



Player's Manual 2016/17

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Addison United Soccer Club (AUSC)
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Introduction –

Addison United is a family-based community club built on the love of soccer. We have great players, committed and talented coaches, dedicated team managers, a diligent board, and wonderfully supportive families. We have good people all around us, and we know that because it is one of the first things that people mention when they play with us.

Our ultimate goal is to develop creative, skillful players capable of playing at the highest level. We want our teams playing an attractive and attacking style of soccer. We place a higher priority on performance rather than scoring results. We all enjoy “winning” games, but not at the expense of learning, growing, and developing as players, as teams, and as young people.

We love soccer, and we enjoy young players who also have a love for soccer. If we commit to a player, we need that player to commit to us. We understand that kids find pleasure in more than just one sport, and this is healthy. However, if we are to set a standard, the players must be present at training and games! They also have to be willing to invest additional time on their own building their skills – we want the players to develop a “love affair” with the ball.

Players are not offered positions on our teams to then sit idly on the bench. Every player deserves a fair shot to demonstrate to the Club that they have been improving. We believe in giving all rostered players playing time. We do not guarantee “equal” playing time, but rather “fair” playing time.

In the greatest soccer nations, players do not specialize in positions until around 16 years of age. To fully appreciate the game and its demands, a player should experience every position. It is not uncommon for coaches to shift players frequently to enrich their experience in the game. We ask that parents understand this practice of ours and encourage their children to keep an open mind when it comes to playing all positions.

Sportsmanship and respect for the game and all involved are to be valued above all else. The game cannot exist without an opponent. After a hard-fought match, we shake the opposing team’s hands and mean it when we say “good game.” The game is played under the guidance of referees. We must respect that the referee’s word is final and never seek to break them intentionally. Nothing makes a team look worse than to have its players, coaches, parents, or supporters argue and whine to the referee.

The best players do not play just twice a week, nor do they rely on adults to organize and supervise their opportunities to play. Playing soccer with friends on your own time – in the park, the driveway, an empty field – will make you a far better soccer player than if you just do the minimum required training sessions. We encourage any and all SAFE soccer practice opportunities.

We want people to feel welcomed and valued. Players must have fun and parents need to enjoy themselves as well. We want to know every player on a personal level and want the parents to feel comfortable talking with staff. We want our environment to be enjoyable, challenging, and safe.

Unlike other clubs, we do not invest time in recruiting players. We believe in our philosophy and services and feel that players should have the right to choose their club without pressure or persuasion. We are not in the business of trading commodities or bidding for the best product; we are here to mentor, guide, teach, and support our young players. Recruiting goes against the concept of ‘player development.’ We never guarantee team placement, playing time, or future college scholarships. We

believe in the philosophy, services, and familial atmosphere at Addison United. We are not going to convince or promise a service to people – we are going to let people make their own choice.

We are a CLUB; we are not an organization with multiple teams going in various directions. There is a Club-wide community feeling, and this Club-wide support is something that is encouraged. We travel to tournaments together, and it is great to see all of our teams supporting each other and cheering on fellow Addison United Soccer Club teams.

We look forward to the upcoming season and are happy to have you as part of the Addison United Soccer Club family!

Who We Are -

Addison United Mission & Philosophy – We are committed to players who have a passion for soccer; we are committed to the development of individuals and teams striving to improve and succeed at all levels of the game. Addison United’s goal is to foster a “love” of the game and to develop insightful and skillful players. We want our players to play the "beautiful game" as Pele called it. We understand that all players are unique in their own special way, and we are sensitive to individual player needs, potential, and development of personal excellence.

We have clear goals and objectives for every age group, with a comprehensive curriculum aimed at maximizing player development. We have adapted our programming to better serve our players in the coming year.

Key Coaching Principles at Addison United Soccer Club -

Technical mastery – Skill development and a mastery of the ball are our priority. We want our players to play the “beautiful game”, but without technical expertise, there are no tactics. We are committed to dedicating time in EVERY training session to help our players improve their abilities, BUT we also expect them to invest time on their own to become better players.

Creating the right training environment – Our goal in training is to build a fun, yet competitive and demanding environment that challenges our players in ways similar to the way that the game does. Players are continually pushed to reach new levels, not taught to be satisfied with their current ability. It is our goal to make the games seem easy compared to training.

Encourage players to play in unstructured environments – In places where soccer is THE sport, players “develop” in the streets or on the beaches. Players like Pele and Johan Cruyff “learned” the game on the beaches of Brazil or the streets of Holland. Addison United encourages players to learn the game on their own and play freely to develop individual skills without coaches and parents telling them what to do.

Time and effort (*what it takes to excel*) – We must inspire players to invest more time on their own, and try to get closer to the 10,000-hour rule. Coaches can easily identify who is putting in extra work and who is not.

Be careful of over coaching – Coaches can sometimes be more helpful to a player’s development by saying less, and allowing players to do more. Coaches are encouraged to keep comments short, simple,

and understandable. Coaches are facilitators that must help players solve the problems that the game presents on their own. Coaches and parents cannot play the game for the kids, so we must encourage young players to think for themselves on the field.

Is winning important? – Eventually, winning is important, but not until kids have developed the tools to allow them to be successful in an environment where the aim is to win. With the younger ages (*9-12 year olds*), the most fundamental tool in soccer is mastery of the ball and the creativity that comes with it. This cannot be encouraged enough. As skills are mastered, the rest of the game becomes easier.

Don't expect games and performances of young players to match that of professional soccer – Addison United coaches want to give players the opportunity to see soccer at a higher level, but we do not expect them to replicate this immediately. We all need to remember that players do not reach their full soccer potential until they are in their late 20s. Development in soccer takes time, persistence, and patience.

The game is the best teacher – Addison United coaches create exercises that replicate game situations and allow players to grow comfortable and confident with the ball. Coaches want to keep it simple and have a progression to training. We do not want to overload players with too many activities. We also don't want players waiting in line for their turn.

Creative games that focus on the qualities of the game – Drills that focus on attacking, defending, dribbling, passing, and scoring goals – are used. We want training exercises to mimic the game so that players will feel confident when they step on the field in a game setting.

Coaches are always learning, too – Our growth as coaches is similar to that of players. As coaches, we are always learning. We try to be creative and look to the game for the answers to questions. We are always reminding ourselves that the game is the best teacher. Addison United coaches want to allow players to learn by experiencing the game – sometimes succeeding and sometimes failing, but always learning, developing, and growing.

Love of the game – Our ultimate goal is to teach our players how a soccer game can be beautiful and pure. If players do not love what they are doing, then why do it? We want players to enjoy the game and are committed to creating an environment that fosters this. We all play a role in creating this environment – players, coaches, and parents.

Role of the Parents -

We are not in the business of telling the parents of our players how to be parents. We are here to mentor better soccer players and help develop their skills. As parents, you can have a positive effect on your child's development, BUT you can have a negative one as well (*whether intentional or not*). Here is how you ensure it is the former:

Trust – It is the central pillar of any relationship. We ask that parents trust us and the decisions we make when it comes to the development of your child. Your child's acceptance means that you entrust them to us.

This time is theirs and ours. Everything we do is aimed at helping your child develop into the best player and person that they can be. The Club values the opinions of our parents – we accept that a parent may disagree with a coach's decision. Usually, these moments occur during games. We ask that you respect

the coach and Club and schedule a time (*a day after the game/decision in question*) to meet to address the issue. You can further respect the coach by not coaching from the sidelines, as this confuses players. Please let the coach do the coaching during games.

Are you a coach, a referee, or a spectator? – The coach is responsible for managing players during games. The referee is responsible for ensuring that the rules of the game are enforced. Parents are spectators, and they are expected to watch the game and cheer not only for their own child but all of his/her teammates. Measure your son or daughter’s success not by wins and losses, but by performances and progress.

Stronger opponents are not to be feared – They are to be learned from. Encourage your son or daughter to view a more robust opponent as an opportunity to improve and learn.

Soccer is a game of a thousand mistakes – This is a favorite quote. Mistakes are a part of the game, and players cannot be afraid to make them. They must not fear to face disappointed parents following a match. If your child has just lost a game, chances are they already feel disappointed. Give them some time and space and let them initiate postgame conversation. You may be surprised by how much more you get from them.

We are all human – We all make mistakes. Sometimes we know when we made a mistake and sometimes we do not. If a parent has an issue, we need to know what that problem is to solve it. We value feedback, and we view constructive criticism as a “gift.” If we do not know what the problem is, then we cannot fix it. We ask all parents to work with us in a constructive way to make the whole experience worthwhile.

We are all in this to have fun – The players are in this because it is fun. That is the bottom line. We exist to provide an environment that is educational and fun. We only ask that you help us do this. A wise coach once said, “The best thing that a parent could say to their child before a match would be 'Good Luck, Have Fun & I Love You.'” Please remember that what a player needs most at a game is their parent, not another coach or game analyzer.

Drop players off and pick up on time – If you are going to be late, please inform the coach.

Addison United Soccer Club would not exist without the support of its parents, and we are grateful for your support. It is important to know that Addison United is a not-for-profit organization and is dependent upon volunteers, donations, and sponsorships for support. The Club strongly urges every family to do what they can to help make every child’s experience better.

Role of the Player -

Addison United Soccer Club exists to help players enjoy soccer and make them better. All players have the opportunity to work with coaches that love soccer. They have all had varying degrees of experience and are all willing to share their experience and talents with the players. Remember that the coaches are here to help you. Be respectful of this and always give your best. Here are some other traits you should follow:

- ✓ Do not forget to thank your parents for giving you the opportunity to play for Addison United Soccer Club.
- ✓ Training is essential to your development and the place you spend the most time. You will get out of training what you put into it, so make sure to work hard and be on time. Those that invest the most into training will be rewarded with the most playing time; it is no secret.
- ✓ Take care of your equipment. Clean your soccer cleats off if they are covered in mud or dry them when wet, rather than throwing them in your bag and leaving them until your next practice. Remember to have appropriate gear and clothing (*keep changing weather in mind – gloves, hat, jacket, undershirt, extra socks, tights*) for training, practice, and games. Remember to bring both uniform jerseys, shorts, and both pairs of socks to all games and tournaments.
- ✓ Maintain good sportsmanship throughout games and training. Remember to shake the hands with the referee and opposing team after the game.
- ✓ All of our coaches are there to help you. If you do not understand something a coach says or does, don't be afraid to ask them to clarify.
- ✓ Training time is a paramount part of your development. Use the time to your advantage, warm up before you get on the field, and start practice promptly.
- ✓ Watch soccer. There are games televised from around the world on a daily basis. Make time to watch these games and see how the game is played at the highest level. Pick a favorite player, watch them, and try to emulate their skills.
- ✓ Harassment or bullying will NOT be tolerated! We are a family, and we must take care of our own. No one is bigger than the Club.
- ✓ Represent yourself, your family, and the Club every time you play. Consider yourself a Club ambassador every time you step on the field, whether it is for Addison United, your school, Vermont Soccer Association/League, etc.
- ✓ School work. No matter how much you love soccer, your education is more important. Make sure you earn the right to play by always doing your very best in school.

The Teams -

Coaches have the direct responsibility of the team. They manage the team as they see fit with input and guidance from the Coaching Directors and Addison United Board of Directors. The following information will set guidelines on how each team will operate during the year, with a month-by-month breakdown of events and activities.

Tryouts & Team Building – Every year, the number of sanctioned teams depends on the number of players registering and the availability of volunteer coaches. Every attempt is made to accommodate as many players into the program as possible. However, sometimes the maximum number of players

allowed per team (**D1 = U12 min. 8, max. 15, U14 – U18 min. 11, max. 22 / D2 = 10 for U8, 14 for U10, 15 for U12, and 22 for U14 through U18**) under the rules established by the Vermont Soccer Association, the governing body for youth soccer in Vermont, can create a situation where not all players can be accommodated. Addison United follows the VSL Divisional Rules and Guidelines: <https://usys-assets.ae-admin.com/assets/980/15/VSL%20DIVISIONAL%20RULES%20AND%20GUIDELINES%202015.pdf>

In cases where there are more players than will fit on a single team, the Club makes its best effort to accommodate all players.

Are there tryouts for Addison United Soccer Club?

We do not have tryouts. However, we do have limited roster spots, and once those spaces are filled, a player may be put on a wait-list until a spot is available. Selection is based on a first-come-first-served basis by date of registration.

Exception: We are reviewing all the PREMIER registrations to determine the team numbers and will be arranging tryouts for those teams with larger numbers that may require reconfiguration. All players will have a team, never fear!

AGE GROUP	6	7	8	9	10	11	12	13	14	15	16	17	18	19
PLAY FORMAT	(4v4)	(4v4)	(4v4)	(7v7)	(7v7)	(9v9)	(9v9)	(11v11)						
Registration Year 2016-2017	2011	2010	2009	2008	2007	2006	2005	2004	2003	2002	2001	2000	1999	1998

AUSC GAME FORMATS

U-AGE	U6 - N/A	U7	U8	U9	U10	U11	U12	U13-14	U15-16	U17+	HS SMALL SIDED
# Players on Field	3 v 3	4 v 4		6 v 6		8 v 8		11 v 11			7 v 7
Max Roster Size	10	12		12		14		22 (18 may 'suit up)	22 (18 may 'suit up)		15
Minimum Needed to Start Game	3			4		6		7			6
Goalkeepers?	No			Yes							
Offsides?	No					Yes					
Field Size in yards	30 x 20	40 x 25		60 x 45		70 to 80 x 45 to 55		100 to 120 x 60 to 75			70 to 80 x 45 to 55
Penalty Areas in yards	None			Goal Box: 16 x 6 Penalty: 24 x 10 Center Circle: 6 yd radius		Goal Box: 18 x 6 Penalty: 14yd out & either side of goal Center Circle: 8 yd radius					Goal Box: 16 x 6 Penalty: 24 x 10 Center Circle: 6 yd radius
Goal Frame	4' x 6' (flags/cones)			6' x 18'		7' x 21'		8' x 24'			7' x 21'
Ball Size	3			4		4		5			
Game Length	4 x 8 min	4 x 10 min	4 x 12 min	2 x 25 min		2 x 30 min		2 x 35 min	2 x 40 min	2 x 45 min	2 x 30 min
Officials	None (coach or parents)		Yes, if available	Yes							

Level of Play - Addison United Soccer Club (AUSC) participates in the Vermont Soccer League (VSL), which maintains three distinct divisions. The selection of which division each team plays in is determined by the coaching staff and is primarily based upon the skill levels of the players on a given team. Historically, the AUSC has primarily registered teams in Division 2.

Division 2 - Division 2 provides a competitive level of play and is open to all member clubs whose teams match this level of play. Commitment for D2 will include travel to Vermont communities that are generally within a 90-minute travel time. The training schedule is to be determined by the individual club or coach, but VSL recommends two training sessions per week for teams competing in D2.

Any member club may at their discretion place their teams in D2, with guidance from the VSL as appropriate. It is highly recommended that clubs place teams in this division based on competitive tryouts or through assessment during winter training and play. The intent of this division is to be competitive at a level just below Division 1. Clubs should consider D2 appropriate for:

- ✓ Teams with players primarily in the older year of the 2-year bracket
- ✓ Teams developing skills and competitive experience just below the level of D1

CLUB and PREMIER Level Description –

After much feedback from parents, players, and coaches, along with numerous extended discussions late into the evenings, AUSC will offer more program options for our players. Our goal is to provide more training after the fall school season through winter for those players who are seeking to develop their skills throughout the school year while continuing to offer our established programs for players who want to focus on soccer only during the spring season. We are confident these new options will help AUSC grow our soccer community and help develop new and existing players to be more competitive in league and tournament games. [Link to the 2016/17 Addison United Fee Schedule](#), and [Addison United Programs, Payment Process/Policies and FAQs](#)

General Descriptions:

CLUB Level - This program will continue as a developmental program running mid-March through June, much like our past spring soccer package. There will be two practices a week, games scheduled through the Vermont Soccer Association, and one Vermont-located Tournament. Uniform jerseys/kits are not included and will need to be ordered through our partner at Soccer.com. For only U8 teams a team t-shirt will be provided by AUSC.

PREMIER Level - This new, exciting program is for the player who loves the game of soccer and wants to be focused on soccer November through June. It is a training program, being offered to those players who are committed to developing their skills after the fall school season through winter, in preparation for the spring season. At the Premier Level, players will have technical training and scrimmages two times a week in November through April: one at VUHS and the other at an indoor fieldhouse facility. This level also will compete in the third session of Futsal. (*AUSC recognizes their players participate in other sport activities during the winter season and will try and work around those schedules.*) During the spring season, there will continue to be two practices a week (*outdoors, of course*), games scheduled through the Vermont Soccer Association, and participation in two or more tournaments (*depending on age group*) in and around Vermont (*TBD*). Uniforms Kits are not included and will need to be ordered

through our partner at Soccer.com. This program will play as Division 2, with the goal of being Division 1 in future years. See below for each age group full description.

U8 (birth years 2009-11) & U10 (birth years 2007-08)	U12 (birth years 2005-06)	U14 (birth years 2003-04)	U16 (birth years 2001-02) & U18 (birth years 1999-2000)
<p>CLUB Level \$135/\$175 (<i>\$50 registration fee included</i>) VSL Spring Season Technical Training begins mid-March Essex Tournament</p> <p>*U8 will receive an AU t-shirt. *U10 uniform jersey not included (<i>additional cost</i>).</p>	<p>CLUB Level \$200 (<i>\$50 registration fee included</i>) VSL Spring Season Technical Training begins mid-March 2 practices/week D-2 or D-3 Team 1 Vermont Tournament *Uniform Kit not included (<i>additional cost</i>)</p>	<p>CLUB Level \$250 (<i>\$50 registration fee included</i>) VSL Spring Season Technical Training begins mid-March 2 practices/week D-2 Team 1 Vermont Tournament *Uniform Kit not included (<i>additional cost</i>)</p>	<p>CLUB Level *U16 only \$250 (<i>\$50 registration fee included</i>) VSL Spring Season Technical Training begins mid-March 2 practices/week D-2 Team 1 Vermont Tournament *Uniform Kit not included (<i>additional cost</i>)</p>
	<p>PREMIER Level \$400 (<i>\$50 registration fee included</i>) Technical Training 2/week Nov-April 3rd Session Futsal VSL Spring Season 2 practices/week D1 (Boys) 3 Vermont Tournaments: Golden Goal, Clifton Park, Weston *Uniform Kit Required (<i>additional cost</i>)</p>	<p>PREMIER Level \$450 (<i>\$50 registration fee included</i>) Technical Training 2/week Nov-April 3rd Session Futsal VSL Spring Season 2 practices/week D1 (Boys), D2 (Girls) 4 Regional Tournaments: Golden Goal, Clifton Park (Boys only), Needham Memorial Day, Weston, Essex (Girls only) *Uniform Kit Required (<i>additional cost</i>)</p>	<p>PREMIER Level \$500 (<i>\$50 registration fee included</i>) Technical Training 2/week Nov-April 3rd Session Futsal VSL Spring Season 2 practices/week D1 (Boys & U18 Girls), D2 (U16 Girls) U16: 4 Regional Tournaments: Golden Goal, Clifton Park, Needham Memorial Day, Weston U17/18: 4 Regional Tournaments: Golden Goal (Boys only), Cap City (Girls only) Clifton Park, Needham Memorial Day, Weston (Boys only), Nordic Cup (Girls only) *Uniform Kit Required (<i>additional cost</i>)</p>

Addison United Soccer Club “Playing Up” Policy –

Addison United strongly encourages players to play only within their age group and discourages playing in the next higher age group. Higher-caliber players playing within their age group have the opportunity to provide leadership to their peers while benefiting from the constraints imposed on the game for players their age. For example, the maximum number of players allowed on the field during games differs across age groups, and the length of the games varies, too. Both are in recognition of the players’ maturation process, as well as the psychological effects of playing with and against players who are the same age.

Exceptions to this policy are at the sole discretion of the Coaching Directors. A player may be asked to attend the tryout/practice for the higher age group, ***if and only if*** there are roster shortages at that higher age level.

Players may not be offered a spot on a team in the next higher age group due to a variety of factors. As such, no explanation will be given if a player is not offered a spot on the team in the next higher age

group and attended the tryout/practice for the upper age group. The player's participation in the correct age group will not be affected.

Typical Season –

Below is the anticipated schedule for training, league, and tournament play. Final details will be announced via email and posted on the website. Fields, practice times and locations, and game schedules will be posted on our website. Be sure to consider the calendar when committing.

Acceptance of a rostered position is a joint commitment between Addison United Soccer Club and the player for the entire season.

Winter Indoor Training for PREMIER players – All teams train twice a week November through April. The winter training schedule is published and posted on the Addison United website in mid-October.

Futsal and Indoor League Play – At this time, AUSC will not be offering Futsal except for those registering for the Premier Level. Premier Level will play Futsal *session III*. Should we have enough interest and players for sessions I, II, and III, we will be happy to help organize an Addison United team for Club Level and PREMIER Level players wanting to play sessions I & II. ***Players would be responsible for paying all additional registration fees.***

Spring Outdoor Training – Finalized by March following field confirmation. Teams will train at least twice a week. Training starts once fields are open, which is sometime in April, and can continue until the last week of June.

League Play - All teams play in the Vermont Soccer League (*VSL*), starting the first of May (*included in team fees*) and last games are played end of June.

Tournaments – Each Addison United PREMIER Level team will attend a minimum of two tournaments, and our U8, U10, and CLUB Level teams will attend 1 tournament, all of which are included in the player fees. All players that commit to playing for one of our teams is expected to attend these events. If a team/player is asked to play in additional tournaments, as determined by the team coach, that were not included in the player's original registration fee, then this will be an extra cost to the parent/player.

- U8 & U10 – Essex Tournament
- U12 through U18 CLUB Level – 1 Vermont Tournament
- U12 PREMIER Level – Golden Goal (April), Clifton Park (May 13-14), Weston (June 17-18)
- U14 PREMIER LEVEL – Boys: Golden Goal (April), Clifton Park (May 13-14), Needham Memorial Day (May 27-28), Weston (June 17-18) / Girls: Golden Goal (April), Needham Memorial Day (May 27-28), Weston (June 17-18), Essex (June 24-25)
- U16 & U17 PREMIER Level – Boys & Girls: Golden Goal (April), Clifton Park (May 13-14), Needham Memorial Day Tournament (May 27-28), Weston (June 17-18)
- U18 Girls PREMIER Level – Capital City (April 8-9), Clifton Park (May 13-14), Needham Memorial Day (May 27-28), Nordic Cup (June 17-18)

Uniforms & Required Equipment –

Addison United Soccer Club Uniform Policy for all Players and Coaches - In October 2015, Addison United Soccer Club (AUSC) redesigned its logo. As AUSC moves forward, we have implemented these changes to create greater unity within the Club. All uniforms within our programs will be the same throughout the Club, including logos and text. Requests to add sponsors must be approved by the AUSC Board.

CLUB Level players - A new uniform kit is not required for Club Level if a player has a uniform available from a previous year. The player must wear the appropriate color shorts and socks for the season.

PREMIER Level players – Uniform kit is required. We are in the second year of a uniform cycle. This means that if you already have a uniform from 2016 spring season with the new logo, and it fits, then there is no need to purchase a new uniform. The player must wear the appropriate color shorts and socks for the season. The full uniform kit is required. Players may not wear shorts and socks that are the right color but are not part of the official uniform kit.

Uniform colors:

Home: White jersey, Black shorts, White socks

Away: Green jersey, Black shorts, Black socks

Games and Tournaments:

Team Players –

- ✓ Every player shall wear the official Club uniform (*appropriate colors*) at each game; shorts, socks, and proper jersey. The player will have socks pulled up, and shirts tucked in at all times from warm-up to the end of the game. Soccer cleats correctly/tightly laced and shin guards on.
- ✓ Injured/non-playing players shall have AUSC jersey on in order to stand/sit with the team on sidelines.

Trainings:

- ✓ No set training uniform. Soccer cleats or sneakers/indoor soccer shoes correctly/tightly laced and shin guards on.

Team Coaches –

- ✓ Team coaches and managers will wear AUSC logo shirt, jacket, or hat.

Uniform Kit - The Club is using Soccer.com as our uniform provider.

The biggest advantages to Soccer.com are the embroidery, screen-printing, and the extras. The Uniform Coordinator will have a roster with each player's number and email address and will enter that info onto Soccer.com. When it is time to order the uniform, an email goes to each family with a link that shows what equipment is required and what extras are available. Each family will place their order at the Soccer.com website from a page customized for Addison United Soccer Club. Your orders are sent to you directly. For uniform questions, [email our coordinator](mailto:email_our_coordinator).

Uniform Prices - All Uniforms Kits are *about \$50-75/player*. **Note that uniforms are required for U10 players and above. U8 players are provided with a team t-shirt (included in registration fee).**

- **Link to Required Uniform:** [Required Uniform](#)
- **Link to Recommended Uniform:** [Recommended Uniform](#)
- **Link to Spiritwear:** [Spiritwear](#)
- **Link to Additional Spiritwear from Mitchell's Screen Printing and Embroidery of Vermont:** [Mitchell's](#)

Required Equipment - Players need to bring with them to all practices and games the following:

- ✓ Soccer ball
 - U8: Size 3
 - U10-U12: Size 4
 - U13 and up: Size 5
- ✓ Water bottle
- ✓ Soccer socks (*both colors, games only*)
- ✓ Shin guards
- ✓ Cleats and Sneakers/Indoor soccer shoes
- ✓ Team shorts (*games only*)
- ✓ Jerseys (*both home and away, games only*)
- ✓ Three season jacket or vest, hat, and gloves (*be prepared for changing weather*)
- ✓ Emergency phone numbers
- ✓ Healthy snack
- ✓ A soccer bag for all the above items is most useful and can be filled in advance to prevent last minute searches for specific items.

Health & Safety –

[RECOGNIZE to RECOVER](#) is U.S. Soccer's comprehensive player health and safety program aimed at promoting safe play and reducing injuries in soccer players of all ages. The program, which was developed with the help of medical experts, will provide coaches, players, parents, and referees with information, guidance, and additional education materials to improve the prevention and management of injuries.

[Athlete concussion guidelines](#)

[Athletes collapse guidelines](#)

[2015 US Soccer Heat Guidelines](#)

[Coaches Concussion guidelines](#)

Heading – The following information is regarding heading for 11-year-olds and younger. This is a USSF MANDATE effective as of January 1, 2016.

The U.S. Soccer Federation is recommending, and the Vermont Soccer Association Board of Directors has voted to require all member clubs and leagues to adopt the new rules as it relates to heading, as follows:

- ✓ Players in U11 programs and younger shall not engage in heading, either in practices or games.
- ✓ Limited heading in practice for players in U12 and U13 programs. More specifically, these players shall be limited to a maximum of 30 minutes of heading training per week, with no more than 15-20 headers per player, per week.
- ✓ Referees should enforce these restrictions by age group according to the specified rules. Referees will not be assessing the age of individual players on the field; they will enforce the rules for the age group.
- ✓ VSA clubs and leagues are free to set their own standards, as long as the minimum requirements outlined above are met. An example of this would be that clubs/leagues can mandate that no heading would be allowed at any time for U12 and below.
- ✓ VSA Travel Clubs need to be aware of the rules that will apply when traveling out of state. Confirm how this rule will be applied with the tournament before the event.
- ✓ In adherence to these new requirements, referees have been instructed by U.S. Soccer of the following rule addition: When a player deliberately heads the ball in a game, an indirect free kick (IFK) should be awarded to the opposing team from the spot of the offense. If the deliberate header occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the point nearest to where the infringement occurred.
- ✓ Modified substitution rules also took effect Jan. 1, 2016, as follows: Any player suspected of suffering a head injury may be substituted for evaluation without the substitution counting against the team's total number of allowed substitutions during the game. Head injuries **MUST** be reported on the referee game report.

Concussions – A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head or body that causes the head and brain to move rapidly back and forth. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If an athlete reports one or more symptoms of concussion listed in the link below after a bump, blow, or jolt to the head or body, s/he should be kept out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says s/he is symptom-free and it's OK to return to play.

[Concussion – Parent and Athlete info sheet](#)

Addison United Soccer Club Certified Athletic Trainer – Addison United Soccer Club is committed to injury prevention and treatment for all our soccer players. We introduced athletic training coverage Spring 2016 at the Vergennes Union High School (*VUHS*). We have contracted with PT360 to provide certified AT (*Certified Athletic Training*) coverage for our soccer athletes twice a week. Service will be available twice a week during spring practice season. A schedule will be posted on the AUSC website. Services will primarily be consulting services for injury evaluation and assessments, concussion management, rehabilitation recommendations, and return to play decisions. Addison United athletes will only be permitted to see the certified AT during the allotted time. Please plan accordingly when coming from another Addison United practice venue. The certified AT will communicate any visit/activity to the player's coach. The coach will talk to the parent.

If parents wish to follow up with PT360, they can contact them directly. PT360 will provide general liability and professional liability for services rendered under the agreement, specifically all services of their PT360 certified AT.

If you do not wish for your child to be seen by our certified AT, please contact your coach.

Vermont Soccer Association/League Insurance – The Addison United Soccer Club is insured through the Vermont Soccer Association/League who is covered through US Youth Soccer. [Standard Youth Soccer Insurance Coverage, What's Covered – What's Not](#)

Parent/Player - Code of Ethics

Parents and players must remember that youth soccer is intended to promote the physical, mental, social, and emotional well-being of the player. Players voluntarily elect to participate. The privilege to attend fosters a responsibility and the realization that each player represents themselves on and off the field, their family, Addison United, and their community. To achieve these responsibilities, each player must:

- ✓ Treat him/herself with fairness and respect.
- ✓ Treat coaches, officials, and opponents with respect.
- ✓ Control his/her emotions at all times and never argue with any coach, player, or official.
- ✓ Follow all Tournament rules.
- ✓ Respect the property and follow the rules of an opponent.
- ✓ Accept decisions that are made and abide by them.
- ✓ Use his/her influence on and off the field to help develop good spectator sportsmanship.
- ✓ Take victory modestly, defeat gracefully, never quit, never swear, bet, or “grandstand.”
- ✓ Keep physically fit by observing proper training rules.
- ✓ Parents and spectators must realize that once the match begins, it belongs to the players – It is imperative that we not take it away from them through our actions or words.

General Guidelines – All players and parents who join AUSC will:

- ✓ Be the appropriate birth year. Register at GotSoccer.com, and be sure your player profile is up to date.
- ✓ Sign a medical waiver form issued by the Vermont Soccer Association/US Youth Soccer and provide insurance information. You must have had a complete physical examination by a physician or a health care facility within the last two years.
- ✓ Have written parental/guardian permission.
- ✓ Adhere to all AUSC policies. Read and understand the Player’s Manual. Agree to and sign the Addison United Soccer Club Player and Parent Code of Conduct/Commitment Form.
- ✓ Report injuries to their coach. Written authorization by a physician is needed for serious injuries.

AUSC has contracted with PT360 to provide certified AT (Certified Athletic Training) coverage for our soccer athletes twice a week during the spring season. Services will primarily be consulting services for injury evaluation and assessments, concussion

*management, rehabilitation recommendations, and return to play decisions. **If you do not wish for your child to be seen by our certified AT, please contact your coach.***

- ✓ Make every effort to attend all training, matches, and AUSC events. It is the player's responsibility to inform the coach if he/she cannot attend.

Alcohol, Tobacco and Drug Policy – Violation of this policy during any club sponsored function will result in the immediate removal from AUSC and forfeiture of all fees. AUSC players shall not:

- ✓ Possess or use a beverage containing alcohol.
- ✓ Possess or use tobacco in any form.
- ✓ Possess, use, consume, sell, or distribute illegal substances or steroids.

Payment Procedures and Policies –

The Addison United Soccer Club Board has approved the fee structure for the upcoming season CLUB Level and PREMIER Level programs. Since the inception of Addison United, our philosophy has been to keep the cost to our players and parents at a minimum. This belief continues. We are proud that our cost is still significantly lower than many of our club counterparts. Many clubs in Vermont have registration fees 50-75% more than AUSC for similar packages. Here is a link to the [2016/17 Addison United Fee Schedule](#) and [2016/17 Addison United Program Descriptions](#)

The registration fees cover the cost of fields and maintenance, coaches training, equipment (*such as nets, balls, paint for the fields, flags, goals*), Vermont Soccer Association fees, insurance, tournament registrations, and much more. Addison United Soccer Club is a not-for-profit 501(c)(3) organization. All of its Board Members are volunteers and do not receive any compensation for their time.

Our new team fees by age group:

Age Group	CLUB Level Fee April-June	PREMIER Level Fee Nov.-June
U8 Boys & Girls <i>(birth years 2009-11)</i>	\$135	N/A
U10 Boys & Girls <i>(birth years 2007-08)</i>	\$175	N/A
U12 Boys & Girls <i>(birth years 2005-06)</i>	\$200	\$400
U14 Boys & Girls <i>(birth years 2003-04)</i>	\$250	\$450
U16 & 18 Boys & Girls <i>(U16 birth years 2001-02 & U18 birth years 1999-2000)</i>	\$250 *U16 only	\$500

Payment Schedule:

- ✓ August 15th - October 15th: Open Registration; \$50 non-refundable registration fee per player due at sign-up to cover VSA fees, GotSoccer fees, and administration fees (*fee is included in total cost of registration*).
- ✓ November 6th: Full Payment Due, *unless automatic monthly installment payment selected (fees apply)*. New registrations waitlisted, \$25 late fee applied to all late registrations.
- ✓ January 15th: No new registrations accepted after this date.
- ✓ March 15th: Paid in full deadline with automatic monthly installment payments by credit card through GotSoccer.

***** Space is limited! First come, first served due to team roster maximums.**

Payment Policies – Payment policies will be strictly enforced. Families can check their balance through GotSoccer. **\$50 non-refundable registration fee covers administrative costs** (*fee is included in total cost of registration*). **All payments are non-refundable after the first Club activity** (*training/practice, game, or tournament*) **is played because we have committed costs for each player: roster space, coaching time, and field rental/equipment**. If families are late with their payment, then a \$25 monthly late fee will be charged to their account, unless other arrangements are established. Players must be paid in full by March 15th unless on a payment plan authorized by the Club. AUSC asks that all families stay on top of their accounts. For more information: [Return of Fees Policy](#)

Payment Processes – Players may pay online through GotSoccer.com. Player's balances can be accessed directly from their GotSoccer accounts. **Pay in Full by November 6th to avoid additional fees**, or make automatic monthly installment payments and pay the total in full by March 15th. If you opt to pay monthly automatic installment payments, there is a \$3 per month installment fee for CLUB Level registrations and a \$5 per month installment fee for PREMIER Level registrations. Using GotSoccer is the fastest and easiest way to keep your family account updated and accurate. This will be the primary way of accepting payments. Families may also pay by check. If a family chooses not to pay by credit card via GotSoccer, then a \$25 handling fee for every payment made by check is added. Please send all checks to the AUSC mailing address – PO Box 181, Bristol, VT 05443.

Unpaid Fees – Players with fees that are past due (+15 days) and have not established a payment plan or requested a scholarship by the due date will be placed in bad standing until their financial obligation has been resolved. A player in bad standing will not be rostered, issued a player pass, or participate in practices and/or games. We ask families to communicate directly with us promptly to work out any financial issues. We do not want to be put in a position to not allow a player to play.

Monthly automatic installment payments are available through our GotSoccer registration. Registrations must be Paid in FULL before March 15th. If you opt to pay monthly automatic installment payments, there is a \$3 per month installment fee for CLUB Level registrations and a \$5 per month installment fee for PREMIER Level registrations.

We do NOT send out mailed statements. Your player's account information can be accessed at GotSoccer.com.

A limited scholarship program is available for families requiring financial assistance. Go to this link for details on scholarships – [Scholarships](#)

Dual - Sports Participation Policy - Student/Athletes tend to be active and engaging individuals. Personal preferences are often hard to make since interests vary. Parental and peer pressure can lead to anxiety about choosing the best activity and performing at the best level for the athlete. This can lead to scheduling difficulties, arguments, and below average performance in activities that should be fun and stress releasing. With that in mind, we would like to provide an easy way for athletes to set priorities and still participate in as many activities as are healthy and fun.

If you are a parent and your student/athlete wants to participate in two or more activities that may have conflicting schedules, discuss the concept of setting priorities and how splitting time and energy between two events can adversely affect their performance in each. Once the priority is set, then discuss the decision with the coaches of each team and discuss whether it is the best interest of the team to have a part-time participant on the team. If everyone agrees, the coach should set expectations about practice time, game time, and set goals for the activity that are reasonable based upon the level of participation.

It is the policy of the AUSC that athletes who want to participate in AUSC activities, (*practices, games, tournaments*), do so with the expectation that they will do so with the mission and philosophy of the club as stated at addisonunitedvt.com.

It is important to note what is NOT COVERED in the fee structure.

- ✓ Monthly installment fees and late fees.
- ✓ All Uniforms (*about \$50-75/player*) are available through Soccer.com, except U8 players who will receive a team t-shirt. We are in the second year of a uniform cycle. This means that if you already have a uniform, and it fits, then there is no need to purchase a new uniform.
- ✓ Spirit gear or team apparel.
- ✓ Lodging, meals, and/or other expenses for travel of players, parents, and family members.
- ✓ Indoor soccer leagues (*Futsal*), except for those who are participating in the Premier program; Futsal session III is included in the program. If teams are interested in playing sessions I and II of Futsal, then the additional *cost will vary depending on team numbers*.
- ✓ Any additional tournaments, Academies, or camps as well as other special training programs not specified in the package description.

Did you know...

Addison United Soccer Club is a not-for-profit 501(c)(3) corporation. Your donation is tax deductible!

Your registration fees cover equipment costs, Vermont Soccer Association fees, Insurance, Referees, Field Rental and Maintenance, and much more. These expenses add up to more than \$58,000 per year!

The Board Members are all volunteers who donate their time to help make our Club healthy and sustainable. If you are interested in joining the Board, please let us know. Self-nominations are welcome and encouraged.

We have numerous Sponsorship opportunities to help keep AUSC affordable to families in our community. Contact us if you or your business wish to support AUSC. (*Sponsorships are tax deductible.*)

Many players do not have the resources to pay the registration fee for club soccer. AUSC offers scholarships to those who qualify. We feel every player should have the opportunity to participate, regardless of financial means. You can make a tax-deductible donation to our scholarship fund!

AUSC sends their coaches to training to help provide our club with the best coaches in the area.

Thanks, and welcome to the Addison United Family!

Addison United Soccer Club (AUSC)

PO Box 181

Bristol, VT 05443

www.addisonunitedvt.com

info@addisonunitedvt.com

**Addison United Soccer Club team policies, fees, and guidelines may be amended from time to time.*