



## 2004/2005 Parent Guide

# A Quick Reference for Parents

Welcome to CYSA Soccer [www.cysanorth.org](http://www.cysanorth.org)

CYSA welcomes you and your child to a fun soccer season! Soccer, the -fastest growing sport in the United States, is a total team sport encouraging sportsmanship and requiring no special skills. CYSA has soccer programs for all boys and girls under 19 years of age, regardless of race, creed or ability.

### WHAT IS CYSA?

The California Youth Soccer Association was founded in 1968 in Pleasanton as a non-profit organization. Membership exceeds 17,000 teams and 221,644 + boys and girls ages 4-18 in leagues from Fresno-Visalia to Oregon. Competition includes local leagues, state, national and international matches, and Cup competition. Supported by player registrations, league fees and donations, CYSA is affiliated with the US Youth Soccer (USYS), the United States Soccer Federation (USSF) and the *Federation Internationale de Football Assn.* (FIFA).

### Insurance

With a \$100 deductible, CYSA Excess Accident Medical Insurance covers all registered players in a sanctioned soccer game or practice supervised by an authorized official. Coverage includes traveling directly and uninterruptedly between such play or practice and the insured's residence, school or job, and other scheduled group activities directly supervised by an authorized official. For more information, contact the CYSA office.

### Annual General Meeting

The CYSA Annual General Meeting in March allows those affiliated with CYSA the opportunity to review and proposed changes to CYSA's Constitution, Bylaws, and playing rules. Each affiliated league and registered team has a vote.

### Equipment Show

The Equipment Show's numerous vendors include the latest soccer apparel, equipment, fund raising and other general sports-related items. This event includes Coaching, Registration and Referee workshops and the State Cup Draw, for the older age groups.

### Age Groups

<u>AGE</u>	<u>2003/2004</u>	<u>2004/2005</u>
Under-6	8/01/97-7/31/99	8/01/1998-7/31/2000
Under-8	8/01/95-7/31/97	8/01/1996-7/31/1998
Under-10	8/01/93-7/31/95	8/01/1994-7/31/1996
Under-12	8/01/91-7/31/93	8/01/1992-7/31/1994
Under-14	8/01/89-7/31/91	8/01/1990-7/31/1992
Under-16	8/01/87-7/31/89	8/01/1988-7/31/1990
Under-19	8/01/84-7/31/87	8/01/1985-7/31/1988

## SUMMARY OF THE GAME

Two opposing teams try to get a ball between the other's goalposts on a rectangular field. Players can use any part of their body to propel the ball except the intentional use of their arms and hands. The team with the most goals at the end of a given time period is the winner.

## FOR MORE INFORMATION ON CYSA

Call or write to:

California Youth Soccer Association  
1040 Serpentine Lane, Suite 201  
Pleasanton, CA 94566

Phone: (925)-426-5437 925-426-9473 (fax)  
email: [cysaoffice@cysanorth.org](mailto:cysaoffice@cysanorth.org)

## Recreation

This program, by far the largest in youth soccer, emphasizes participation in soccer as a recreational sport that enables children of all ages to obtain the significant social, physical, and personal benefits of playing a team sport in a supportive and nurturing environment.

## CYSA PROGRAMS

**Coaching School** - This nationally acclaimed program teaches the modern methods of teaching/coaching youth soccer. Under the guidance of State Coaching Director, Karl Dewazien, the staff instructors are all United States Soccer Federation licensed coaches.

**CYSA State Cup** - The CYSA State Cup is an open competition for both boys and girls teams leading to annual State Championships in the U11 through U19 age groups.

**Tide America Cup** - The Tide America Cup is a State Championship Tournament for boys' and girls' teams in the U12 through U19 Division IV age groups.

**Chevrolet Association Cup** - The CYSA Chevrolet Association Cup is a State Championship Tournament for boys' and girls' teams in the U12 through U19 Division III age groups.

**TOPSoccer** - This program provides the opportunity for children with disabilities, physical and/or mental, to participate in playing soccer and to be provided the opportunities the game gives for personal, social, physical, and emotional development.

**Olympic Development Program** - This program identifies and trains outstanding CYSA players for the Regional and National Teams, which represent the US in international competition, such as the U17 World Cup and the Olympics.

**Premier Program** - This program is a CYSA state-sponsored, state-level playing league for U16 & U19 boys and girls teams with the highest level of skill. Open to all eligible teams within their districts. Any interested eligible teams should contact their District Premier League Coordinator.

**Referee Program** - The Referee Program offers instruction for entry level officials as well as training and evaluation for advancement. All officials are registered directly with USSF to ensure uniform training and application of the Laws of the Game.

## Tips For Parents

## LEARN SOCCER TOGETHER

Learn the game together. Be as helpful, understanding and patient as you are when your child is learning other skills in life. You are your child's first and most influential teacher/coach. The stimulation and support you provide can help your child gain the greatest possible benefit from participating in youth sports and instill a desire to play soccer. Make this learning experience together as much fun as possible so your child becomes self motivated and improves on his own.

### Before the Game

Maintain your family's routine as much as possible. Keep family conversation "usual" (focusing on the game can cause unneeded stress). Dinner the evening before a game should include plenty of fluids and something from each of the four food groups - milk, meat, vegetables and fruits and Carbohydrates (e.g., breads, cereals, rice, pasta). Carbohydrates provide muscle fuel and energy.

Avoid last minute preparation. Have your child gather his game equipment early, and check each piece to ensure it is clean and in playing condition.

### Game Day

**Eating Tips** - If possible, eat a light meal three hours before the game for proper digestion. The meal should include the four food groups. To provide needed energy, eat more carbohydrates.

**Water Consumption** - Fifteen to thirty minutes before the game, drink up to 20 ounces of water. Get assurance from the coach that more than one cup of water will be provided at half time. After the game, drink plenty of water to re-hydrate.

Arrive at the field before the coach's scheduled arrival time.

### At the Field

When the coach arrives and takes charge, assume the role of spectator and **remain behind the spectator line** (unless otherwise requested by the coach or manager).

### Let Coaches Coach & the Referees Ref!

Sideline instructions may conflict with what the coach has taught and may confuse the players. Your child mirrors your actions and reactions, so set a good example. If you want to raise a good sport, be a good sport. If you feel you can not be an exemplary spectator, consider not attending.

### After the Game

Have your child remain with the coach and the team for any post-game routines.

#### Do

- \* adopt an attitude of support and caring
- \* be positive and calm
- \* point out areas of improvement
- \* let the child lead the conversation
- \* stress effort made rather than results

#### Don't

- \* be disappointed if your child does not want to talk about the game
- \* be negative
- \* brag
- \* be critical
- \* make up excuses

Remember that body language and voice inflection can send both positive and negative messages.

Help your child realize that the importance of playing soccer is **participating, learning, developing and having FUN!**

from *FUNDamental Soccer Parents* by Karl Dewazien, USSF "A" Licensed Coach.

## PLAYER POSITIONS

- (G) **Goalkeepers** prevent their opponents from propelling the ball through the goalposts.
- (B) **Backs** have only the goalkeeper in back of them for support and cover at any particular moment.
- (M) **Midfielders** have backs behind them and forwards in front of them for support and cover at any particular moment.
- (F) **Forwards** have no teammates in front between them and the opponent's goal.

# Codes of Conduct

## PARENT'S CODE

Children have more need for example than criticism.

Make athletic participation a positive experience for your child and others.

Attempt to relieve competition pressure, not increase it. A child is easily affected by outside influences.

The opponents are necessary friends; without them your child could not participate.

Applaud good plays by your team and by members of the opposing team.

Between the exuberance of the winner and the disappointment of the loser we find a person called a referee. They all follow the same creed - to watch every move of every player and to call the game to the best of his/her ability. Do not openly question his/her judgment, and never the honesty of that judgment. He/she is a symbol of fair play, integrity and sportsmanship.

Be kind to your child's coach and officials. The coach is providing a valuable community service by volunteering personal time and money for your child's recreation, often without reward other than personal satisfaction in having served the community.

Parental attitudes at games towards their child, the opposing team, the officials and the coach, influence the child's values and behavior in sports. Sometimes, overly anxious or protective parents bent on immediate success rather than long-range benefits criticize officials and opponents and show disrespect. This inappropriate behavior devalues the sport and creates unnecessary stress for the player. It is not in keeping with the spirit of the game.

## COACH'S CODE

Soccer is a game for happiness.

The laws of soccer should be regarded as mutual agreements, the spirit of which should be respected and unbroken.

Visiting teams and spectators are honored guests.

No advantages except those of superior skill should be sought.

Officials and opponents should be treated and regarded as honest in intention.

Official decisions should be accepted without anger no matter how unfair they may seem. Winning is desirable, but winning at any cost defeats the purpose of the game.

Losing can be a triumph when the team has given its best.

The ideal is the greatest good to the greatest number.

In soccer, as in life, treat others as you would have them treat you.

## **PLAYER'S CODE**

Play the game for the game's sake.

Be generous when you win.

Be graceful when you lose.

Be fair always no matter what the cost.

Obey the laws of the game.

Work for the good of your team.

Accept the decisions of the officials with good grace.

Believe in the honesty of your opponents.

Conduct yourself with honor and dignity.

Honestly and wholeheartedly applaud the efforts of your teammates and your opponents.

CYSA games must provide opportunities for:

Fun, enjoyment and many other recreational satisfactions.

Achievement, recognition and the pursuit of excellence relative to the skill potential, personal and competitive goals, and physical/psychological needs of the participants.

The development of physical, mental, social and emotional fitness.

CYSA neither supports nor tolerates:

That which brings the game into disrepute.

That which results in physical or mental violence.

That which is morally indefensible.

