

USA of Indiana asks its Commissioners Rec to look after the following: "A commissioner for each age group is responsible for: Coordination of all aspects of age group leagues. Get information to each coach about rosters, schedules, registration, uniforms, trophies, picture taking and distribution, uniform orders and distribution, equipment orders, distribution and collection. Also to help Recreation Coordinator fill all open coaching positions, verify players counts and information, place any additional late registrants, help resolve game schedule conflicts."

If you registered to coach on line, your Commissioner will assign you to coach a team. Sometimes parents check the volunteer box on their child's registration but fail to complete the separate coaching form. In this case, your Commissioner has no idea you want to coach as you are not in their coaching database. Thus, if you want to coach and don't hear from a Commissioner a month before the season, call him/her.

When you hear from the Commissioner, confirm your contact information, especially an email you will check everyday, as your Commissioner and USA of Indiana will communicate with Coaches and parents primarily via email (and website).

Once you get your roster, you must phone each player to confirm email address and contact information and inform parents when & where to meet the first time. Determine what day of the week and time that you'll be holding practice (as a coach, you decide this). Call each player on your roster to let him or her know when the first practice is and where to meet you. The first day of practice is always tricky. It is important to wear distinctive clothing and set a very specific location to meet. We had 100's who were told to meet at the "shelter at NWW." This is not ideal. Give parents a specific field number. Wear a funny hat or pink, etc. It is a very sad look on a child who leaves NWW after failing to find his coach for 30 minutes. We called some coaches on their cell phone to find them. Also be sure to meet & TRAIN ON THE CORRECT FIELD SIZE. We sent u5-u6 kids to the u5-u6 fields to look for coaches only to discover the coach had set up on u7-u8 fields.

Hold your first training session. Afterward, contact any players who did not show. If you're having difficulties reaching anyone, please contact your commissioner. If you have language barriers, please contact USA OF INDIANA Latino Liaison who will help you communicate in Spanish to your families (or vice versa: Spanish language coach who needs help communicating to parents in English). Your commissioner should have sent you TWO VERSIONS OF THE ROSTER: ONE HAS 5 PHONE NUMBERS FOR EVERY PLAYER AND THE OTHER HAS A MAILING ADDRESS. If you are missing one, contact your Commissioner.

Remain vigilant on all Risk Management issues

<http://unitedsoccerallianceindiana.org/aboutus/risk-management> including those posted on Rec page: <http://unitedsoccerallianceindiana.org/aboutus/risk-reminders> "Coach is never to be alone with a single child. Parent of second to last child to be picked up must wait with coach until the last child is picked up."

Stay tuned to email for information regarding equipment, uniforms for new players, game schedules.

All information is posted on the website. Here's some news you can use:

1. Fields Map--this will help you see where our game fields are and where you can meet your teams. Please share this information with your teams so they know where to find you. Make special note of where coaches sit and where parents sit. See MAPS PAGE.

<http://unitedsoccerallianceindiana.org/aboutus/maps-directions>

2. Game Rules: You need to know them so that you can teach them to your players and you may want to keep them with you on game day. See RECREATION LEAGUE PAGE.

<http://unitedsoccerallianceindiana.org/recreation/about-recreation>

<http://unitedsoccerallianceindiana.org/documents/recrules.pdf>

3. Equipment pick up. Don't forget to pick up your training materials including the book of game like activities, plenty of cones to set up a training grid on open turf or to help set up games on a field, and several balls. (Players will forget theirs and you must have a ball for every player at every training session. If you have a child who cannot afford a soccer ball, loan one to him/her for the season (and get another one from USA of Indiana equipment shed).

4. Games are played 3v3, 4v4, 6v6, 8v8. However, be flexible: if your opposing team is short players, loan them a player. Depending upon roster numbers, it is possible some 8v8 games will be played 7v7. It is generally NOT a good idea to play with more players, rather sub more often. Rec soccer is about the kids playing and having fun so make sure everyone plays almost the entire game. Subs are a relatively new thing in Recreation. Your players do NOT need extended rest periods. Sub often.

5. Coaches training: All USA of Indiana Coaches must be Certified by attending the "101" USA of Indiana Coaches Certification Course.

6. More from one of USA of Indiana most experienced Commissioners:

Training fields are first come, first served, and usually two teams use one field. Please be accommodating in this manner. Remember, the kids are watching you—so set a good example. Uniforms are the same as the fall ones, so remind players to dig them out of their closets. Players MUST wear shin guards at EVERY practice and game. Soccer Cleats are optional, and they should bring water.

At your first training session, hold a brief parent meeting. Remind parents of their duties to their Club (volunteer duties) and how the Club is all about the kids learning the game of soccer. Win, lose, or draw, everyone is there to have a good time, learn about soccer, and the life skills of working with all types of people in a team setting.

HAVE FUN! The kids are there to play and enjoy the game, don't put undue pressure on them focusing on winning. NO SCORES ARE KEPT.

Teach your team to listen to the referees and not speak to them must less argue with them. All ref calls are final. (USA OF INDIANA operates the best central Indiana Referee Development Program. All

Refs for the u5-u12 games ARE IN TRAINING!

Additional Information for players:

Team should be on field ready to play at least 10 minutes before game time for stretching and warm ups and referee inspection of players.

Shin guards, soccer shoes, and uniform required for games.

No jewelry of any kind for games or practice.

Bring a water bottle and a ball to games and practice.

Rain alone does not cancel games. Thunder and lightning cancel games.

Check e-mail and USA OF INDIANA website before games or practice for any updates. Parents:

Do not coach from the sidelines during game. Extremely difficult for players to concentrate and play if everyone is telling them what to do.

Do not argue with referee or other team's coach, players or parents. If you have issues talk to Coach.

Snacks cannot be homemade. Healthy snacks preferred.

We do not keep score, we are here to have fun and enjoy the game.

PARENTS MUST BE PRESENT DURING PRACTICE AND GAMES (If you cannot stay please tell me, but be back on time to pick up your kid).

You may use this in many circumstances: "Coaches coach, Players play, Parents spectate, Referees officiate. These roles DO NOT OVERLAP."

Thank you for coaching USA of Indiana!