



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

## **Summerville Family YMCA**

# **Welcome to YMCA Youth Soccer**

Dear Parents,

Thank you for choosing the YMCA as the organization for your child's sports experience. We hope that you and your child enjoy this season and the experience of YMCA sports. The YMCA is dedicated to providing a quality sports experience in a Christian atmosphere while focusing on the development of character in our youth. Our goal is not only to develop the player, but to also develop the person. We communicate and teach the values of caring, honesty, respect, and responsibility. We regard each player and team as winners despite skill level or winning percentage. We work to instill the values of sportsmanship and fair play. Our hope is that you and your team enjoy the fellowship of the game and take with you great memories from your experience with us.

The information contained in this packet is for your review. Please take the time to read through it carefully. If you have any questions, please call us or e-mail us at the contact information listed below.

Again, thank you for your participation in YMCA sports. We look forward to a great season!

Be sure to visit our PlayerSpace site for your schedule, roster, and more at <https://24pondswys.playerspace.com/>

Thank you,

Drew Heschmeyer  
Sports and Programs Director at the Ponds  
843-486-1626  
[DrewH@summervilleyymca.org](mailto:DrewH@summervilleyymca.org)



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## Youth Co-Ed Soccer

### General Information for Parents and Coaches

#### **How and where do I register?**

You can register at any YMCA location or online at <https://summervilleymca.org/register>. Registration ends October 14, 2024. Late registration, if available, will result in a \$15 late fee.

When you register, please indicate any days or times of the week that you CANNOT practice (see practice days/times below). Please make sure to include updated phone numbers and email addresses for our office and your coach to reach out to you. Please also make sure to indicate the division in which your child will be playing.

#### **What does the Y provide and what do I need to provide?**

We will provide your player with (1) team game jersey. Your child will need cleats, socks, shin-guards, a ball, and shorts. Please ask to try on a jersey if you are unsure of the size your child needs. **Any additional jersey ordered will be associated with a \$20 fee.**

The Y does not provide trophies, medals, or team parties. We leave this decision of how to celebrate the season to the coaches and parents and suggest all the parents pitching in as a team to celebrate their child's success in an effort to make it more personable from the coaches!

#### **When will we hear from our child's coach?**

You should hear from your child's coach no later than **November 6th**. If you have not heard from your child's coach by this date, please contact the YMCA Sports Director.

#### **When are practices and games, and when do they start?**

U6 and above: Practices will begin the *week of **November 11th***. Your child will have one (1) or two (2) practices per week depending on their age group. U6 and U8 teams will get one (1) practice a week while U10 teams will get two (2). Practices are Monday through Friday (U6-U10) 5:00pm, 6:05pm, or 7:10pm. This could change based on coach preferences. Please indicate on your registration form what days/times you cannot practice. **While we attempt to honor all requests not all requests can be met.**

Games for U6 and above start November 23rd. Practice will continue as scheduled once games begin.

Micro: This is a Saturday morning only program. The first four Saturdays of the season will be practices; the second four will be games against other micro teams. Practices begin November 23rd and games begin on January 11th. All practices and games for Micro take place on Saturdays only and are located at the Ponds YMCA. Once Micro games begin your team will no longer have practices.

Practice will continue as scheduled once the games begins. **There will be a break from games and practices the weeks of November 25<sup>th</sup>, December 23<sup>rd</sup>, and December 30<sup>th</sup>.**

**No team may practice before November 11th, without consent from the Sports Office.**  
**Please note that any make up games take preference over practices.**  
**Your Coach will be notified when this applies to your team.**



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**\*\*\*\*\*Refund Policy\*\*\*\*\***

A \$15 administration fee is deducted from program refunds, or full credit for another program. Any refunds given 10 days prior to season's start will be subject to a \$15 administration fee plus 40% of the fee paid. **No refunds will be issued once the program has started (first day of practices)**. A \$15 fee will be assessed for any registrations taken after the registration period for the program has ended.

**How can I help my child's team?**

The Y is always in need of three types of volunteers: Head Coaches, Assistant coaches and Team Parent. Assistant Coaches assist the Head Coach in coaching the team. Team Parents help the coach by garnering funds from the other parents of the team to purchase trophies and organize the end-of-the-season party. If you are interested in helping out, let your child's coach know that you are available.

**Interested in becoming a Head Coach or Referee?**

Please contact the Sports Office at 843-486-1626, or by email at [DrewH@summervilleymca.org](mailto:DrewH@summervilleymca.org) for more information.

- **Coaches Meeting**: August 12th at 6:00pm at the Ponds YMCA. For any coaches or anyone who is considering coaching.

**League Structure**

- The league is structured according to the following age divisions:
  - Micro-Soccer: 3 years ONLY
  - U6: 4-5 years
  - U8: 6-7 years
  - U10: 8-9 years

- **Age Restrictions** - Please be advised that age divisions are set up to accommodate players of that particular age. If you wish to move your child up to an older division, we will allow it. However, keeping an older child back in a younger age division is not permitted unless mental or physical limitations preclude a child from participating at their age level. The age cut off for Winter Soccer is November 1st. Micro players must be 2-3 the ENTIRE SEASON. If they turn 4 during the season, they must play in the U6 division.

**Prayer**

Before the start of each game, both teams will gather around the center circle for a prayer. The prayer can be lead by a coach, a player, a parent, or the referee. We encourage you to take part in the prayer by volunteering to lead it, having your child volunteer to lead it, or by taking part in it from the sideline.



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### **Ponds YMCA – Property Rules**

Property rules are put in place in order to ensure a safe, clean, and enjoyable atmosphere for all spectators and players. Please follow these rules and be considerate of the YMCA property and the people around you.

- **NO SMOKING** anywhere on YMCA property- nowhere, PLEASE.
- **NO PETS** are permitted on YMCA property
- **NO ALCOHOL** is permitted on YMCA property
- **NO WEAPONS** are permitted on YMCA property
- **NO SOLICITING** is permitted on YMCA property unless given permission by the Ponds Branch Director.
- **NO SPEEDING** is permitted on YMCA property. The speed limit on YMCA property is 10mph.
- **Adhere to all STOP signs located on the property.**
- Adhere to all NO PARKING signs on the property.
- Adhere to all CAUTION areas located on the property – do not park in or enter these areas. • Please dispose of all TRASH in the cans provided throughout the property.
- Please park in designated parking areas and park in such a manner as to be considerate of others' need to enter and leave parking areas without being encumbered.
- Please report any restroom problems to the staff in the Snack Shack.

### **Rules of Play**

Our referees base their rules, regulations, and procedures of the USSF rules. At the Y, our goal is to teach soccer but also to focus on mentoring children. The goal of the referees is to maintain the flow of the game while teaching when needed. There will be times the referees may stop the game to explain a call or instruct a player on proper play. However, their main objective is to keep the ball rolling and make the appropriate calls. To read the Laws of the Game, see the appropriate equipment (including what NOT to wear), and understand the fouls/penalties better, feel free to visit the official site for referees at <http://www.ussoccer.com/referees/laws-of-the-game>.

***We appreciate your SUPPORT of our referees on and off the field.***

If you have any concerns, please report them to a YMCA staff member located at the Front Desk or to the Sports Director at 843-486-1626, or by email at [DrewH@summervilleymca.org](mailto:DrewH@summervilleymca.org)



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### \*\*\*Rules for Parents to Follow at Games and Practices\*\*\*

It is important for us, as adults, to conduct ourselves in a positive manner in order to create an atmosphere for our children that is conducive to learning, sportsmanship, and development. The YMCA has a **Zero Tolerance Policy** for parents throughout the season. If any of these rules are broken, you will be asked to leave the property immediately. Please follow these rules throughout the season in order to provide the best experience possible for you and your child.

- Spectators/Parents are not permitted to *talk* to or yell at referees.
  - Spectators/Parents are not permitted to stand or congregate behind goal lines or goals or by the team's benches.
  - Spectators/Parents are not permitted on the field of play at any time, unless instructed to by the referee or coach in the case of an injured player.
  - Spectators/Parents should stay a minimum of 3 feet from the sideline at all times.
  - Spectators/Parents are not permitted to use foul language, taunt, or make inappropriate comments about, or gestures toward, other parents, spectators, players, coaches, or referees.
  - Spectators/Parents should only use language that is supportive of the children on the field of play.
  - Spectators/Parents should be supportive of both teams and lend encouragement at all times.
  - **Spectators/Parents are not permitted to engage in any form of physical or verbal confrontation on YMCA property.**
- Spectators/Parents should approach the coach in a professional and respectful manner with questions or concerns regarding their child or the team.

As with any rule, there are of course consequences for actions that are deemed infractions of the rules. Any spectator/parent infringing upon the above stated rules will be subject to the following consequences:

- First Offense – Warning by the referee, coach, or Director. Depending on the severity of the infraction, the spectator/parent may be subject to a ban from the YMCA property.
- Second Offense – Spectator/Parent will be required to leave the YMCA property. Depending on the severity of the infraction, the spectator/parent may be subject to a ban from the YMCA property.
  - Third Offense – Spectator/Parent will be banned from YMCA property.

### Pictures

The photographers will be at the Ponds YMCA on a date **TBD**. Your child's coach will inform you of the photographers' location. You will need to have your child at the photographers' location or the location designated by your child's coach one (1) hour before game time on that particular weekend. If your team does not have a game on your scheduled weekend, you can switch weekends. There are no make-up days for pictures.

We ask that NO parents are allowed behind the photographer's tent and no one should take pictures with phones or cameras. If you do not have a game either weekend, please contact the Sports Office.

### Contact Information

If you have any questions or concerns, please call the Sports Office at 843-486-1626 or by email at [DrewH@summervilleymca.org](mailto:DrewH@summervilleymca.org).



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### **Risk Issues**

**Bad Weather:** In the case of bad weather on a practice night, the YMCA will cancel practice via email and our league PlayerSpace page. In case of a late storm or pop up storm, it is up to the coach to determine if practice should take place or not and to contact their team in the event of a cancellation. The YMCA will not reschedule missed practices.

Unless extreme conditions exist, games may not be called until the game time. Minor weather conditions may result in games being postponed. As soon as cancellations are made coaches will be contacted and asked to contact their team. Information will also be posted on the YMCA Facebook Page and via email. Every effort will be made by the YMCA to make-up cancelled games.

**Lightning:** Activities will be stopped and all people asked to move inside to a safe location when either of the following occurs:

1. Cloud to ground lightning is observed and less than 30 seconds pass from seeing the lightning and hearing the thunder from the flash
2. In the cloud lightning is occurring directly overhead. The outdoor activities can be considered safe to continue 30 minutes after the last lightning is seen.
3. Coaches can make calls on site when the Director is not present.

### **Injury Prevention**

Know the risk factors of the sport specific physical activity that your child is participating in. Make sure that the athlete has the appropriate protective equipment to prevent injury. Help your athlete develop strength, flexibility, and endurance. *Encourage your child to report pain and injury.*

**Warm Up:** Warm up activities are slow sustained stretching exercises, calisthenics and slowly increasing the intensity of motion. A good warm up should increase your body temperature, respiration, and heart rate, followed by stretching muscles with a slow static stretching.

**Cool Down:** Gradually reduces workout intensity. Have athletes walk at a slow rate until their heart rates get near normal. Follow up with light stretching.

**Overuse Injuries:** It is very important that coaches and parents are proactive and ask pointed questions if they suspect an athlete is injured or overly fatigued. Athletes commonly continue to play when fatigued or injured and may not report an injury to their coach.

**Dehydration Prevention:** Make sure your athlete has the proper amount of liquids and is staying properly hydrated. Fluid should be caffeine free. Athletes should have water breaks every 10-20 minutes and more often when exercising in extreme heat.

**Heat Related Injuries:** Know the signs and symptoms of heat exhaustion and heat stroke. Make sure athletes are in appropriate clothing and receiving fluids & rest periods during high heat conditions

**Concussions:** Athletes need to be in proper protective gear for their sport. In the event of a head injury athletes need to be cleared by a medical professional before returning to play.



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**THE YMCA PHILOSOPHY OF YOUTH SPORTS**  
**Seven Pillars of YMCA Youth Sports**

What we want youth sports to be in the YMCA is stated in our Seven Pillars of YMCA Youth Sports.

**Pillar One** - Everyone Plays. We do not use tryouts to select the best players, nor do we cut kids from YMCA Youth Super Sports. Everyone who registers is assigned to a team. During the season everyone receives equal practice time and plays at least half of every game.

**Pillar Two** - Safety First. Although some children may get hurt playing sports, we do all we can to prevent injuries. We ask you to develop your players' fitness levels gradually so they are conditioned for the sport. And we ask you to constantly supervise your young players so that you can stop any unsafe activities.

**Pillar Three** - Fair Play. Fair play is about playing by the rules - and more. It's about you and your players showing respect for all who are involved in YMCA Youth Sports. It's about you being a role model of good sportsmanship and guiding your players to do the same. Remember, we're more interested in developing children's character through sport than in developing a few highly skilled players.

**Pillar Four** - Positive Competition. We believe competition is a positive process when the pursuit of victory is kept in the right perspective. The right perspective is when adults make decisions that put the best interests of the children above winning the contest. Learning to compete is important for children, and learning to cooperate in a competitive world is an essential lesson in life. Through YMCA Youth Sports we want to help children learn these lessons.

**Pillar Five** - Family Involvement. YMCA Youth Sports encourages parents to be involved appropriately along with their child's participation in our sport programs. In addition to parents being helpful as volunteer coaches, officials, and time keepers, we encourage them to be at practices and games to support their child's participation.

**Pillar Six** - Sport for All, YMCA Youth Sports is an inclusive sport program. That means that children who differ in various characteristics are to be included rather than excluded from participation. We offer sport programs for children who differ in physical ability, financial circumstances, and years of experience. We offer programs to all children regardless of their race, gender, religious creed, or ability. We ask our adult leaders to encourage and appreciate the diversity of children in our society and to encourage the children and their parents to do the same.

**Pillar Seven** - Sport for Fun. Sport is naturally fun for most children. They love the challenge of mastering the skills of the game, of playing with their friends, and of competing with their peers. Sometimes when adults become involved in children's sport, they over organize and dominate the activity to the point of destroying children's enjoyment of the sport. If we take the fun out of sport, we are in danger of our children taking themselves out of sport. Remember that these sports are for the kids; let them have fun!



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**Youth Soccer League Rules (General)**

Micro Soccer

**Field:** U6 size field, 75' x 60'

**Ball:** size 3

**Players:** 8-10 per team, 4v4

**Time:** 45 minute practices, 4: 6 minute quarters

**Equipment:** shoes (cleats optional), shin-guards, ball, shirt, shorts, Socks

**Referees:** none/coach

**General Rules:**

- No offside calls
- Ball goes out of bounds – no whistle, coach to put ball back in play, play-on
- No over-aggressive play
- Begin play with kickoff from center circle with forward progression
- No headers in this division'
- Coaches allowed on field

**Emphasize FUN!**

U6

**Field:** 75' x 60'

**Ball:** size 3

**Players:** 8-10 per team, 5v5

**Time:** 4: 10 minute quarters

**Equipment:** shoes (cleats optional), shin-guards, ball, shirt, shorts, socks

**Referees:** none/coach

**General Rules:**

- No offside calls
- Ball goes out of bounds – no whistle, coach to put ball back in play, play-on
- No over-aggressive play
- Begin play with kickoff from center circle with forward progression
- No goalies
- Defensive players are allowed
- No Headers in this Division
- Coaches allowed on field

**Emphasize FUN!**

U8

**Field:** 120' x 75'

**Ball:** size 3

**Players:** 12-14 per team, 7v7

**Time:** 2: 20 minute halves

**Equipment:** Cleats, shin-guards, ball, shirt, shorts, socks

**Referees:** 1

**General Rules:**

- No offside calls
- Throw-ins – feet on ground, ball behind head
- No sliding or over-aggressive play
- All free kicks are indirect (no penalty kicks)
- Begin play with direct kick off from center circle with forward progression
- No Headers in this Division
- Goalie may **not** punt
- No coach on field

**Emphasize FUN!**





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U10

**Field:** 180' x 120'

**Ball:** size 4

**Players:** 16 per team, 8v8

**Time:** 2: 25 minute halves

**Equipment:** Cleats, shin-guards, ball, shirts, shorts, socks

**Referees:** 1

**General Rules:**

- Offside calls will be made
- Throw-ins – feet on ground, ball behind head
- No sliding or over-aggressive play
- Direct and Indirect kick rules apply
- Penalty kicks are taken 8 yds. from goal line
- Begin play with direct kick off from center circle with forward progression
- No Headers in this Division
- Goalie can punt the ball
- No coach on field

**Emphasize FUN!**

**Point system-** A point system will be used to keep play clean and fair. The following points will be assigned to players and coaches in the league: **yellow card = 1 point , red card = 2 points**

A player or coach whom receives three points will serve a week suspension from the league and will be required to meet personally with a representative from the YMCA. Any player who receives, in any combination, five or more points will be removed from the league without refund and serve a one year suspension from all YMCA sports programs effective the day the fifth point is incurred. Note: all YMCA staff have the authority to issue points **to fans, players or coaches** who demonstrate inappropriate behavior before, during or after the game.



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