



AYSO Region 76 Beverly Hills

Greetings Coaches and Admins,

This communication has been put together through input from our Board of Directors. Please see the details section of this email for more information as well as who to contact for more information. If no contact is listed, please contact your Division Director.

Summary

Weekend Alert!

- Hot weekend...bring extra water, ice, and if possible many small hand towels in the ice box.
- Familiarize yourself with how to detect and perform first aid on heat exhaustion, heat stroke, and fainting. See details below.

Field Rules

- No umbrellas and tent stakes in the ground on city and school fields.
- Clean up fields after use.
- Turn lights off at Horace Mann and Carthay when practice has ended.
- Check the field before game for hazards and trash.
- No dogs allowed anywhere in the parks and schools.
- No parking in the LCP staff parking spots and strict enforcement of the 10 minute parking spots.
- No dragging goals.
- Put Goals Away After Games and Practices on School Fields.

Parent Management

- Parents on opposite side of field from coaches.
- Keep reminding parents that it's about the kids.
- No coaching from parents.
- Parents are not to speak to, yell at, or show dissent or disapproval directed towards a referee.

Coach Guidelines

- Be respectful of the coaches space for teams playing.
- Warmup away from the active game.
- Coaches coach, parents cheer, players play.
- Constant yelling of instructions is inappropriate, stay positive.
- Bring water for the referees and thank them after the game.
- Remember to stay in the technical area during games.
- Remember that we stop midway through each half for substitutions, not coaching breaks.



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- Please remain on the touchline until you are asked to come onto the field. If you are not asked to come on the field, don't.
- Be respectful of the referees.
- Have fun and make it fun.
- Communicate with your families.

Announcements

- UCLA AYSO/Youth Soccer Day.
- Video day. They will be doing interviews during picture day and be taping 10/6 & 10/7 we will be taping U8A at Fenton and u10-u12 games.
- Coaching Kicking videos now available at <http://www.ayso76.org/Coach/coachingkicking.cfm>.
- Field Monitor program
- Volunteer Points
- Monday Open Practice (MOP) starts on Sept. 24th.
- "Being: Liverpool" Kicks off Sunday Night.

For U6 Guidelines

- All restarts for now are to roll the ball into play - throw-ins coming in a month or so - no corners, direct kicks, etc. - just roll the ball gently back onto the field - the goal is to keep the game going and give the kids as much time to play as possible.
- We play 4v4 in U6 (and U8) and this is not subject to change by anyone - we had one BU6 coach playing 5v5 on Sunday until I stopped it - then actually the game got a lot better.
- Lots of goals scored is great - that is why we have large nets and no goal keepers - we like it when there are so many goals scored that the kids can't even keep track of the score!

Details

Weekend Alert!

- This weekend will be in the 90's. Please prepare accordingly. If you have an ice chest, please fill it with ice and bring it to the game with extra water. Have a parent do it or one of the team staff members. Arrange with the Referee before the game for additional breaks or longer substitution periods. There is some effort being made by our board to provide canopies on certain fields to give shade to our players. Please use your commonsense to ensure we avoid heat exhaustion and heat stroke.

Guidelines from AYSO's Safe Haven for detecting and dealing with Heat Exhaustion, Heat Stroke, and Fainting



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Heat Exhaustion

- Feels cool, clammy and damp to the touch.
- Move to cool area and shield from sun or external heat sources.
- If alert and oriented, give small sips of cool liquids.
- Remove or loosen restrictive garments.
- Apply cool cloth to skin.
- Recline with feet up.

Heat Stroke

- Dangerous! Get professional medical help immediately. Call 911.
- Feels hot and dry to the touch.
- Move to cool area and shield from sun or external heat sources.
- If alert and oriented, give small sips of cool liquids.
- Remove or loosen restrictive garments.
- Apply cool cloth to skin.
- If temperature is over 104, or if mental status is in question, begin active cooling by continually misting the exposed skin with tepid water while fanning victim. If this is not an option, apply wrapped ice packs to the trunk. If shivering occurs, discontinue active cooling immediately.

Fainting

- If you see an individual fainting, aid individual to a sitting, then lying position – on left side with left arm under head and left leg bent to keep person in position.
- If unobserved, do NOT move person in any way – check to be sure they can breathe, contact 911 and protect from harm.
- If individual cannot breathe, use a jaw thrust maneuver to open the airway. Avoid moving neck or spine in case of injury.
- Seek professional medical help.

Field Guidelines—If you have questions regarding these field guidelines, please contact Lance Roth or Alex Arko (LRoth@ayso76.org or AArko@ayso76.org)

No Umbrellas and Tent Stakes

- It gets very hot this time of year and we understand the need to provide shade. The City of Beverly Hills prohibits driving stakes from tents and from Umbrellas into the ground. With over 2000 families participating every weekend, our fields could experience severe wear and tear in a very short period. Hold umbrellas, standing or while seated. Just don't drive them into the



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ground. The tent canopies are fine to use as well but just don't drive the stakes into the ground. Please use common sense. If the day is extremely windy and the tents will not stay put without stakes, don't use the tents at all.

Cleanup Fields After Use

- This is a very simple mandate. Please leave the fields cleaner than when you got there. There are garbage barrels on the fields. Please get your players to pick up their own mess. Let's get them accountable for their trash. The city emails me when trash is left on the fields so it is imperative that we do not leave trash everywhere. It does not go unnoticed.

Turn Lights Off at Horace Mann and Carthay

- If you practice at Horace Mann or Carthay and you have the last practice or you suspect that no one is practicing after you, please turn the lights off. If you were wrong, no big deal. The next team can turn it on again.

Pregame Safety Check of Fields

- This is probably less pertinent unless you are the first team to play a game on your field but please do a quick check of the grounds to make sure there are no hazards on the field. If there are hazards, please remove them. If they cannot be removed, please mark it with a cone. Check the goals to make sure they are anchored to the ground or sandbagged. The referees may also perform this check but take this but we should all be accountable for this.

No Dogs Allowed

- For some obvious reason and some less obvious reasons, no dogs are allowed on the fields during games and during practices. With the exception of seeing eye dogs, please make sure your parents know this.

Parking Enforcement

- Every field has areas where you can and cannot park. Please make sure your parents adhere to the posted signs. Of particular interest are the parking spots at La Cienega Park reserved for the park staff. Please make sure parents do not park in these spots, even if they are there for a brief moment. We have already received complaints from the park staff that parents are parking in those spots. Also, there are a couple of 10 minute parking spots on Gregory Way. Please make



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sure parents do not park there over the 10 minutes allotted. They may get a ticket or worse, get towed. Parking under the Tennis Center is free and should be used.

No Dragging Goals

- We are all guilty of dragging goals at one time or another. Please protect our fields. Fields are a scarce resource in our Region and we don't want to jeopardize our conditional use. Have parents help move the goals by picking them up. For older age divisions, make it a team building exercise by having the players pick-up the goals and move them. For the large goals at BHHS, you must lock the wheels for movement. Just slightly pick up the goal near the goal posts and rotate the wheels until the whole goal is resting on the wheels and off the ground. It can then be easily pushed into place.

Put Away Goals

- After games and practices at the school fields, please put the goals away. For all the elementary schools, just put them next to the nearest fence so that they are not a hazard to the students. In the High School, all practice goals should be moved to the South fence, stacked together with the large goals placed last, enclosing the practice goals. There are chains for locking them in place.

Parent Management—If you have questions or issues to report about parents, please direct them to your Division Director.

All Parents On Opposite Side of Coaches Touchline

- All parents from both teams should setup along the touchline, opposite where both teams' coaches and substitutes are. No parent should come over to the coach's side before, during, and after the game. After game team meetings may be held away from the field, far enough to not disrupt the players, coaches and parents of the next game. Furthermore, parents are not allowed on the goal lines or near the goal. Anxious parents with their child in goal have a tendency to hang around the goal trying to coach them. Referees will not tolerate this behavior so you should warn your parents.

No Coaching from the Parents

- "Coaches Coach, Players Play, and Parents Cheer" is a common mantra among AYSO tournament teams. It should be no different in regular season AYSO. Please inform your



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parents what the difference between cheering and coaching is. Parents should never yell statements such as “Kick the ball”, “Mark that player”, “Throw it in NOW”, “Clear it” or even the ubiquitous “Go! Go!, Keep going! Don’t stop!”. That last one sounds like cheering but it isn’t. The coach may have instructed the player to switch the ball rather than penetrate. The players are trying and to have dozens of people yelling instructions at them will not make them try any harder. Tell your parents to not only cheer for your team but the other team as well. “Nice kick, #5”, “Good try”, “Way to go”, “Nice move, #10”, or “Great save, keeper” are all acceptable accolades that should be liberally doled out to both teams.

Parents Must Respect the Referees

- Please instruct the parents to not be demonstrative when they disagree with a call. Even an exclamation that shows dissent or disapproval should be suppressed. Please see the coaches section on respecting the referees later in this email.

Coach Guidelines—For more information, please contact Ji Lee or Jeff Gross (jlee@ayso76.org and jgross@ayso76.org)

Be Respectful of Other Teams

- When your game or practice is completed, please move off the field as quickly as possible, away from the touchline, and far enough away to allow the other team the space they need to start their game. Furthermore, when you arrive for your game, perform your warm-ups far enough away from the players and coaches of the current game so as not to distract or disrupt them.

Use Your Coach Training

- When coaching from the touchline, please adhere to some basic coaching guidelines taught in your Coach Certification Courses. P.I.E—Positive, Instructional, and Encouraging. Make sure what you say falls into one of these three categories. As a rule of thumb, questions like “What are you doing standing around?” are not instructional. Instead “Billy, pressure the ball. Well done!” is positive, instructional, and encouraging. Sometimes, not saying anything at all is the best course of action. My coxswain back in college used to bark out “If you’ve got nothing positive to say, don’t say anything at all!” During games, don’t try to over instruct. Let the game be the teacher. Have you ever watched professional coaches during a game? I learn a lot about coaching from watching good coaches. Most of the time, they just sit there and observe the game. This is akin to the “See, Show, Say” coaching method. “Seeing” is a silent activity. Observe the WHOLE game, not just the ball. Make notes. Making notes in games makes you look like a super slick coach. Yelling instructions every 2 seconds makes you look like you’d rather be playing instead of coaching. Wouldn’t it be nice if all the kids could be controlled through a PS3 or an Xbox and you had the only controller? Because that is what you are doing when you try to control everything your players do. Let them play, observe and take notes. At



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half-time, “Show” them what they are doing right and what they are doing wrong. Give them ONE thing they should do better. Do not set them up for failure by giving them 10 things to do. And when they take the field again and they do what you have asked, “Say” by cheering your approval. During the after game meeting, “Say” how good they executed the half-time adjustments. Soccer is a player’s game. Let them play and you just coach them up.

Observe the Technical Area

- The technical area is 1 yard off of the touchline and extends to the edges of the center circle. All coaches and substitutes should stay in this area during the game. For the younger divisions, U5-U8, the fields are smaller so the technical area should extend 10 yards in either direction from the center line. If you are a coach in the younger divisions and you are not refereeing the game, please try your best to stay in the technical area. In all other divisions, the coaches must stay within the technical area.

Substitution Breaks are Not Coaching Breaks

- Soccer is played in halves, not quarters. For the older divisions, U10-U14, there is a substitution break in AYSO, halfway through the 1st half and halfway through the 2nd half. All players who are not coming out should stay on the field. You can give water to the players staying on the field, but take only enough time to do your substitutions. Have the assistant coach line up the water bottles on the touch line just before the substitution break so players don’t have to come off the field. If you have a cooler, drag the cooler to the touchline.

Substitution Protocol

- Have your substitutes lineup out of the field of play, behind the touchline. Have the players who are coming out lineup inside the field of play, inside the touchline. The assistant referee will then allow the substitution to happen and players may come onto and off of the field of play. Players are to immediately take the field and resume the game as per the center referees instructions. On very hot days like the coming weekend, the referee may give a longer break so players can take in more water. If the referee does not call for a longer break and you feel it is required, ask the referee for more time. If you can make arrangements before the game with the center referee, even better. In the younger divisions (U5-U8), when you are ready to substitute, just notify the referee and make sure he/she allows it before performing the substitution.



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Respect the Referees

- You are never to challenge the call of a referee nor are you to demonstrate dissent or disagreement. One reason for this is that you will not change the referee's call, so why bang your head against that brick wall. Another reason less obvious reason is that your players will then start feeling victimized and use it as a crutch for poor performance. You are the spiritual leader of your team. Be it unethical behavior or blaming others for poor performance, your actions will influence the culture of the team. Bad calls are part of the game. Just as you cannot control the weather conditions you play in, you cannot control the referees calls. If you are running an offside trap and you have an inexperienced assistant referee on your side, and they keep missing the offside, the correct solution to this problem is to STOP RUNNING OFFSIDE TRAPS. That is what a good coach will do. We are all one large family of volunteers in Region 76. You will see the same people year after year. Make sure when you see them the next time, it is under good terms.

The Value of Fun

- In AYSO, we strive for everyone to have fun. If a player has fun, they will return next year, and play more soccer and become better players. If they don't have fun, it doesn't matter how talented the player is, they will eventually quit. This is the value of fun which you as coaches have control. The coaches who have been through the system will all attest that there is no prouder moment when they see a child they coached back in U8, become an exceptional player in U14. They made it fun for them in U8s, and they kept coming back. And those players you influenced will remember you and what a fun season they had with you. I promise you, all the hard work and dedication you put into your teams will be well worth it when you see how much you've enriched their lives.

Communicate With Your Families

- Whether you do it, your assistant, or your team administrator does it, keep your families well informed. Remind them of practices and game times. Tell them when you expect them to be on the field, what they should bring. Check the weather and let them know how to prepare. Pass on guidelines to families on how to behave. Stay connected to your families.

Announcements

UCLA AYSO/Youth Soccer Days

- It may be a little late announcing the event tonight but certainly feel free to take advantage of the event on November 4th. This is the announcement from our Area:



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UCLA has specific AYSO/Youth Soccer Days set for Friday, Sept. 14 (Women's Soccer vs. Princeton) and Sunday, Nov. 4 (Men's Soccer vs. California). Please check out the UCLA men's soccer and women's soccer promotional calendars to get more information for the entire season. Also, the teams would love for you to follow UCLA Men's Soccer on Twitter @UCLAMSoccer and UCLA Women's Soccer @UCLAWSoccer to hear the latest updates on the seasons and learn more about other future promotions.

If you are planning to attend AYSO/Youth Soccer Day, UCLA would love to organize a small scrimmage with a few younger AYSO teams at halftime this Friday, September 14. The UCLA Women's team plays Princeton at 7:00pm.

If you are available, and your team can make it out this weekend, please contact:

Rachel Grushkin
Asst. Director of Marketing
UCLA Athletics
(310) 206-8127

Video and Picture Day—For more information, contact Jeff Gross for Video Day and Terri ReBell for Picture Day (jgross@ayso76.org and trebell@ayso76.org)

- Our picture day will be conducted on October 6th. More information will be sent out when it gets closer to the date by Terri ReBell. We will also be having our Video Day as well on October 6th and 7th. A video "rig" will shoot a video from 30 ft. up in the air of your game by Touchline Video (www.touchlinevideo.com). Interviews will be conducted and a high quality DVD of your game will be produced. Any family wishing to order the video can do so at the game. Unfortunately, we will only be filming U8A games at Fenton Field and U10-U12 games. If you would like to make any special arrangements to have your games shot, you can get more information from Jeff Gross.

Coaching Kicking Videos

- Our Coaching Kicking instructional video series is now online. You can access it through the following Link: <http://www.ayso76.org/Coach/coachingkicking.cfm>. Much thanks to Michael Karlin for producing these for us. If you know of a parent has video production background who would like to help produce more instructional videos, please let us know. You may contact me and I will send the names off to the appropriate people.

Field Monitor Program—Contact Susan Lynch with any inquiries (slynch@ayso76.org)



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- We have a great Field Monitor program which we encourage parents to get involved with. Field Monitors are utilized in the younger age divisions to be a Regional resource on the fields during game days. They get a really svelte orange shirt giving them super human powers...or at least prevent them from getting hit by cars lest the driver wants to receive double the fine. We are currently securing a date for the Field Monitor Clinic. More information will follow on this program as we get more details. Please encourage your parents to get involved if you are a younger division team.

Volunteer Points—Contact your Division Directors for more information.

- All teams in the older divisions (U10-U14) must fulfill a set number of volunteer points in order to qualify for the knockout rounds of the playoffs which typically start in December. The number of points depend on to which age division your team belongs. U10 teams must fulfill 21 points while U12-U14 teams must fulfill 24 points. You can receive points in various ways but the most prevalent is to referee games. You can read more about volunteer points on our website: <http://www.ayso76.org/Referee/points-summary.cfm>.

Monday Open Practice (MOP)—Contact Rick Wolfen for more information (RWolfen@ayso76.org)

- Monday Open Practice was developed to give our players an extra practice a week. In past years, we've only allowed participation from players in U10-U14. This year for the first time, we will be allowing participation from U8 teams as well. MOP will start on Sept 24th. Tentatively, it will run from 4 pm to 9pm. This event has been a smashing success over the years culminating our best MOP season to date last year. We had Coach Asaf run the drills with help from or local professional trainers, many of whom are coaches for the Beverly Hills HS teams. There will be goalkeeper training as well as volunteer opportunities for coaches to help out. More information will follow about this event.

“Being: Liverpool” Kicks off Sunday Night

- This was sent down from AYSO National. I'm assuming it is child friendly since AYSO National sent it down to us to announce to our Region. You may want to announce it to your families.

http://marketing.ayso.org/eblasts/spotlight/fox_soccer/foxsoccer_email_091112.html

Message from our Assistant Regional Commissioner of Younger Divisions, Rick Wolfen regarding U6 Division

- All restarts for now are to roll the ball into play - throw-ins coming in a month or so - no corners, direct kicks, etc. - just roll the ball gently back onto the field - the goal is to keep the game going and give the kids as much time to play as possible.



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- We play 4v4 in U6 (and U8) and this is not subject to change by anyone - we had one BU6 coach playing 5v5 on Sunday until I stopped it - then actually the game got a lot better.
- Lots of goals scored is great - that is why we have large nets and no goal keepers - we like it when there are so many goals scored that the kids can't even keep track of the score!

Thank you for tolerating this incredibly verbose email,
AYSO Region 76 Board of Directors