National program.

Antelope Select Program

Antelope AYSO (Region 884) offers a “Select” soccer season open only to players who participate in the Primary season. Select is an opportunity for players to improve their skills in a more competitive environment. A limited number of teams will be formed in each age group, starting with 10U. The Select Committee will determine the initial number of teams per division and gender. Initial teams will be based roughly on 25% of the core season players in a division. A head coach will be appointed early in the core season for the coach to observe play to build his/her team. Player interest is determined during the primary season. Additional Teams in a Division may be formed if there are enough players to fill a roster after the Select Committee approved team has been formed and there is a Select Committee approved coach for the team. All Star teams from the fall season may continue on as a Select Team. Teams formed will participate in a season from January through March against teams from other AYSO Regions. Most teams will continue playing through May or June, traveling to various tournaments.

A high level of commitment is expected from the players, coaches and parents. Select is for motivated and enthusiastic players and coaches. Attendance at training sessions (a minimum of 80%) & participation at all “Home” & Away” games is Mandatory for all players.

This guide is intended to provide our Select Program coaches, participants and parents with important information about the Select program, and about your role and responsibilities as a coach, participant or parent. It is critical that the coaches are familiar with the information in this guide, and adhere to all Rules and Regulations of AYSO and the Select Program.

Please Note that this information is subject to change during the season, if the Antelope Regional Board, Antelope Select Committee, or the Area 2C/2D Select Committee votes to implement a change.

The Select Program and How It Fits within AYSO

The Select Program is designed for developing AYSO players who are committed to improving their skills and playing soccer at a higher level of competition. Select retains the AYSO child-friendly philosophies while at the same time providing a higher level of soccer competition.

AYSO’s Approach to Advanced Play

AYSO nationally sanctions several advanced play alternatives, including Select programs, provided that the children also participate on a primary season team and that these programs are funded separately from the primary program.

Rules for Select

The Select Program is governed on two levels. First, the Area 2C/2D Select Committee issues rules for the overall program, with representatives from each AYSO Region that participates in this program.

Second, Antelope AYSO has established a series of Rules and Regulations developed and administered by the Antelope AYSO Select Committee, under the supervision of the Antelope AYSO Regional Board.

AYSO Select, Antelope

Antelope AYSO Teams are formed in boys and girls divisions in 10U through 14U. Select team formation is guided by a set of rules defined in this document (see “Select Team Formation”).

Overview of Player and Coach Eligibility

Player Eligibility

To be eligible to participate in the Select program a player must participate in the prior primary season by attending and playing in at least two thirds of the scheduled primary season games. The player must play at least two thirds of the scheduled game to count towards eligibility, or, if injured, attend at least half of the game. Players will be required to play/attend at least three-fourths of each scheduled game to have it count towards eligibility. Exceptions to the game requirements may include mandatory school events or other extenuating circumstances and will be reviewed on a case by case basis. Rained out games will count as a game played.

Players are only allowed to participate with a team in the same Region as they participated in during the Primary season, unless the Area 2C/2D Select Committee allows Regions to combine.

Coach Eligibility

To help guide the selection of coaches for the Select program the Antelope AYSO Select Committee has adopted the following policy.

To be eligible to be a Head Coach or Assistant Coach:

- You must be a registered volunteer prior to the Select Season beginning.
- The coach should be certified above the level / age group he/she is requesting to coach.
 - 10U Coaches should be 12U certified
 - The Select Committee may choose to place a coach with a team at the same certification level. This is decided on a case by case basis.
- The coach must complete AYSO Safe Haven
- The coach must complete CDC Concussion Training annually.
- The coach should have completed and turned in a Select Coach Application

Often there will be more applications for coaches than there will be coaching spots available. The Select Committee often has a difficult time in deciding on which coaches to accept. We encourage all interested coaches to apply.

Many criteria are considered in choosing the coaches for the Select teams. The following list shall be used when considering Select Coaches:

- Embraces the AYSO philosophies
- Follows Safe Haven

- Responsible
- Teaching skills
- Soccer knowledge, including the Laws of the Game
- Level of Training
- Organized
- Years Coaching
- Continuing Training
- Current Service
- Past Service
- Child in Division

Team Formation

The Select Committee will hold a player interest meeting to solicit players for the Select Program. Player interest will be collected from roughly October 1 through October 31- The committee may allow a “draft” of players by coaches. The committee also may form the teams and assign them to coaches. Players may be selected based on skill or potential skill, team work, attitude, ability to get along with others and parent participation. Meaning- one player may be selected over another player because their parent is a referee.

The Coach’s Role in Select

Balancing the AYSO Principles and a Higher Level of Competition

The single most important thing to remember is that Select is not “win-at-all-costs”! Every Select coach must recognize and abide by AYSO’s key principles of Everyone Plays, Positive Coaching and Good Sportsmanship! The coach must always balance the desire to win versus the needs of the players to also have fun and be treated well as kids. Remember always they are children and not miniature professional athletes.

Developing Skills and Having Fun

Long after the game scores are forgotten, the players will still retain the skills that they were taught in this program. Skill development, good character through a positive sports experience, and having FUN are the primary things the coach wants to develop in the players. If the players do not have fun, chances are they won’t apply to participate again.

Managing Parents & Their Expectations

Many parents bring challenging expectations to travel sports. The coach’s role is to help manage those expectations to be reasonable. The coach should try to avoid a mentality where the parents see themselves – and the coach – as helping push along their child’s budding “sports career”. Managing these expectations will prevent many problems down the road in handling over-involved parents. Coaches always have a primary responsibility to the players. Parents who interfere with this responsibility may be dropped from the program.

If You Have Problems

The Antelope Select Committee is always available to help you. Don't let problems build, talk to someone from the committee.

Key Things the Coach Must Adhere To

Playing Time

The Antelope AYSO Select Committee encourages all Antelope teams to play every player at least $\frac{3}{4}$ of the game, as we require in our primary season. Try to balance play time as much as possible.

Positive Coaching

Positive Coaching is just as important an AYSO principle in Select as in the primary season. A coach will get the best results, and happiest kids and parents, if he or she practices positive coaching. Constructive criticism is always okay and a necessary part of coaching at this level, but the coach should never verbally abuse or berate players. Remember that these are children!

Teaching Sportsmanship

This AYSO principle is also key in Select. While Select games may tend to have more aggressive play at times than in the primary season, the coach must avoid any tendency to play "dirty" even if the other guy seems to be pushing the limit. Coaches must remember that they are a role model to the kids, and the kids will key on *what they see the coach do* and how the coach behaves.

Balancing Winning Against Skill Development and Fun

No coach, even in the primary season, probably ever walks onto a soccer field intending to lose a match. Nevertheless, you are better off to have well-treated and happy players, than be undefeated at the expense of the kids and their having fun.

Representing Antelope in Other Towns

Whenever a team travels to another community and plays a match, the coach must remember that he/she and the team and parents are representing Antelope AYSO. What they do reflects on the entire organization. Coaches must always maintain good decorum at all times. Antelope AYSO Select Coaches should exude pride in representing the region and should be the "Gold Standard" for AYSO coaching behavior.

Scrimmages/Friendly Games/Pick Up Games

It is imperative that any games (scrimmages, friendly or pick up games involving another team) that are planned in addition to the regularly scheduled game **MUST** be approved and coordinated by the Select Coordinator, Referee Administrator and the Regional Commissioner. This will ensure that appropriate level certified referees are available to referee the game as well as field availability.

Your team will be required to provide at least 2 age appropriate certified referees. Without a referee your game will be CANCELLED.

Required Coach Meetings

An Antelope Coach meeting will be held in (typically) late November. It is imperative that all Antelope coaches attend this meeting.

Team Management

Parent Meeting

The select committee will conduct a mandatory parent meeting just before registration for the select season. This meeting will include an overview of the entire select program along with tournament season.

As soon as possible you should hold a parent meeting to talk about the upcoming season.

This meeting is critical! It is where you communicate and set expectations among your parents about the upcoming season. Plan to communicate your coaching philosophy and objectives for the team as well as any operational information about practices and schedules that you have at that point. Set up a communications routine that you will follow throughout the season.

You will need to discuss the fees and costs of the program, decide on the time and location of practices, and discuss the issue of player (and parent) commitment to the program.

In addition you must discuss the responsibilities that your team will have for field setup and takedown and the select tournament.

This is also the time to discuss the Spring Tournaments, to get an idea of what tournaments your parents are interested in attending.

Parent Volunteers

Your team will be responsible for field painting as well as field setup and/or takedown duties if you are the first or last team on the field. You must also have 3 certified referees at your age level. Without a referee your game will be CANCELLED. Please recruit several parents to handle these jobs.

Player Documentation

You must collect the following items of information to document your players:

You must obtain the official AYSO player ID number for each of your players. This will be needed for picture ID's and any tournament applications. If this information is not provided to you on a copy of your official roster, contact the Antelope AYSO Select Coordinator as soon as is possible.

You must get a signed and completed Medical Release form from the parents of each player. These must ALWAYS be in your possession at any practice, game or other AYSO event. It is a good idea to have a copy of these forms with parent's original signature. Each coach should have a set. You may be asked to present these at any game during the season. You will often be asked to present these at tournaments when you sign in.

YOU MUST have a PICTURE ID card for every player, with the player ID number, birth date, and Regional Commissioner's signature, on the official AYSO card. The Select Committee will supply this card to you. You will need to have these cards for EVERY SELECT GAME and most

tournaments. WE RECOMMEND that when you have your first set of cards completed that you take them to a copy shop and make two color copies of them for safekeeping, as the cards can easily be lost. Laminate them as individual cards (not as one sheet). Make two sets (the original, and one from the copies) and give the backup to the assistant coach.

Rosters

The Select Committee controls your team roster. You cannot add or delete players without permission. There are a number of restrictions on what you can do with your roster. The Select Committee or Regional Commissioner and Area Select Coordinator must approve any changes that might be allowed in advance.

- NOTE that a coach CANNOT drop a player from a team without first discussing the issue with the Select Committee or Regional Commissioner and gaining approval.

ALL players that are added to a team (as guided by the rules above) must have participated in at least two thirds of the prior AYSO primary season and if possible be selected from the alternate list. Exceptions may be allowed in cases of injury but injured players still need to attend games.

Fees and payments

Select Fees vary from year to year.

Select season registration fees will be collected at the Select registration, date, time and location TBA (usually in late November). Checks should be made out to "Antelope AYSO".

All other fees, payments, fundraising and sponsorship monies MUST go through the Antelope Region (884) Treasurer. See "Select Season Contacts" on page 13. The Treasurer will work directly with the coaches and team parent/manager to ensure expectations are clearly communicated.

Select Teams may opt to rent all weather fields for practices, such as Mahany Park, Antelope High School or other venue as deemed necessary by the team. The cost varies by location and is the responsibility of the teams to coordinate. On average it runs about \$200-400 per night to rent the fields.

Training Sessions

Select Teams may start training following registration.

Practice locations are limited in the winter and early spring. We ask that you do NOT use the fields that our games are scheduled on during the wet part of the year. Do not use ANY field if it is wet and muddy. It is difficult to find time to practice during the winter as the day lengths are very short.

Uniforms and Equipment

Antelope AYSO will supply you with the official Antelope Select uniform. Typically you will receive two jerseys of different colors, one set of shorts, and one set of socks, for each player.

DO NOT put the player names on the back of the uniforms! This is not allowed by AYSO National rules.

TEAM EQUIPMENT: Most coaches will have retained their team equipment (soccer balls, goal keeper equipment) from the Primary season. If you need additional equipment contact the Antelope Equipment Coordinator as soon as possible.

Games

Select Games will generally be held on every weekend from early January through late March and in some seasons, though the end of May. One weekend will be skipped for the AYSO Section meetings/roadshows. The season may end with the Select Tournament in late March, although many teams continue to participate in tournaments.

AT HOME GAMES if you are the first game on the field you will be responsible for field setup. NO ONE ELSE will **DO** it – **you** are responsible. If you don't know how to set up a field, contact the Select Coordinator.

If you are the LAST team on a field you are responsible for FIELD TAKEDOWN. If you do not take the field down properly you will be called out to do the job later that day, or your future home games may be cancelled.

IF THERE IS RAINY WEATHER – if you are scheduled to play in Antelope, check the Antelope website at www.antelopeayso.org or call 491-2529 to check on field conditions on Friday night. PLEASE DO NOT HAVE every parent call – have the coach or team manager call only. If too many people call it ties up the phone lines and makes it difficult for people to get through. If the games are cancelled, call your opposing coach (you will have a coach list of all teams) and let them know that the game is cancelled. You may find that the decision is postponed to Saturday morning – call that number (do NOT call anyone at their home number, the decision will be posted at this number FIRST). If you are scheduled to play in another town then there will be a rainout number for that Region on your schedule.

Conduct during Games

Coaches

Coaching only will be allowed 10 yards to each side of mid field, and only from one side of the field (their team's side). Coaches are to stay behind the touchline at all times, unless called onto the field by the referee. Opposing teams will stay on opposite sides of the field where practical. Home teams will have their choice of sides of the field. At the end of the game, the players and coaches on each team shall line up and shake hands with the players of the opposing team and then the referee and linesmen. Remember, if you're a good winner, be a gracious loser.

All of your games are held in the spirit of good sportsmanship and regard for your game and your opponent. Recognizing that the outcome of a game produces winners and losers, there is however no purpose in running up the score and producing lop-sided victories. Once your team achieves a significant advantage in a game, we suggest that you use the opportunity to rotate players into positions that they don't normally play, give opportunities for your defensive players to play on offense, and work on passing skills. A run-up score does nothing for your team and only discourages the other team.

A good practice is to have the entire team shake hands with the referees after shaking hands with the players of the other team.

ALWAYS SHOW GOOD SPORTSMANSHIP to the other team.

Parents/Spectators

Parents and Spectators are to stay back a reasonable distance from the touchline at the discretion of the referee. Standard FIFA rules shall apply except as designated by AYSO. There shall be no

coaching from spectators on the sideline, and positive comments only will be allowed. Spectators must not come onto the field without referee permission, cannot be behind the goal line or nearer to the goal than the penalty area. It is the coach's responsibility to control spectators and the coach may be asked to do so by the referee. A coach may be cautioned or dismissed for not complying with such a request. The referee can terminate the game if in the referee's judgment the game cannot continue or be played fairly due to spectator or coach behavior. Spectators who continually "Coach" their player from the touchline or who receive multiple warnings from referees for irresponsible behavior will be banned from games until a meeting with the Select Committee has been held and the Committee reinstates spectator participation. The referee shall have the power and authority to discipline and eject players and coaches if their conduct violates the rules of the game, these Guidelines or otherwise interferes with the course of play.

Remember this is a Kids Zone!

Tournament Teams

Most Antelope Select teams will continue to participate in tournaments following the Select Tournament. Although the formal Area 2C/2D Select Season has ended, it is the policy of Antelope AYSO to keep the Select teams together as long as they are participating in tournaments. Our goal is to keep all of the Select players involved in the program. The Select Coordinator will distribute information about AYSO approved tournaments as the information becomes available. If your team would like to participate in a non AYSO approved Tournament, you must get approval from the Antelope AYSO Select Committee.

IT IS IMPORTANT TO NOTE that your team CANNOT participate in ANY event unless you have the approval of the Regional Commissioner. All tournaments will require a Regional Commissioner signature.

In some cases a "tournament team" can be formed from primary season players. Typically a coach who wishes to gather together a team of players who were not drafted to a Select team does this. Note that AYSO tournament teams cannot interfere with Select teams, in that you cannot recruit a player from a Select team who is already participating with a tournament team.

Roster Changes for Tournaments

In some cases there are tournaments following the end of the Select season that a Select team wants to participate in, but some of the players on that team cannot attend for one reason or another. This team can temporarily add players for this tournament based on tournament guidelines. You must have prior permission from the Regional Commissioner prior to contacting replacement players for a tournament.

At the completion of the Select Season Tournament, changes in rosters may be made for the following tournament season. The Select Committee or the Regional Commissioner must approve any changes or additions to rosters, even during this period of time.

Select Season Calendar

The list of events here will give you an idea of what to expect, in general terms

Fall Season 2018: Select Coaches will observe core players and begin building a roster.

November 2018: Coaches meeting to review Select Handbook and divide teams if needed for multiple teams in a division

November 2018: Mandatory Parent Meeting

November 2018: Team registration and pictures. Deadline to submit sizes for Select uniforms. The Select Committee will designate the Jersey style design.

December 2018 Antelope Select Coach meeting. All coaches must attend this meeting. This is where you will receive your player ID cards, game cards, rosters, and other important information that you MUST have.

January 2018: First game of the season for U10 through U14.

Select Season Contacts

Position	Name	email
Select Coordinator	Nathan Sweetman	Nathan.sweetman@AntelopeAYSO.org
Select committee	Melissa Valentine	Melissa.Valentine@AntelopeAYSO.oeg
Region 884 Treasurer	Tracie Race	Tracie.Race@AntelopeAYSO.org
Regional Commissioner	Mark Rubick	Mark.Rubick@AntelopeAYSO.org
Regional Coach Administrator	Nathan Sweetman	Nathan.Sweetman@AntelopeAYSO.org
Regional Referee Administrator	Allen Race	Allen.Race@AntelopeAYSO.org
Registrar	Annette Sweetman	Annette.Sweetman@AntelopeAYSO.org
Area 2D Select Coordinator	Mike Dedoshka	aysocomm@gmail.com