

MYSC—IMPORTANT INFO FOR MICRO COACHES

Games:

Games start on September 15th and run for 7 weeks.

Coaches and Player Clinics:

Friday Night Clinics will take place at Explorer Middle School, 6:00-7:00pm, on September 21st, September 28th and October 19th. These are IN PLACE of your second practice for the week. Please attend with your teams. Coaches are needed to help run the drills, and we cannot do it without your help. Coaches are asked to arrive at 5:30 to meet with our Micro Coordinator, Austin McKeehan, who will be running the clinics.

Equipment

All teams receive field equipment, game balls, practice balls, pinnies, and a first aid kit. If you are missing something please let our equipment manager, Monica Dyer, know and she will get you what you need. Also, if you use up your ice packs during the season you can get more from our equipment manager.

RMA Clearance

All coaches, assistant coaches, and team managers (or any other parents that will be working with players), must complete a background check every year through WA Youth Soccer's Risk Management Application clearance process. Go to www.mysc.org, hover on the "Helpful Resources" tab, then click on the "Resources for Coaches" drop-down menu – use the link provided to access your background check. Once on the site, make sure to click on the black "REGISTRATION" button at top of page (NOT the left-hand log-in section).

Sudden Cardiac Arrest Compliance

All head coaches and assistant coaches must complete a short cardiac arrest online course EVERY 3 YEARS. This test only takes about 10 minutes to complete. The link is on our website on the "Resources for Coaches" page. You must complete this course and send a copy of your completion certificate via email (eric@mysc.org) or mail it to: MYSC (P.O. Box 762, Mukilteo, WA 98275). Parents have already signed off on the cardiac awareness when they registered online. **We must receive your certificate (and any other assistant coaches) in order for you to receive your uniforms.**

Team Photos

Micro team photos will be at Explorer Middle School on Saturday, 9/22. KIDS Photography will create a schedule, and it will be available on our website. If you need to reschedule call Jim & Debbie Grant at KIDS Photography: (425) 743-9094.

Resources for Coaches

Go to www.mysc.org, hover on the "Helpful Resources" tab, and then click on the "Resources for Coaches" drop-down menu. On Team Connect, you can access your roster, communicate with your team's families and print medical release forms for each player. You must print these forms out, have parents sign them & have at all games and practices.

Practice Field Access

You will get your practice field access passwords at end of tonight's meeting. Once you receive your log-in credentials, go www.mysc.org, hover on "Helpful Resources", then click on "Resources for Coaches". The link is on the next page. Field times/locations are limited, so sign up early for best options! Not all fields are open to all ages—whatever fields are listed when you log in are your choices—no exceptions. Please contact Steven Bullock with any practice field sign-up issues or questions: steven@mysc.org. Once you get your practice times/dates/locations set, you can contact your players.

Game Day Information

Our Micro Coordinator will be putting the game schedules together based on age groups, coach's schedules for older kids' games and coach preference. It will be emailed out and posted on mysc.org. Games cannot be rescheduled. If you cannot attend a game, a parent may sign up as your assistant coach, registering using the same process that you did – register, background check, SCA certification. Parents **CANNOT** fill in for you without registering. You risk your team not being able to play if all volunteers helping your team are not registered.

Contact Players

Please contact each player on your roster no later than August 19th. Log in to your Team Connect to communicate with all family members who are registered/related to your player or use your own email. If you don't hear from the family, please call them. We want to minimize players who fall through the cracks and then want a refund in November!

Uniforms

Uniforms will be distributed in late August (date TBD).

Game Days

- All games are on Saturdays, at Explorer Middle School.
- There are three game times (8:30, 9:30 and 10:30 am). Coaches should plan on being at the field ready to warm-up 15 minutes prior to game time. All games must start on time!
- Each team will have the same game start time all season.
- Games are broken up into 4, 10-minute quarters.
- There are 2-minute breaks between quarters 1 & 2, and 3 & 4.
- There is a 5-minute break at half time.
- Each team will switch direction at half time.

- Teams with earlier game times might be responsible for moving goals and cones around, or putting them away if they won't be reused at later game times. Teams with 10:30 game times are responsible for picking up goals and cones and placing them near the POD storage container. Once the game schedules and fields are created, the Micro Coordinator will email out that information.
- All kids must play at a minimum, 50% of the game.
- Games are 3 vs. 3 with **NO GOALIES!** (Think of it as two forwards and a mid-fielder, create a triangle)
- Kick-off start at the center of the field with one player passing the ball forward to the other player. Kick-off happens at the beginning of each quarter (rotating teams) and after every goal.
- All players must come to the field with the proper soccer attire. (See below.)
- No animals on the field at any time, unless they are a service animal.

Game and Practice Attire

All kids should come to practice and games with the following:

- Loose fitting athletic clothing.
- Soccer cleats or tennis shoes (though with slippery grass better to have cleats).
- Shin guards with socks covering the shin guards. (If the shin guards are exposed the player can't play.)
- Size 3 soccer ball (each player needs their own soccer ball; the coaches will not have enough for 7 players.)
- Water bottle.
- In the event of rain or cold, jerseys must be worn on the outside layer.

Practices

- Practices should be fun!
- Practice time should last no more than 1 hour (45 minutes is okay as well).
- Constantly moving with short breaks for instruction and water.
- Pick a theme for the practice and just coach to the theme – ex. dribbling, passing, finishing, defense.
- Practice throw-ins, corner kicks, goal kicks, and kick-offs in the first few practices.
- Break the practice up into sections – warm up, drill, fun game, scrimmage.
- Warm-up – we want around 100 – 200 touches on the ball in the first 5 minutes of practice.
- Drills – keep them short (10 minutes), keep the kids moving.
- Fun Games – Sharks and Minnows, 1 v 1, 2 v 2, 3 v 3.
- Constantly build up to a scrimmage.

Board Members: If you have any questions throughout the season, below is the contact information for MYSC Board Members.

President:	Eric Christensen	eric@mysc.org	Field Scheduler:	Steven Bullock	steven@mysc.org
VP Operations:	Tam Samaras	tam@mysc.org	Micro Coordinator:	Austin McKeegan	austin@mysc.org
Registrar:	Jamie Wright	jamie@mysc.org	Equipment Manager	Monica Dyer	monica@mysc.org
VP of Coach/Player Development	Kosta Pitharoulis	kosta@mysc.org	Uniforms	Melissa Peterson	melissa@mysc.org
Treasurer:	Kevin Parker	kevin@mysc.org	Referee Assignor:	Vernon Winters	ref@mysc.org
Coaches Rep	Kosta Pitharoulis	kosta@mysc.org	Judiciary:	Gregg Garmire	gregg@mysc.org
Secretary:	OPEN POSITION		Webmasters	Steven Bullock & Brent Strandy	webmaster@mysc.org
Summer Camp Coordinator	Jaclyn Miller	jaclyn@mysc.org	HS Senior Scholarships Chairperson	Jaclyn Miller	jaclyn@mysc.org

ONLINE PRACTICE SCHEDULING INSTRUCTIONS

MYSC uses an online scheduling system for all practices.

- **Your username and password for the MYSC field scheduler were passed out after the meeting TONIGHT! (If you didn't receive it, email Jamie: jamie@mysc.org.)**
- The field scheduler uses different usernames and passwords from any other MYSC system, so please keep track of this unique log-in info.
- To access the field scheduler, go to www.mysc.org, hover on the “Helpful Resources” tab, then click on the “Resources for Coaches” drop-down menu item. Online practice scheduler link is on the next page.
- You can go into the system and see what is available and select/change your choices at any time.
- You are allowed to choose up to two practice times per week.
- There may be up to four teams practicing on the field at the same time. Sections of the fields are not reserved, so you need to rotate between all the teams practicing so everyone can have a chance using the goals. Please work together!
- Log-in info is case sensitive—make sure you are using ALL CAPS as seen in sample below:

Sample Username GROVEFC04	Sample Password 11335999901
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DIRECTIONS:

Go to www.mysc.org

1. Helpful resources tab
2. Resources for coaches
3. Field scheduling login
4. Enter username & password
5. Select first practice location and time
 - select season (Early Season: 8/1-8/31; Mid-season: 9/1-9/30; Late season: 10/1-11/11)
 - select field
 - select times
6. Select second practice location and time if desired
7. Repeat same process for Mid-Season and Late-Season practices.

Thanks again for coaching! Please email our field scheduler, Steven Bullock (steven@mysc.org), if you have any problems getting your practices scheduled or with fields throughout the season.