

Parents Information Packet

Youth Soccer

U10

Includes:

1. Soccer Timeline
2. Parent Information Sheet
3. Parent Code of Conduct
4. Athlete Code of Conduct
5. Thor Guard Information Sheet
6. Concussion Information
7. League Rules
8. Complex Addresses

Please read over the enclosed materials. If you have any, questions please contact the Recreation department at 912-764-5637. Thank you for your cooperation.

www.bullochrec.com

Spring 2024 Youth Soccer Timeline

- **Tuesday, February 20th: Soccer Evaluations**

Mill Creek (Statesboro/Portal) @ 6:00pm

Brooklet (Brooklet/Nevils/Stilson) @ 5:45pm
- **Friday, March 1st: Teams posted after 5:00pm**
- **Monday, March 4th: Coaches Clinic/Training**
- **Tuesday, March 5th: First Youth Soccer Practice**
- **Saturday, March 23rd: Swing Into Spring**
- **April 1st – April 5th: BOE Spring Break**
- **Thursday, May 2nd: Last Youth Soccer Games**

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2024 Spring Soccer: U10 Evaluation Information

U10 (8-9 years old)

Evaluations: Tuesday, February 20th

Tuesday, February 20th

<u>Area</u>	<u>Location</u>	<u>Time</u>
Statesboro/Portal	Mill Creek Field 13	6:00pm
South Bulloch	Brooklet Field 4	5:45pm

Meeting Days: Tuesdays, Thursdays, and select Saturdays. Mondays may be used as reschedule dates.

Meetings Times: 5:45pm or 6:45pm / Saturdays 9:00am or 10:00am

Uniforms: We provide jersey, shorts, and socks

*** The participant must provide shin guards prior to the first practice. Cleats are optional. (Only Soccer are cleats acceptable)

*** We do keep score and standings are kept

*** First and Second Place trophies are provided. Participation trophies are **NOT** provided by the Recreation Department for this age group.

*** Teams and practice schedules will be posted on Friday, March 1st after 5:00pm on our website at www.bullochrec.com

SPORT PARENT CODE OF CONDUCT

I therefore agree:

1. I will not force my child to participate in sports
2. I will remember that children participate to have fun and that the game is for youth, not adults.
3. I will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others.
4. I will learn the rules of the game and the policies of the league.
5. I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials and spectators at every game, practice, or other sporting event.
6. I (and my guests) will not engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent such as booing and taunting; refusing to shake hands; or using profane language or gestures.
7. I will not encourage any behaviors or practices that would endanger the health and wellbeing of the athletes.
8. I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
9. I will demand that my child treat other players, coaches, officials, and spectators with respect regardless of race, creed, color, sex, or ability.
10. I will teach my child that doing one's best is more important than winning, so that my child will never feel defeated by the outcome of a game or his/her performance.
11. I will praise my child for competing fairly and trying hard, and make my child feel like a winner every time.
12. I will never ridicule or yell at my child or other participant for making a mistake or losing a competition.
13. I will emphasize skill development and practices and how they benefit my child over winning. I will also deemphasize games and competition in the lower age groups.
14. I will promote the emotional and physical well-being of the athletes ahead of any personal desire I may have for my child to win.
15. I will respect the officials and their authority during games and will never question, discuss, or confront coaches at the game field, and will take time to speak with coaches at an agreed upon time and place.
16. I will demand a sports environment for my child that is free from drugs, tobacco, and alcohol and I will refrain from their use at all sports events.
17. I will refrain from coaching my child or other players during games and practices unless I am one of the official coaches of the team.

5 Ways to be a Successful Sideline Parent

1. **Resist Shouting out instructions.** That is the coach's job. When both coach and parents' yell. Kids get confused. Urgent advice hollered from the sidelines almost never improved performance. All you are doing is venting your own anxieties.
2. **Show appreciation for the play of the other team.** Every decent coach tries to instill this positive attitude, and it needs to be vigorously reinforced on and off the field. The last thing young athletes need is to cultivate hostility toward their opponents, who are often friends or acquaintances.
3. **Don't undermine the coach.** If you know more about the sport than they do, so what. The coach's mission is to create an optimal environment for the whole team.
4. **Leave the ref out of it.** Referees do not care what team wins. Their mistakes are honest ones, and your child needs to know that you believe this. Any criticism or questioning of the referees shows an exaggerated focus on winning and lack of respect for authority.
5. **Help kids cope with other parent's outbursts.** Point out that screaming Mr. Smith must have forgotten that sports are supposed to be fun. Tell them that you intend to speak with Mr. Smith about his attitude as soon as he's in a better mood.

Young Athlete Code of Conduct

National Alliance for Youth Sports

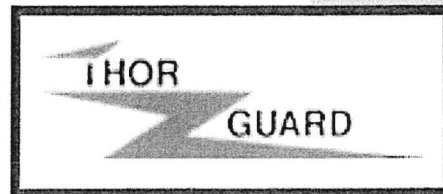
- ✓ To have sports be a safe experience, free from abuse and violence
- ✓ To have fun learning, trying new things and being able to practice and play
- ✓ To follow rules
- ✓ To tell parents (or other trusted adult) about any abuse
- ✓ To try our hardest and best
- ✓ To learn the values of teamwork – helping and supporting one another
- ✓ To learn ways to deal with pressure and frustrations
- ✓ To care about what happens to other
- ✓ To settle conflicts without saying or doing things that hurt others
- ✓ To treat coaches and officials with respect
- ✓ To treat others as you want to be treated
- ✓ To be a good sport (how you talk to others and how you behave)
- ✓ To let your parents and coaches know what you need

Thor Guard Lightning Prediction System

“A Proactive Solution for Lightning Safety”

How it Works

- * Sensors measure and analyze the electrostatic fields in the atmosphere
- * Predicts the possible occurrence of lightning 8 - 20 minutes before it could potentially strike



Operational Statistics

- * The system has a coverage area radius of 2.5 miles
- * It is 97% accurate within a 2-mile radius
- * System operates seven days per week, from 8am - 9:30pm in the months of March - November.

When a Threat is Detected

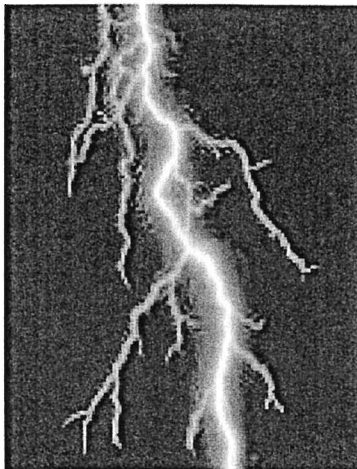
- * Warning horn will sound with an uninterrupted 15-second blast and a strobe light will flash when there is the potential for a lightning strike within the coverage area
- * Once a threat is detected, the system continuously updates data about energy in the air 50 times per second to see if the atmosphere still retains the potential energy necessary for a lightning strike
- * Upon hearing the horn blast and/or seeing the strobe light, park users must leave the park and seek appropriate shelter

What Qualifies as Appropriate Shelter

- * Inside buildings, hard-top vehicles or other lightning protected facilities and amenities
As a Last Resort: Seek low-lying areas or dense woods

What to Avoid

- * Open areas/isolated trees
- * Water
- * Metal
- * Wire Fences
- * Overhead wires/power lines
- * Elevated ground
- * Maintenance Machinery
- * Open top or soft top vehicles



When the Threat has Diminished

- * The horn will sound three short 4-second blasts and the strobe light will turn off
- * The horn signals that normal activity may resume

Thorguard Location

- * near pond at Mill Creek Regional Park

Other Non-covered Locations

- * Signal horns may not be at your site, but at a site within ear shot. If you hear the alarm, please leave the park immediately.

If you have any questions or concerns regarding the Thorguard Lightning Prediction System, please contact the Statesboro-Bulloch Parks and Recreation Department at (912) 764-5637 or mail@bullochrec.com.

Please visit our website for more details: www.bullochrec.com.

Please enjoy your day at beautiful Mill Creek Regional Park!

Concussion

INFORMATION SHEET



This sheet has information to help protect your children or teens from concussion or other serious brain injury. Use this information at your children's or teens' games and practices to learn how to spot a concussion and what to do if a concussion occurs.

What Is a Concussion?

A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells.

How Can I Help Keep My Children or Teens Safe?

Sports are a great way for children and teens to stay healthy and can help them do well in school. To help lower your children's or teens' chances of getting a concussion or other serious brain injury, you should:

- Help create a culture of safety for the team.
 - Work with their coach to teach ways to lower the chances of getting a concussion.
 - Talk with your children or teens about concussion and ask if they have concerns about reporting a concussion. Talk with them about their concerns; emphasize the importance of reporting concussions and taking time to recover from one.
 - Ensure that they follow their coach's rules for safety and the rules of the sport.
 - Tell your children or teens that you expect them to practice good sportsmanship at all times.
- When appropriate for the sport or activity, teach your children or teens that they must wear a helmet to lower the chances of the most serious types of brain or head injury. However, there is no "concussion-proof" helmet. So, even with a helmet, it is important for children and teens to avoid hits to the head.



Plan ahead. What do you want your child or teen to know about concussion?

How Can I Spot a Possible Concussion?

Children and teens who show or report one or more of the signs and symptoms listed below—or simply say they just "don't feel right" after a bump, blow, or jolt to the head or body—may have a concussion or other serious brain injury.

Signs Observed by Parents or Coaches

- Appears dazed or stunned
- Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events *prior to* or *after* a hit or fall

Symptoms Reported by Children and Teens

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness, or double or blurry vision
- Bothered by light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Confusion, or concentration or memory problems
- Just not "feeling right," or "feeling down"

Talk with your children and teens about concussion. Tell them to report their concussion symptoms to you and their coach right away. Some children and teens think concussions aren't serious, or worry that if they report a concussion they will lose their position on the team or look weak. Be sure to remind them that *it's better to miss one game than the whole season.*



CONCUSSIONS AFFECT EACH CHILD AND TEEN DIFFERENTLY.

While most children and teens with a concussion feel better within a couple of weeks, some will have symptoms for months or longer. Talk with your children's or teens' healthcare provider if their concussion symptoms do not go away, or if they get worse after they return to their regular activities.

What Are Some More Serious Danger Signs to Look Out For?

In rare cases, a dangerous collection of blood (hematoma) may form on the brain after a bump, blow, or jolt to the head or body and can squeeze the brain against the skull. Call 9-1-1 or take your child or teen to the emergency department right away if, after a bump, blow, or jolt to the head or body, he or she has one or more of these danger signs:

- One pupil larger than the other
- Drowsiness or inability to wake up
- A headache that gets worse and does not go away
- Slurred speech, weakness, numbness, or decreased coordination
- Repeated vomiting or nausea, convulsions or seizures (shaking or twitching)
- Unusual behavior, increased confusion, restlessness, or agitation
- Loss of consciousness (passed out/knocked out). Even a brief loss of consciousness should be taken seriously

What Should I Do If My Child or Teen Has a Possible Concussion?

As a parent, if you think your child or teen may have a concussion, you should:

1. Remove your child or teen from play.
2. Keep your child or teen out of play the day of the injury. Your child or teen should be seen by a healthcare provider and only return to play with permission from a healthcare provider who is experienced in evaluating for concussion.
3. Ask your child's or teen's healthcare provider for written instructions on helping your child or teen return to school. You can give the instructions to your child's or teen's school nurse and teacher(s) and return-to-play instructions to the coach and/or athletic trainer.

Do not try to judge the severity of the injury yourself. Only a healthcare provider should assess a child or teen for a possible concussion. Concussion signs and symptoms often show up soon after the injury. But you may not know how serious the concussion is at first, and some symptoms may not show up for hours or days.

The brain needs time to heal after a concussion. A child's or teen's return to school and sports should be a gradual process that is carefully managed and monitored by a healthcare provider.

To learn more, go to cdc.gov/HEADSUP

Children and teens who continue to play while having concussion symptoms, or who return to play too soon—while the brain is still healing—have a greater chance of getting another concussion. A repeat concussion that occurs while the brain is still healing from the first injury can be very serious, and can affect a child or teen for a lifetime. It can even be fatal.



CDC HEADS UP



Discuss the risks of concussion and other serious brain injuries with your child or teen, and have each person sign below.

Detach the section below, and keep this information sheet to use at your children's or teens' games and practices to help protect them from concussion or other serious brain injuries.

- I learned about concussion and talked with my parent or coach about what to do if I have a concussion or other serious brain injury.

Athlete's Name Printed: _____ Date: _____

Athlete's Signature: _____

- I have read this fact sheet for parents on concussion with my child or teen, and talked about what to do if they have a concussion or other serious brain injury.

Parent or Legal Guardian's Name Printed: _____ Date: _____

Parent or Legal Guardian's Signature: _____

Bulloch County Recreation & Parks
U10 Rules

Lack of knowledge of these rules will not relieve any coach, team official, parent or player of a team participating in the youth soccer program from the responsibilities and possible penalties herein. All coaches, team officials, parents, and players, by their participating in BCRP soccer program play, agree that they are bound by these rules.

The Youth Soccer Program is a recreational program offered for boys and girls between the ages of 4 and 17.

1. Administration

A. The Bulloch County Recreation & Parks Department (BCRP) follows the Rules and Regulations of the Georgia Youth Soccer Association (GYSA), United States Youth Soccer Association (USYSA) and Federation International de Football Association (FIFA) with exception to the modifications found within the BCRP Rules and Regulations.

B. Age Divisions – Age control date for all Age Divisions is September 1, 2023

1. U-06 Age Division includes players 4 and 5 years of age (co-ed)
2. U-08 Age Division includes players 6 and 7 year of age (co-ed)
3. U-10 Age Division includes players 8 and 9 years of age
 - a. If enough female players are registered in this Age Division a separate Girls U-10 League may be created.
4. U-12 Age Division includes players 10 and 11 years of age
 - a. If enough female players are registered in this Age Division a separate Girls U-12 League may be created.
5. U-14 Age Division includes players 12 and 13 years of age
 - a. If enough female players are registered in this Age Division a separate Girls U-14 League may be created.
6. Older Age Divisions established based on number of participants
 - a. Player Evaluations – All players in the U-10 and older Age Divisions must attend the published Player Evaluations prior to being assigned to a team.
 - a. Team Assignments - All registered players will be assigned to a team.
 1. U-06 and U-08 Age Division will be assigned by BCRP Soccer Staff
 2. U-10 and older Age Division will be drafted by team coaches

b. Team meetings, practices, and games

1. Teams may not meet more than 3 times per week (2 practice and 1 game or 2 games and 1 practice)
2. Practices will be scheduled by BCRP. Coaches may schedule additional practices by contacting their area supervisor
3. Games will be scheduled by BCRP. Any game conflicts must be resolved through BCRP. Coaches shall not change game times or locations at any time.

2. Evaluations

- a. Players planning to participate in this age group must attend evaluations at the scheduled time prior to the season.
- b. BCRP Staff will place players on teams.

3. Housekeeping

- a. Parents/Spectators are NOT allowed to sit on the same side as the coaches and players, they must sit on the spectator side.

1. Players

- a. 7 players on the field INCLUDING the goalie.
- b. Must have 5 players to start the game.

2. Ball size

- a. U10 will play with a size #4 ball.

3. Length of play

- a. 2, 20-minute halves
- b. 8-minute interval at half time

4. Substitutions

- a. Substitutions can only be made at the referee's signal.
- b. Players coming on to the field must wait for the players to exit the field to enter.
- c. All players entering and leaving the field will do so at mid field.
- d. Substitutions can be made at the following times:
 - After a goal is scored
 - During a throw-in for either team
 - Before a goal kick
 - When play is stopped for an injury
 - At half-time

5. Throw-ins

- a. The team that did not kick the ball out will take the throw-in.
- b. The player will be given 1 chance to make a proper throw-in.
- c. A proper throw-in consists of both hands on the ball, goes all the way behind the players head, and has both feet on the ground.

6. Free Kicks

- a. Direct and Indirect kicks will be used.
- b. Defending players must be 8 yards away from the ball.
- c. PK's will be taken 10 yards away from the goal line.
- d. If the goalie touches an intentional pass back with their hands a PK will be awarded

7. Off-Sides

- a. Off-sides will be enforced.

8. Ball in and out of play

- a. For the ball to be out of bounds or count as a goal, it must be completely over the touch line
- b. The ball is what is in play and not the player.

9. Equipment

- a. No one can play with a hard cast.
- b. No baseball cleats (metal spikes).
- c. A player can play without his/her jersey if they have a similar color as their own team on.
- d. Jackets must be worn under the jersey if the player chooses to wear a jacket.
- e. Shin Guards are required

10. League Standings

- a. Standings will be kept. Only the 1st and 2nd place teams will be awarded with medals at the end of the season.
- b. Standings are determined by wins/losses/ties.
Wins = 3 point
Loss = 0 points
Draw = 1 point
- c. Tie Breaker
 1. Head-to-Head record
 2. Goal Differential
 3. We will compare outcomes of each team against the next highest ranked team
 4. If one of the tied teams had a forfeit during the season, they would automatically drop one spot.
 5. Teams that had coaches who did not attend the Coaches Clinic/Training would automatically drop one spot if tied with another team at the end of the season.

11. Violations

a. **Players missing practice must provide a written excuse to their coach.** The coach must then give that excuse to a BCRP staff member. Coaches should notify the scorekeeper of the game if they have a player who has not met the practice requirements. **These players will be allowed to participate in only the first ten (10) minutes of the second half. If a player misses more than two practices he can be suspended for the next game. Only the Athletics Manager can withdraw this suspension.**

NOTE: If there are any questions on a rule, all interpretations will be made by the Athletics Manager.

If any player does not play for disciplinary reasons or if she or he is unwilling or unable to play half of a match, it is the responsibility of the coach to notify the field supervisor. Coaches not playing their players the required time will receive:

1st offense: Verbal warning

2nd offense: Written warning

3rd offense: Suspension of coaching duties

***Any confirmed violations may result in immediate dismissal.

Complex Addresses

Brooklet Soccer Park	BR	411 Parker Ave, Brooklet GA
Mill Creek Park	MC	1388 Hwy 24 East, Statesboro, GA
Nevils Park	N	8438 Nevils-Groveland Road, Statesboro
Portal Park	P	US Hwy 80 West, Portal, GA
Stilson Park	ST	15340 Hwy 119 Connector, Brooklet, GA

