



Volunteer Orientation

Frostburg Rangers – AYSO Region 1090
Fall 2019



Thank You!

- Thank you for volunteering your time.
- Our Region depends on YOU to implement a successful soccer program.



Topics

- Introduction/Background
 - Vision & Mission
 - AYSO's Six Philosophies
- Volunteer Responsibilities
- Coach Expectations
- Safety
- Division-specific Information
- Upcoming Dates/Resources



Region Board

- ***Regional Commissioner (RC)** – Kevin Wagner
 - **Assistant Regional Commissioner** – Vacant
 - ***Registrar** – Jennifer Kahl
 - **Assistant Registrar** – Vacant
 - ***Treasurer** – Amy Phillips
 - **Secretary, Asst. Treasurer & Sponsor Coordinator** – Christy Wagner
 - **Auditor** – Chris Buckalew
 - ***Safety Director & Fields Coordinator** – David Nelson
 - **Assistant Fields Coordinator** – Vacant
 - ***Coach Administrator** – Vacant
 - **Assistant Coach Administrator** – Dean Mulcaster
 - ***Referee Administrator** – Beverly Clark
 - **Assistant Referee Administrator/Referee Scheduler** – Vacant
 - ***Child & Volunteer Protection Advocate (CVPA)** – Jennifer Kahl
 - **Webmaster & Schedule Coordinator** – Dave Neff & Sean Morton
 - **Board Member** – Mark Roque
- *Seven required region board positions**



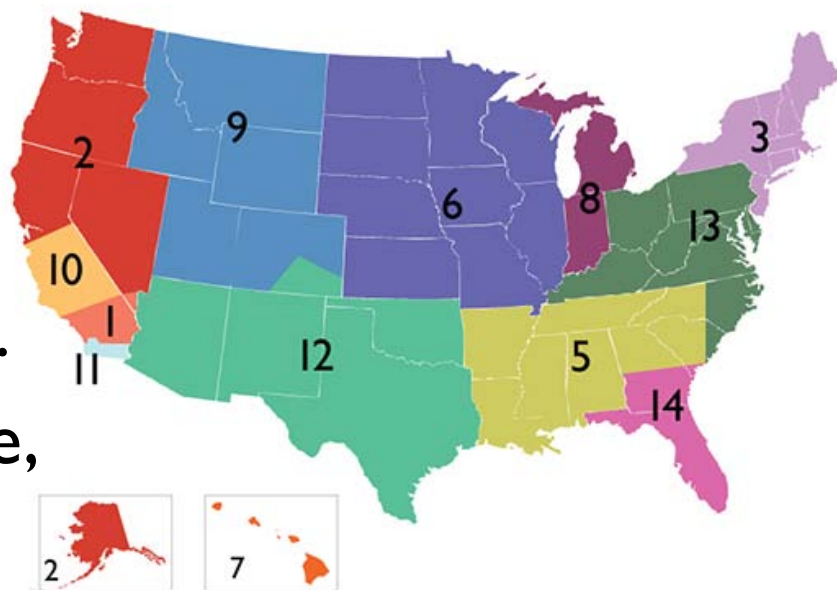
Volunteers Always Needed!

- Referees, Youth Referees, Coaches, Asst. Coaches
- Board Positions:
 - Asst. Regional Commissioner, Asst. Registrar, Asst. Fields Coordinator, Coach Administrator, and Asst. Referee Administrator/Referee Scheduler
 - **New:** [Board Member Incentive Program](#)
- Division Coordinators (ex. 12U, 10U, 8U and 6U)
- Team Parents, Equipment Coordinator, Field liners, etc.



About AYSO

- Oldest national youth soccer program in the U.S.
- Started in 1964 in Torrance, California
- Over 50,000 teams and 400,000 players nationwide
- “The World’s Biggest Soccer Club”
- **Structure:** AYSO National Office – Section (13) – Area (D) – Region (1090)





AYSO Programs

- **Playground:** 3-4 y (we do 3 year olds)
- **Schoolyard:** 4-5 y (we do 4 year olds)
- **Core:** 6-18 y (we do 5-14 year olds)
- **EXTRA™:** 10-18 y, more competitive level of soccer
- **AYSO United:** 10-18 y, club soccer program
- **VIP (Very Important Player):** 5+ y, for kids and adults with physical or mental disabilities
- **Adult Soccer:** 18+ y



Region 1090 Numbers

	2017	2018	2019
No. Players	274	301	232
No. Teams	36	35	26
Playground	0	1	1
Schoolyard	3	6	3
6U	8	6	6
8U	14	10	8
10U	6	8	5
12U	4	3	2
15U	1	1	1



Vision & Mission

- AYSO's **Vision** is to provide world class youth soccer programs that enrich children's lives.
- AYSO's **Mission** is to develop and deliver quality youth soccer programs which promote a fun, family environment based on AYSO's Six Philosophies.



American Youth Soccer Organization

AYSO' s Six Philosophies

- Everyone Plays®
- Balanced Teams
- Open Registration
- Positive Coaching
- Good Sportsmanship
- Player Development



Volunteer Responsibilities

Before you take the field, all volunteers must:

1. Complete a volunteer application on www.aysofrostburg.org
2. Take AYSO's Safe Haven and CDC: Concussion Course on aysou.org





New This Year!

- Enhanced background check through third party, Sterling/Verified Volunteers
- Region will pay the \$25 fee



Coach Expectations

- **Be AYSO Certified**
 - AYSO's Safe Haven
 - CDC: Concussion Course
 - Playground-10U: Available online (www.aysou.org)
 - 12U & 15U: In-person training required
- **Be Prepared**
 - Recruit additional help (must be registered volunteer)
 - 6U-15U: Select practice days/times
 - Communicate with families (practice and game schedules)



Coach Expectations (cont.)

- **Be Prepared (cont.)**

- Coaching manuals (training plans) and videos available
- Ask for help
- Pick-up equipment
- Distribute uniforms
- Always bring first aid kit and player registration forms
- Game day corner flags and bleacher
- Inform Division Coordinator, Referee Administrator (10U-15U) and Webmaster of any cancellations
- 8U-15U: Score reporting (Times-News and Dave Neff)



Coach Expectations (cont.)

- **End on a good note**
 - Organize a team party (distribute trophies)
 - Gather feedback from parents
 - Return equipment at end of season
 - Assist with end of season clean-up day



Referees

- Required for 10U-15U games
- Must be at least 12 years old
- Must complete training
- Work with Referee Administrator
- Referees are not paid, but gifts can be earned
 - [Referee Incentive Program](#)



Team Parents

- Assist coach with distribution of information:
 - Picture day order forms
 - Fundraising information, etc.
- Assist with team communication
 - Phone calls and emails
- Coordinate snack schedule (if team agrees)
- Assist with scoring/submitting results



Parents Code of Conduct

- Support Your Child
- Always Be Positive
- Remember: Your Child Wants To Have Fun
- Reinforce Positive Behavior
- Don't Be A Sideline Coach Or Referee



Players

- Must wear shin guards to every practice and game, no exceptions (Except for Playground)
- Always bring something to drink
- Soccer cleats are recommended
 - Not necessary for Playground
- Jersey, shorts and socks will be provided
 - T-shirt for Playground
- Have fun!



Fields

- 14 fields at Glendenning Park/Frost Elementary
- Contact Dave Neff for scheduling needs
- No dogs on fields during practices or games
- No dogs on Frost fields!
- No smoking/vaping (go to parking lots)





Fields (cont.)

- For 10U, 12U and 15U:
 - Please have coaches and players on one side of field, and spectators on the other.
 - Coaches are also asked to stay on their half of the field.



Safety

- Distribute [Soccer Accident Insurance \(SAI\)](#) forms to all players/parents at first practice
- Keep SAI and Incident Report Form with you at all AYSO events
 - The Incident Report Form is used whenever there is a personal injury, damaged property, or threats of or actual physical violence surrounding an AYSO game, practice, event or property. Coach, official, or volunteer fill form and send to David Nelson.



Safety (cont.)

- Enforce shin guards and jewelry rules
- Confirm that goals are secure (sandbags) before every game/practice
 - Contact David Nelson if there are field problems
- Keep first aid kit with you at all times
 - Contact David Nelson if you need more supplies



Safety (cont.)

- Whenever a player is removed from participation for concussion symptoms or it is known that the player sought medical treatment of an injury or illness affecting the player's readiness to participate a Participation Release Form **MUST** be obtained **AND** medical clearance to resume play **MUST** be obtained (Maryland law).
 - Contact David Nelson for a Participation Release Form



Safety (cont.)

- Lightning/thunder rule
 - Must leave field immediately and return to vehicles for 30 minutes after each lightning and thunder
- In the event of poor weather, please contact opposing coach to decide whether to cancel game. If you decide to cancel, please:
 - Do so at least 1 hr before start of game
 - Contact all players and referee coordinator (for 10U and up)



Safety Contact

- David Nelson, Safety Director & Field Coordinator
301-338-3087 (cell)
dnelson@umces.edu



Important Documents

- Parent/Athlete Concussion Information Sheet
- Incident Report Form
- Participation & Concussion Release
- National Rules & Regulations
- Available on our [website](#)



Playground

- Child development program
- Sessions no more than 60 minutes at a time
- Will likely have one session per week (Saturdays)
- Parent/guardian involvement required

*Welcome to
Our Playground!*





Schoolyard

- Size 3 ball
- 4 vs. 4 (3 vs. 3 is okay)
- Activity and game
- No goalkeeper
- One coach/team on field during game
- **Parent/guardian involvement required**
- Stop for all out of bounds and restart with a throw-in or pass-in
- No heading or slide tackling allowed
- 5 minute quarters



6U

- Size 3 ball
- 4 vs. 4
- Practice for 15-20 minutes prior to game
- No goalkeeper
- Throw-in replaced with the pass-in
- One coach/team on field during game
- Stop for all out of bounds and ball in appropriately
- No heading or slide tackling allowed
- 7½ minute quarters



8U

- Size 3 ball
- 5 vs. 5
- No goalkeeper
- Introduce positions
- One coach/team on field during game (better if none)
 - Coaches referee games
- Throw-ins, goal kicks and corner kicks (retake within reason)
- No heading or slide tackling allowed
- 10 minute quarters



I O U

- Size 4 ball
- 7 vs. 7
- Goalkeeper introduced, no punting or drop kick
- Field size changed last year, [build-out line](#) added
- Games are refereed
- Offside rule (coaches to teach)
- No heading, but slide tackling allowed (coaches to teach proper technique)
- 12 ½ minute quarters



I2U

- Size 4 ball
- 9 vs. 9
- Games are refereed
- Goal keepers can punt
- Field size changed last year
- No heading, but slide tackling allowed (coaches to teach proper technique)
- 15 minute quarters



15U

- Size 5 ball
- 11 vs. 11 (may do 10 vs. 10 with Hampshire County or 9 vs. 9 with 12U)
- Games are refereed
- Heading and slide tackling allowed, but
 - Heading limited to maximum of 30 min./week with no more than 15-20 headers, per player
 - No restriction on heading in matches
 - Coaches to teach proper technique
- 17 ½ minute quarters (shorter quarters with less players)



All Age Divisions

- Substitutions are made at quarters, halftime and for injuries.
 - Any deviation must be worked out by the coaches before the game
- All players must play at least two quarters
 - No player should play three quarters until all players have played two



Coaches: What's Next?

- Complete volunteer application and training
- Coordinate with Dave Neff to reserve fields for practice (two activities per week)
 - 15U-6U: can start Thursday, August 1st
 - SY & PG: can start Thursday, August 15th
- Pick up equipment
- Reach out to your team



Upcoming Dates

- **July 20th** – Field Setup Day, 8 AM-Noon, Glendening Park
- **July 22nd-26th** – AYSO UK International Soccer Camp, 5:30-8:30 PM (fee), Field 3, Glendening Park
 - **July 27th** – Goalkeeper/Striker/Coach Clinic, 9 AM, Field 3
- **August 1st** – 6U-15U practices can begin
- **August 15th** – Schoolyard and Playground practices can begin
- **August 24th** – Opening Day
- **September 7th** – Picture Day (Sept. 11th – Make-up Date)
- **September 15th** – AYSO's Birthday/Wear Your AYSO
- **November 2nd** – Field Cleanup Day and Equipment Return, 9-11 AM



American Youth Soccer Organization

Online Resources

American Youth Soccer Organization (AYSO), www.ayso.org

AYSO Volunteer Resources, www.aysovolunteers.org

Frostburg Rangers – AYSO Region 1090, www.aysofrostburg.org

AYSO Training (need Blue Sombrero username and password),
aysou.org

AYSO Playground Soccer, aysoplaygroundsoccer.org

AYSO Safety First, aysosafetyfirst.org



Find us on:
facebook®



Contacts

- Kevin Wagner, Regional Commissioner (RC)
301-689-3184 (home), kevingwagner@gmail.com
- Jennifer Kahl, Registrar and Child & Volunteer Protection Advocate (CVPA), bbjen4e@gmail.com
- Amy Phillips, Treasurer, eaephillps@comcast.net
- Christy Wagner, Secretary, Asst. Treasurer & Sponsor Coordinator, christymwagner@gmail.com
- Chris Buckalew, Auditor, gcbuckl@comcast.net
- David Nelson, Safety Director & Fields Coordinator
301-338-3087 (cell), dnelson@umces.edu



Contacts (cont)

- Beverly Clark, Referee Administrator 814-521-8431 (cell), blclark94@outlook.com
- Dean Mulcaster, Asst. Coach Administrator, 301-687-1012 (home), 814-279-4075 (cell), mulcaster1@verizon.net
- Dave Neff, & Sean Morton Webmaster & Schedule Coordinator, dave_neff@hotmail.com & smorton@frostburg.edu
- Mark Roque, Board Member, m_r_roque@hotmail.com



Questions?

- Thank you for volunteering, and have a great season!