

IMPORTANT INFORMATION

First Aid Supplies

Replenish your first aid kit tonight! You should have: 25 assorted sizes band aids, 5+ cold packs, eye wash, first aid spray, athletic tape, gauze pads, disposable gloves, wound wipes, antibiotic ointment, etc.

Equipment

All teams need to pick up new game balls at tonight's meeting. (Micro & U8 = size 3 ball; U9 – U12 = size 4 ball; U13 – U19 = size 5 ball.) All new head coaches get a gear bag that includes field equipment.

Practice Field Access

Immediately following the meeting, pick up your username and password sheet. **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 Steve 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. (Directions for field scheduler are in this packet.)

Practice Fields

We work very hard with the Mukilteo School District to get approval to use specific fields for each season. We are only able to use fields listed in the practice scheduler for specific times. If a coach is reported to us for using "unauthorized" fields, he/she will be given a warning. If coach continues to practice at this non-approved field, he/she will be suspended for at least one game and sent to judiciary for further review. Remember that dogs are not allowed on school property.

Contact Players

Please contact each player on your roster no later than July 22nd. If you email families, make sure to ask the families to reply back to confirm they got your message.

- You can also use Team Connect to communicate with all family members who are registered/related to your player if you'd rather use this tool.
- We will open Team Connect to all families on July 22nd.
- If you don't get reply back from a family, please call them. We want to minimize players who fall through the cracks and then want a refund in November.
- You can also add additional family members to your Team Connect by clicking on "roster" on left-hand side, then "add new roster members" at the top of the middle column.

Team Connect

Go to www.mysc.org, hover on the "Helpful Resources" tab, and then click on the "Resources for Coaches" drop-down menu. Find the link in the "Important Links for Coaches" section.

- You must print out medical release forms for each player, have parents sign them & have at all games and practices.
- Team Connect is also where you print out game day rosters for the referee. (Choose this option for printing: "Official Stack Sports Safe Roster." No phone numbers, address, etc.)
- NEW—there is now a "text alert" option on Team Connect. Give it a try for last minute reminders!

Game Schedules

North County Youth Soccer Association creates the game schedules. The schedules will be released on August 31st. The first games are scheduled for the weekend of September 8th. The season runs through November 11th.

Opposing Coach Contacts

All U8 – U19 coaches must call your opposing coach to confirm game time and location. This info can be found on North County Youth Soccer Association's site. Here are directions on how to get the info:

<http://www.ncyouthsoccer.com/schedules/Contact%20Info%20for%20Coach.pdf>

Coaching Clinic

We strongly encourage coaches to attend our coaches' clinic--date and time to be determined.

Rescheduling Games

The only reason for rescheduling a game is due to a school or community activity. You are NOT allowed to reschedule a game if you are coaching another team and the game times conflict. You will need to use your assistant coach for this situation. Please email our president, Eric Christensen (eric@mysc.org), if a game must be rescheduled. **If a game is to be scheduled, the request must be made per the document under “Resources for Coaches” on the MYSC website.**

Sudden Cardiac Awareness Compliance (SCA)

All head coaches and assistant coaches must complete a short cardiac awareness test EVERY 3 YEARS. Test only takes about 10 minutes to complete. The link is on our website on the “Resources for Coaches” page. You must complete this test 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.

Uniforms

Uniforms will be distributed in late August (date TBD). Melissa Petersen is your contact: melissa@mysc.org. If you (or any of your assistant coaches) have not completed your SCA, you will not receive your uniforms until all SCA completion certificates are emailed to: eric@mysc.org.

Rosters and Jersey Numbers

Once you distribute your jerseys, email Jamie Wright (jamie@mysc.org) your players' jersey numbers. She will add them to your roster for you. All jersey numbers must be printed on your official Stack Sports safe roster when submitted to the referee on game days. North County changed their rules this year. If you do not provide an official roster to the referee, you will be issued a “Silent Yellow Card”. That yellow card will be forwarded to NCYSA Judiciary and also to MYSC. Two yellows will result in a red card and suspension. These cards are automatic. The referee **DOES NOT** have to show you the card.

Player Eligibility

Only players listed on your official roster are allowed to play in games or practice with your team. Absolutely no guest players, siblings, “fill-in” players from other teams, etc. (Guest players are allowed to play in our club's annual Turkey Shoot tournament.)

RMA Clearance (Background Check)

All volunteers (coaches, assistant coaches, team managers or other volunteers) must complete a background check every year. 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 RMA clearance. **Deadline 8/1/18. Coaches that didn't do this before the meeting will have their practice log-in credentials emailed to them once completed instead of at coaches' meeting.**

Team Photos

U8 – U19 team photos will be on September 15th and 23rd at Mukilteo Elementary (2600 Mukilteo Speedway). We are using KIDS Photography again this year. Coaches will pick up photo packets when they pick up their uniforms. Once the game schedules are released, the photo company will create a team picture schedule, and we will email it out to all families as soon as we receive it.

Rule Changes for Fall 2018

- U12 Heading is allowed
- U8-U12 read your NCYSA rule books for MOD rule clarification.

Please read your rulebook (included in coaches' packet). Additional rules and information can also be found on our “Resources for Coaches” page—click on “Rules of Competition” link.

Replacement Players

Please contact Jamie Wright (jamie@mysc.org) ASAP if a player does not show up, gets injured and cannot play or quits. We have several kids on waiting lists for certain age groups.

Playing Time

It is a recommended goal that each player will have the opportunity to play a minimum of 50% of the total playing time over the course of the season. All players who regularly attend and fulfill all requirements of turnouts shall be given a chance to play a minimum of fifty percent (50%) of the match unless there are discipline problems. **Players that miss multiple scheduled practices or games may receive less playing time unless cleared by the coach.**

Score Reporting

U10 – U19 teams only: North County tracks & posts your scores. Go to www.mysc.org, hover on “Helpful Resources,” then click on “Resources for Coaches” to access the Coach Contact/Score Reporting option. **MUST REPORT SCORES WITHIN 24 HOURS!**

- **NCYSA Username and Password:** The initial username and password is your division (ex: if your division is U12B2) your initial Username will be U12B2 and the Password will be U12B2. The first time you login, you will be prompted to create a new password that you will then login with for the rest of the season to access coaches’ contact information as well as score reporting. When you login with your password, the system will record any standing you post as being posted by you. You are able to view all your opposing coaches & their contact info. Record scores for every game.

Referee Info

Should you or your players receive a Misconduct (shown a card), this is the process and people to expect contact from or for you to contact for appeals: Referee files a Misconduct report online with North Chapter Referee Association, which is forwarded to NCYSA office Disciplinary Chair to be reviewed by the disciplinary committee. They may decide on it or forward it to Mukilteo Disciplinary (Gregg Garmire) for decision. Mukilteo Disciplinary will contact coach with decision or arrange meeting to discuss.

How to Help

This year MYSC has already gifted \$7,035 in scholarships to needy families (in addition to the coaching discounts). We gladly do it but could use that money for other things. You can help in two different ways.

- Sign up for “Amazon Smile” and make MYSC your non-profit beneficiary. For every purchase you make under Amazon Smile, MYSC will receive a quarterly donation check.
- Do you work for Boeing? Boeing makes a donation to non-profits for your volunteer hours. You can also make MYSC your beneficiary. If you work for Boeing and would like to find out how to get signed up for this program, contact Steven Bullock at steven@mysc.org

Safe Sport Act

A new federal law mandates that all coaches, or youth volunteers must report any sexual abuse cases. MYSC along with NCYSA is working on putting together procedures and processes for meeting this new federal law. For now, if you suspect something, report it to eric@mysc.org. I will forward it onto the necessary authorities. If you fail to do so, you can be held liable.

Positive Coaching Alliance Workshop

NCYSA in partnership with Washington Youth Soccer is providing a one-time FREE class from Positive Coaching Alliance (PCA). PCA is a nationwide nonprofit that has positive coaching of youth athletes at the core of its mission. This offer is being extended to all member clubs of NCYSA: <https://www.youtube.com/user/PositiveCoaching>. Please register by sending an email to ncysa@premier1.net with your name and let them know you are a Mukilteo coach. Get great training in working with your players as well as a free book to use during the season.

Details: Tuesday, August 14th from 6:30 – 8:00 pm at the Everett School District Resource Center (3900 Broadway, Everett 98201)

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 McKeehan	austin@mysc.org
Registrar:	Jamie Wright	jamie@mysc.org	Equipment & Micro Assistant:	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

MYSC Office Phone #: 425-745-4499

Thanks again for volunteering to coach a team this fall. Hope you have a wonderful soccer season!

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.