



Parent Handbook

Also available on our website: www.cdasting.com

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Welcome:

The STING Soccer Club would like to welcome you to becoming a part of our outstanding organization.

The purpose of this document is to give you a general overview to help familiarize yourselves with the many different aspects of the Coeur d'Alene Sting Soccer Club. Please use this as a reference, however, if there are additional questions or needs clarification, please don't hesitate to contact us.

NOTE: *This document will be updated as necessary by the board of directors.*

Contact Information:

A list of the STING Board Members are located on the website at:

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Mission Statement:

“To provide a positive atmosphere for players to develop their soccer skills both technically and tactically as well as to develop positive off-field characteristics such as sportsmanship, dedication, honesty, commitment, respect for others, a strong work ethic and a sense of self-worth.”

Key Facts:

- The Club is governed by an elected Board of Directors and its membership includes parents, players, coaches, referees, and other volunteers.
- The Club was founded in 1985 and run mostly by volunteer labor and depends on the participation of ALL parents for its success.
- The Club consists of both boys and girls teams from U-10 through U-19.
- U-10 through U-12 teams are considered “developmental” with emphasis on technical skill development.
- U-13 through U-19 teams are considered “competitive” with emphasis on technical and tactical development.
- Colors: Black/White/Yellow.
- Affiliated with IYSA (Idaho Youth Soccer Association).
- Compete in IYSA sanctioned “Northwest League”.
- Member of US Soccer Club and US Youth Soccer.

Parent & Player Program Commitment

Players: When players join the STING Soccer Club, they are making a commitment of becoming a better soccer player and individual both on and off the field. They are expected to be a positive figure to his/her team and in the community.

Player Responsibilities:

- Treat teammates, opposing players, coaches, referees and spectators with respect.
- Every Sting player must read and sign a “player code of conduct” form as part of the registration process.
- Arrive at minimum 10 minutes before practices start with all the proper equipment (shoes, shin-guards, shorts, inflated soccer ball and water bottle).
- Arrive at game fields promptly when your coach requires (usually 45-60 minutes prior to kickoff).
- Have a timely ride home from games and practices.
- Have your home and away (alternate) uniforms with you at ALL GAMES. Failure to bring both uniforms may result in player not being allowed to play. All players must wear matching uniform and not conflict with color of the opposing team.
- Take responsibility for communicating with your coach. If you have an issue or concern, speak directly with your coach about it.
- Play within the rules of the game of soccer.
- Demonstrate self-control.
- Support your teammates.
- Practice good sportsmanship at all times.
- Accept the decisions of the referee without gesture or argument.
- Win without boasting, and if you lose, do so gracefully and without excuses.
- Honor your commitment to the team and attend all practices and games, unless special circumstances, injury or illness prevent it. Whenever possible, an absence from a practice or game should be discussed with the coach before the absence occurs.
- Maintain a sense of dedication to the team. Keep competitively sharp and in good condition. Strive for improvement.
- *Never* quit or walk off the field from a game or practice.
- Report all injuries to the team coach as soon as possible.
- Keep your uniform clean and in good condition.
- Follow and adhere to the Sting travel and tournament rules.
- Take responsibility for organizing time to ensure that adequate time and attention is devoted to your studies/academics.

Parent Responsibilities

- Avoid coaching from the sidelines. Cheer but do not coach. Coaches do not need conflicting messages being sent and players need to be able to hear the team coach.
- Parents who cannot display appropriate behavior on the sidelines will be asked / expected to leave the game and may be asked to appear before the board of directors.
- Players and parents should be flexible and supportive of their team coach. Remember these coaches are *volunteers* and give an incredible amount of their own time for the good of the game.
- Be considerate as to when and when not to speak to the coaches. Ask if there is appropriate time to talk. Avoid calling coaches after 9:00 PM or any time on Sunday. Also see 24 hour rule in this manual.
- All parents are expected to volunteer to serve the club in some capacity. (*see the parent volunteer section of this handbook*)
- To complete the player registration process, parents must sign the parent expectation form and sign off on their player's code of conduct form.
- There is a financial commitment for joining the club that includes registration fees, purchasing uniforms, tournament fees and travel expenses to games and tournaments.
- Help your player take responsibility for rest and meals.
- Encourage your player to solve his/her own problems and take responsibility for his/her own actions, rather than doing it for them. In general, players should communicate with the coach regarding injury, absence, playing a different position or playing time before the parent does.
- Get your player to and from practices and games on time.
- Respect the competition – without them, we would have no one to play and no way to improve.
- Be respectful of referees. This is crucial – the referees range from new to seasoned referees and turnover in the referees is directly connected to critical comments from the sidelines.
- Realize all players must compete for their spot on the field, the bench and the roster.
- In Idaho, parents must remain on the opposite side of the field from the players. At no time should a parent be present on the team's side unless summoned by the coach.
- Avoid making negative comments regarding the Club, referee, other players, parents or the coach in front of your player or any other Sting member. Make the positive effort. Parents who cannot be a positive role model as set out herein, will be asked / expected to leave the game and may be asked to appear before the board of directors..

Club Director

The director is in charge of all player and coaching development and works closely with the board of directors. The director is a paid employee of the club and oversees the philosophy and direction of the teams and coaches.

Director: Organizes "Technical Training" at the beginning of each season. Administers training sessions for ALL of the club teams as needed. Is available for individual team clinics as requested by teams. Works in conjunction with IYSA in scheduling games for the Northwest League. Facilitates and is present at ALL tryouts. Works as a liaison to the city Parks & Recreation departments. Administers coaching clinics before, during and after the season providing mini camps and team development. Is in charge of leading the coaching selection and forwarding coaching selections to the board of directors for approval. Oversees all aspects of tryouts including team selection. Any questions regarding player selection should be addressed directly to the director.

Assistant Club Director(s)

The assistant director(s) will assist the director in player and coaching development. The assistant director(s) are paid employees of the club and oversee the philosophy and direction of the teams and coaches. The assistant director(s) work closely with the director to develop coaching curriculum for the U-10 through U-18 teams. The assistant director(s) also manage the technical programs for the U-15 to U18 boys and girls teams. This includes implementing and managing, clinics and other technical programs. Works at coordinating access for teams into college showcase environments and creates player profile documents for college showcase events.

Club Registrar / Administrator

The club administrator handles most all of the administrative side of the club which includes but is not limited to, all of the incoming phone calls, e-mails and other inquiries to the club. The administrator completes all player, team, coach and volunteer registration for the club and is a paid employee of the club. The administrator facilitates the administrative side of tryouts and complies with the guidelines of the Idaho Youth Soccer Association (IYSA). The club administrator works with team managers providing assistance and training for their duties as team managers. (Including: Rosters, Insurance Forms, Player Cards, Birth Certificates, and Travel Papers.) The club administrator is also the "Co-Director" of our annual spring "Bill Eisenwinter Hot Shot Soccer Tournament".

Club Accountant

The accountant in conjunction with the treasurer has charge of all of the funds of the club, keeps its financial records, and helps prepare the annual budget for adoption by the board of directors and review by the membership. The accountant signs all checks, files all statements and returns required by law, and reports the financial status of the club to the board and membership. The accountant shall make the books available for the annual audit. This individual is also a paid employee of the club.

Board Meetings, Board of Directors and Duties

All positions on the STING Soccer Club Board are volunteer positions. Board member terms run from August through June. Board meetings are held twice a month (except July & December) on the second and fourth Wednesday at 7:30PM at the Lake City High School Library. During daylight savings time, (typically November – March) of the off season, meetings start at 7:00pm. The board of directors discuss and makes decisions for the entire club. All parents are welcome to attend board meetings to have their individual voice or concerns heard. Anyone interested in becoming a board member, please contact the club president. If parents would like to address the board they must notify one of the board members 24 hours before the meeting so board members have the chance to read any items being presented and can give there full attention to the discussion. Individuals addressing the board will be given a set amount of time, by the club president, to address their issue.

The Board will consist of at a minimum President, Vice President, Treasurer and Secretary. This portion of the board will also serve as the executive committee.

Other positions on the board include but are not limited to:
Fields, Fundraising, Referee, Public Relations, and Disciplinary.

In addition, there are areas of the board that are continual work in progress, they include: Park and Recreation, Land Procurement, and Long Range Planning.

Immediate Past President: Shall offer support and guidance to the new board.

The club director, assistant director(s), administrator and accountant attend board meetings but are NOT voting members on the board.

Parent Volunteers

Each team must have a parent assigned to each volunteer area.

1. Team Board Parent Representative

This person's responsibility is to attend certain board meetings, will receive the minutes from the secretary and keeps the team aware of all current events, decisions and activities involving the Club.

2. Field Representative

This person is responsible for helping with any work that is done on the fields. This job involves three to four workdays each season plus possibly some additional work depending on the shape of the fields. Each workday usually runs about two hours. The first one is at the beginning of each season to help set up fields and the other is at the end of the season to take down the fields. There will be another two or three days this representative is asked to help with the lining of the fields and preparation of fields for our annual Hotshot

Tournament we host in May. Anyone can do this job and the work is done during the week and early evenings.

3. Referee Representative

Each team needs to have two active adult/teen representatives take the referee certification course and agree to be a part of the Club's referee pool. This involves taking the 16-hour certification course and being available on the weekends to referee and assistant referee games. This is an extremely important position because - without enough referees, we can't have games. We encourage trying to find as many people as possible to become involved. The people who volunteer for this position will begin by assistant refereeing games (a.k.a lining) and will move to center refereeing as their ability and knowledge improves and when they are willing to do so. They communicate with the referee association as to when they are available and are expected to referee six games per season. Referees are paid by the North Idaho Referee Association for the games they referee.

4. Fundraising Coordinator

This position should consist of a minimum of two parent volunteers. They are in charge of organizing their team's efforts in fundraising for the club. They would publicize any fundraising events to their team and assist the fundraising directors as needed with any events. There is usually a fund raiser each season, fall and spring. During the spring season, the club holds an annual auction in which all teams help to ensure its success. **The U-11 & U-12 teams each take on a special role in the auction as these team parents coordinate one specific area of the auction.** (i.e, Raffle Tickets, Silent Auction, Live Auction, Check In/Out, etc.). If their team decides to do a team fundraiser, they would seek approval from the Board Member who is the Director of Fundraising, *prior* to planning the team fundraiser.

5. Tournament Representative (Hot Shot and State Cup)

Each team in the Club is responsible for helping with the Hot Shot tournament. This person's job is to be the liaison between the Hot Shot Committee and their team. Each team is assigned a job. These jobs range from selling t-shirts, being field marshals, arranging food for the referee tent, checking-in teams as they arrive for the tournament, field setup, etc.). The Hot Shot Representative is in charge of organizing parents to fulfill their team's duties by having parents on the team "sign up" for time slots that their team is assigned.

6. Advertising Representative

This position is in charge of selling ads or fields for our "Hot Shot" tournament to help the club in its fundraising efforts.

7. Public Relations Representative

This person is in charge of getting the press release of their team's results to the local paper each week. It is convenient to assign a person who is proficient at e-mail. Photos and a short summary of each game/tournament are to be sent no later than *noon on Monday* to Mark Nelke at the Coeur d'Alene Press. It is helpful to put "Youth Sports" in the subject area of the e-mail. Any notifications should appear the following Wednesday.

8. Registrar Representative

This person is responsible for helping the manager and club registrar with collecting registration dues each season. This person may also be called upon to help run the registration process at tryouts each season. This job on most teams is done by the manager but some managers may like to have the extra help.

9. Team Manager

This is one of the most crucial jobs to be filled. This person must be extremely organized and be able to pay attention to detail. This person coordinates all of the "off field" activities. They will coordinate all of the above volunteers as well as organizing all of the team functions. This person takes care of the paperwork in registering teams for tournaments, makes player and coach cards, ensures all paperwork is correct and accurate for rosters according to IYSA guidelines. Unless there is someone assigned as a "travel coordinator", this person also arranges for a block of hotel rooms so when the team travels they stay at the same hotel. It is also a good idea to provide map/directions to fields so that everyone knows where the games are. Managers may also like parents to volunteer to help work as a "phone tree". Most prefer to send and receive e-mail to convey information to team parents, but in the event that information needs to relay immediately, parents working together calling other parents alleviates and shares that responsibility.

Tryouts / Season

Tryouts for all age groups are held following the spring season, typically the first weeks of June before summer vacation. Check the website for actual dates.

Players must try out each year. No spot is "guaranteed" because they have played previously. The U-10 to U-14 ages are for team selection for two seasons, fall and spring. Fall season is from August 1st through October 31st. Spring season is from March 1st through May 31st. The U-15 and up play in the spring season only.

There are two major goals for tryouts:

1. Give every player a fair chance to make a team.
2. Try to give as many players as possible the opportunity to play.

The Club philosophy is teams U-12 and younger are focused on developing their technical skills and U-13 and above are competitive. As a result, when there are enough players for two or more teams at U-12 and below, balanced teams will be

formed. The names of the younger teams are listed as the club and followed by the coach's last name (ex., Coeur d'Alene Sting – Smith). Club policy indicates that we will not have “GOLD” or “A” or “WHITE” or “B” teams at the younger levels. This allows the club to develop players in order to keep them playing through the older ages. There are no two players that develop at the same pace; providing an opportunity for more kids to play and giving them the best opportunity to develop their skills at their pace, is best for the kids. Each year teams at the younger ages are redistributed to keep them as balanced as possible in numbers and in talent. This gives players the opportunity to learn to play with different players and the opportunity to learn from different coaches. Roster sizes for the U10 – U12 age groups are approximately 12-14 players.

When there are enough quality players at the older age groups (U-13 and above) for two teams, an “GOLD” team or “A” team and a “WHITE” or “B” team will be formed. The names of these teams are Coeur d'Alene Sting – GOLD or Coeur d'Alene Sting – WHITE. If there are less than 14 players for any age group U-13 and up, the director will make a decision to either not form a team or make a combined team if there are enough qualified players. If there are less than 30 players, only one team will be created. When selecting “GOLD” and “WHITE” teams, the best players will be placed on the “GOLD” team with a minimum of 14 players and a maximum of 18 players. It will be up to the director and approved by the board to combine age groups to create a team. *Play-ups on the U-10 through U-14 teams will only be allowed if the club director feels the situation is best for the player.*

Tryouts for all teams older than U-18 will not be typically scheduled, due to the inability of players in these age brackets to be present for a tryout. Teams in these age brackets will be selected from a pool of players who have identified in writing to the club their intent to participate, or from players from a younger age bracket, as necessary, to field a competitive team.

Supplemental Tryouts

These are tryouts that are coordinated to help teams pick up additional players before the fall or spring season starts. These tryouts are offered before and during the season if necessary. A coach requests a tryout from the director at any time before the IYSA spring roster “freeze” date. The director must be present at all tryouts. If a “GOLD” team offers a tryout, a “WHITE” team player can attend and try out for any open spot(s).

Tryout Procedure and Policy

All players are expected to attend all tryout days as designated by their age group. Any player who moves to the area after tryouts are completed may be considered at the next scheduled tryout.

If for some reason a player is unable to attend and/or participate, the club director must receive in writing a letter indicating the reason PRIOR to the start of tryouts. All letters must be sent to P.O. Box 26 Hayden, ID 83835 prior to the start of tryouts to be considered. If a temporary medical condition/injury necessitates a waiver from tryouts, a statement of same may be required from a doctor at the discretion of the club director. A player who is temporarily unable to try out because of a medical condition may only be considered for a team if that player's ability can be ascertained by the club director. In cases of medical conditions/injury, the player must attend at least one of the days of tryouts and all players present will be evaluated throughout the entire tryout.

A player wishing to try out for a team in an age group older than his/her birth date dictates may apply to do so in writing to the board of directors. However, it is the philosophy of the club to allow play-ups only when the club director deems this player is able to perform at a higher level technically, tactical, physically and psychologically. Applications will be considered on a case-by-case basis.

Tryouts and the addition of players may continue until the roster freeze date as indicated by IYSA.

Player Selection

Player selection is the responsibility of the club director, assistant director(s) and the designated Sting coaching staff.

Playing Time

The STING Soccer Club is a *competitive* youth soccer program with the purpose of promoting and developing the game of soccer. As a competitive program equal playing time for all players is not a necessity as it is in recreational programs.

Our U-12 and below age groups are considered developmental, and shared playing time for all players is essential in their development. Every player should attend every practice and compete as if it is a game. Every player gets 100% playing and development time when they attend practice. Every player MUST attend at least one practice per week to obtain playing time. Skill level, attendance and work rate at practices helps determine playing time. All players who attend practices and work hard need playing time to develop their skills. It is very difficult to get everyone equal playing time on the field. The rules of the game, roster size and injuries can affect this. However, it is recommended to the coaches that when they play an individual, they should give the individual at least ten to fifteen minutes of continuous play to allow them to get into the flow of the game and feel a part of the game. A suggested minimum playing time at this level should be a ten to fifteen minute block in each half or half of each half. (20 – 30 minutes game playing time total) However, during tournaments playing time is not guaranteed.

As teams get older with increasing competition (U-13 and above), it becomes necessary to play the better players more, and as a result, there may be a greater disparity in playing time between players. At these ages coaches do not have to play every player in every game, but at least one fifteen minute block, if not more, per game is encouraged.

It is expressed to coaches that if certain players consistently sit on the bench, they will lose confidence, skill and motivation. Then when frequently played players are gone or injured, bench players won't be ready to contribute and the entire team will suffer.

Regardless of age group, there is no guarantee of playing time for players on *any* team that advances to the State Cup or Regional Tournaments.

Practices

In general, teams will practice 2-3 times per week.

Appropriate training attire must be worn for practice. Uniforms are NOT appropriate training attire. Soccer clothing – shorts, socks, shin guards and t-shirts – must be worn for training. No tank tops or jeans allowed.

Day of the week and times will vary depending on the schedule of the coach and the field availability. Every effort will be made to maintain consistency in practice schedules to enable parents and players to plan accordingly.

Practices are normally held rain or shine. If you do not receive notice that a practice is cancelled, you should assume that practice is on. If necessary, the coach can cancel practice at the field. The coach and/or club director have the right to cancel any practice if he/she believes the safety of players are at risk.

Although teams can practice and play in all kinds of weather, lightning is another matter and can be cause for immediate suspension/termination of play. The '30/30' rule for lightning safety could save lives. The first '30' means that you need to take cover (in a sturdy building or a car) if you hear thunder within 30 seconds of the lightning flash ('flash to bang' ratio). Then wait at least 30 minutes after the last lightning flash or thunder in order to resume normal activity.

All players are expected to make an investment in their own development beyond the formal training time scheduled with the team. Players are encouraged and expected to discuss ideas for skills improvement with their coach.

The Club Director will develop a master schedule for each season (Fall and Spring) that ensures that each team receives its fair share of professional/staff coaching.

Practice days and times are decided by the coach. Younger teams typically practice two days per week while older teams may increase their practices to three days per week. The lengths of practices usually are one and a half hours for the younger teams and up to two hours for the older teams. This is approximately the same amount of time players will be on the field from start to finish during a game situation.

If a player cannot make practice, it is **the player's** responsibility to contact the coach before the practice begins. Failure to do so will result in an unexcused absence and reduction of playing time for the next game. If the player does not attend any of the practices, they will not play that weekend but will be expected to attend the game and support their teammates.

Team Registration Meeting

After teams are selected, families will receive a letter (or email) of congratulations or a letter (or email) that they were not selected. With the congratulations letter, there will be direction given on completing a medical release, volunteer representative information sheet and a list of items to be brought to the registration meeting.

Every family should attend this meeting with their player. This is the time where parents and players will meet their teammates and fellow parents. All volunteer positions are filled at this meeting. Missing this meeting may leave you with few options of fulfilling your volunteer responsibilities and you may end up with a position that is not your first choice. Any additional registration paperwork is handled at this meeting. This is also the time that players and parents can meet the coach(s) for their team. The coach and parents will discuss upcoming tournaments and which tournaments the team will be attending. Each team is responsible for registering themselves for tournaments. Lists of tournaments are available from the club director and administrator. The cost of all tournaments is equally divided among all players whether, the player can attend all of the tournaments or not. Tournament fees are non refundable.

Team Roster Guidelines & Guest Players

It the policy of the Idaho Youth Soccer Association (IYSA) that players, can only be registered on one team roster in any state at any given time. Players are committed to the club for the entire seasonal year (Aug 1 to July 31). Players may play as guest players within our own club with the approval of both team coaches. Players wishing to play as guest players for another club must receive permission from the club director and/or board of directors.



Club Equipment Sponsor

The STING Soccer Club has an exclusive apparel contract with Diadora. They agree to give us special pricing on all equipment and uniforms as well as being the official sponsor of our Hot Shot Tournament. In return we agree to have all of our teams wear Diadora exclusively throughout the year. **ALL Players and Goalkeepers are required to wear Diadora apparel (shorts, shirts, socks) for ALL games and tournaments. Players refusing to follow this will not play until they adhere to policy.** Players are not required to wear Diadora shoes or goalkeeper gloves. Players do not have to wear Diadora products at practices. The length of the contract usually runs for two years after which we evaluate the relationship.

Uniform Costs

The cost is approximately \$150.00 every two years. This usually includes two sets of uniforms, shorts, socks and backpack.

Uniforms

Only club-approved uniforms can be worn for regulation games (league play and tournaments). Uniform color and styles are coordinated with the Sting colors of black, white and yellow. Each player has a home and away uniform consisting of a jersey, shorts and socks. The board approves the new uniforms every two years in February prior to the June tryout to ensure uniform availability for the club. There will be no deviations from the board-approved CDA Sting club uniforms.

Based on the contract with Diadora, the Club will require players to purchase new uniforms every two to three years. However, when a manufacturer unexpectedly discontinues a style players may have to purchase more than one uniform in a season. The club makes every effort to limit the number of uniforms each player must purchase. The board works closely with the supplier to make every effort to choose uniforms that are cost effective for families and that will be available for a minimum of two years.

Warm-ups are not required, but players are strongly encouraged to purchase a club approved warm-up so that the Club presents a unified appearance consistent within CDA Sting.

Additional shirts, sweatpants, hats, headbands and even light gloves should be kept in the player's bag in case of cold weather.

Player Equipment

Every player is expected to come to practices and games prepared. Minimally, this means bringing an appropriate sized soccer ball (properly inflated), shin guards, and a water bottle.

All players in all games and practices must wear shin guards. For all outdoor games and practices, soccer cleats are required. Mouth guards are recommended for all players.

Eyeglasses, jewelry, and earrings may be deemed dangerous by referees and should not be worn during practices or games. Approved protective eyewear or contact lenses should be worn instead of eyeglasses.

Tournaments

There are a few local tournaments throughout the year. Tournaments are decided by coaches and the parents with the recommendations of the club director. We strive to enter our teams in tournaments that complement league play. Most teams compete in two tournaments in the fall and two to three in the spring. The club administrator should be able to help teams obtain tournament applications. Most applications are due three to five weeks prior to the tournament. The coach and/or manager **MUST** be sure that the tournaments they are attending are sanctioned by the state that the tournament is held in. Travel papers are only required for tournaments outside the United States. (i.e.: Canada) Parents are expected to pay for a standard hotel room and travel expenses for all head coaches at any tournament in which the team must stay the night. Gas is reimbursed at \$0.20 a mile from the team checking account.

Late Summer/Fall Tournaments:

Palouse Cup – This is a tournament hosted by the Moscow United Soccer Club in Moscow. It will run the second or third weekend in August. It is a 5v5 tournament, so most teams will be able to divide their team in half and take two teams. The 5v5 format is a good fit for pre-season training. It also offers players an opportunity to experience different roles in a fun environment.

Les Schwab Northwest Cup – This tournament takes place the third weekend of August and is hosted by the Spokane Soccer Club. Several age groups have two levels of competition which means most teams will be able to enter a division with teams of similar ability. Most teams are encouraged to compete in either the Northwest Cup or the River City Cup.

River City Cup – The River City Soccer Club (Spokane) hosts this tournament the first weekend of August. This is more of a 'select' tournament although several age groups contain one or more 'premier' level teams.

Pend Oreille Cup – The Sandpoint Soccer Association hosts teams from Eastern Washington, North Idaho, Western Montana, and British Columbia in early to mid-September. All of our fall teams are encouraged to enter the Pend Oreille Cup because it is an opportunity to compete against teams from around the region while staying close to home.

Gem State Challenge – The Idaho Youth Soccer Association hosts the Gem State Challenge in late October in Boise. This tournament has been an opportunity for our competitive teams to play against some of the best teams in Idaho near the end of our fall season. Coaches of teams that need more games against solid competition should consult with the club director before choosing a travel tournament.

Winter/Spring Tournaments

Blue Mountain Exchange – This is not a formal tournament with a playoff system, however, it does offer a high level of competition for all of our girls' groups and some of our younger boys' groups. The girls' side of the BME generally takes place in Pasco during the first weekend of March. The boys' side usually takes place in Walla Walla in the middle of March.

Sasquatch Five-a-Side/Spokane Soccer Club Five-a-Side – The Community Colleges of Spokane and the Spokane Soccer Club host separate 5v5 tournaments in March. As 5v5 tournaments they offer benefits that are a good complement to pre-season and off-season training.

BILL EISENWINTER HOT SHOT – This is our tournament, our major fundraiser, AND ALL STING TEAMS ARE EXPECTED TO PLAY. It is an honor to host teams from all over the Pacific Northwest, and all Sting teams have responsibilities in organizing and hosting Hot Shot. It takes place the third weekend of May and is one of the largest tournaments in the region.

Idaho State Cup – This tournament takes place over Memorial Day Weekend (last weekend of May). This is the state tournament for club soccer, and the champions, along with occasional wild card berths, advance to the Far West Regional Tournament. **All gold teams should expect to register for and compete at Idaho State Cup.** Idaho does not have a state tournament for U10s, U11s, or U12s. In addition, Sting "White" teams are encouraged to attend tournaments that are more appropriate for their development as an alternative.

Seattle, Portland, and Out of Region Tournaments

Year-round – There are several tournaments in the Pacific Northwest and beyond that offer a challenging level of competition. These tournaments are more appropriate for our competitive teams and some of our U12 groups. Sting teams in the U12, U13, and U14 age groups are generally not permitted to travel out of region. Teams in the high school age groups occasionally travel as far as California and Nevada but only with the consultation of the club director. All coaches should consult with the club director to consider the team's travel schedule, the team's strength of schedule, and the level of competition at the tournament before committing to an overnight trip.

Travel

ALL TEAMS NEED TO EXPECT TO TRAVEL!

The STING Soccer Club is serious about soccer and the development of players. Our goal is to provide young athletes with the opportunity to achieve their soccer dreams and to reach their potential as soccer players.

Traveling to competitive soccer tournaments is a key component for the development of our players and teams. When our teams and players are matched against strong competition, it requires them to elevate their level of play and performance. Travel at the younger age groups is typically closer to home and exposes the players to travel and to focus as a team. Travel for older teams focuses on competition and exposure to college coaches.

Commitment to a Sting team means commitment to league play and tournament travel. Planned tournament and league discussions will be made available at the first parent-coach meeting before the upcoming season. Players who make a commitment to a team should commit to attend all team events, including league play and tournaments. If a player decides not to attend a tournament that the group has agreed on, they will still have to pay their portion of the tournament fees.

Sometimes teams must travel for extended distances. Each team handles travel differently. Some teams let each player find a ride on their own with the help of the coach while others all meet a central location in town and carpool and/or caravan from there. Regardless of how a team decides to handle its rides, it is a good idea to try to meet and carpool together in case of car trouble or getting lost. In addition, it also eliminates any player from being left or forgotten. Families should be encouraged to give other parents gas money for any time their player rides with them to tournaments or games. If your player needs a ride to a practice, game or tournament, it is a parent responsibility to determine who their child will ride with. Due to risk management issues, no one will "assign" a player to ride with another parent/adult.

All players are ONLY allowed to drive to practices and games in the county in which they live in. All drivers need to have their own insurance because IYSA insurance does not cover the travel to and from games.

When possible, teams should arrive at tournaments the night prior to and preferably 24 hours before, their first game. For tournaments, this is at the discretion of the head coach.

To foster camaraderie all Sting teams should plan to stay at the same hotel for State Cup competitions. When possible, when more than one Sting team travels to the same tournament, every effort should be made to stay at the same hotel.

If traveling to tournaments by airplane, parents will decide as a group if everyone will travel on the same flight or if parents will make their own player's arrangements. If it is decided that parents will make their own arrangements it is a parent responsibility to ensure their player has transportation and appropriate supervision throughout travel.

Club Fees and Payment of Fees

Club Registration

Club registration fees will be determined by the board of directors prior to June 1st of each year. Soccer fees are for a full soccer season. There is a fall and a spring season. Registration fees are collected at tryouts. U10 through U14 teams will pay their second season fees for the spring season prior to **October 15th**.

Fall & Spring Season Teams

U-10 to U-12 Registration Fees: \$125 per season. (Fees may change year to year.)

U-13 to U-14 Registration Fees: \$175 per season. (Fees may change year to year.)

Spring Season Teams

U-15 to U-18 Registration Fees: \$225 per season. (Fees may change year to year.)

U-19 Teams are only asked to pay the IYSA registration fee (Approx. \$45.00)

Registration fees cover professional coaching, referee fees, registration with the Idaho Youth Soccer Association.

If payment has not been received by the designated date the player will be ineligible to play and may lose their spot on the team.

After a player makes a team:

Club registration is NON-REFUNDABLE if the player leaves a team voluntarily. Non-voluntary withdrawal (moving, death in a family, season-ending injury and other extenuating circumstances beyond the direct control of the family) from a team is dealt with on a case-by-case basis.

If a player is not selected for a team, registration fees will be refunded in full.

All parents are required to pay their child's registration and tournament fees regardless of their position within the club.

Medical Kit: Each team is to supply their own medical kit. Medical kits shall be replenished on an as needed basis and is a shared cost of the parents on that team. This typically runs \$5 to \$10 per player, per season.

Tournament Fees

Team tournament and travel fees must be paid in full by July 1st for the fall season and by December 1st for the spring season. Teams are responsible for assessing each player sufficient funds to cover the travel expenses of the team's head coach (gas, hotel, airfare, etc.). These costs will be divided among all players on the team. When possible, coaches will share hotel rooms with other coaches to reduce expenses.

If payment has not been received by the designated date the player will not be allowed to play in games and tournaments until payment has been made.

Delinquent Accounts

When faced with a delinquent account, the club director/board of directors has the discretion to impose sanctions including restricting travel to tournaments and/or requiring the player to sit out games until payment is made in full or arrangements are made to pay the delinquent account in a time manner. No player will be restricted to play based upon a delinquent account without adequate prior notice to the player and the player's parents. Adequate notice shall be defined as a minimum of 7 days and must be provided in written form (e-mail or letter).

Nonsufficient Checks

The board reserves the right to charge a fee for any check payable to the club that was returned for nonsufficient funds. The fee will include actual bank charges plus an administrative fee for extra work involved by a club in clearing up the account.

Financial Aid

The purpose of the scholarship fund is to assist in providing partial financial aid to Sting players who would not otherwise be able to play competitive soccer without such assistance. The scholarships are based on need *NOT* priority. Scholarships are available to STING players on a first-come, first-serve basis after the STING Financial Aid Scholarship Committee has received a completed application from the parent(s) of the STING player and the committee has reviewed and discussed the application. Financial aid is intended to alleviate registration fees. Financial aid is not intended to cover tournament fees or uniform costs. Sponsors may be available to assist with this expense. Contact your team manager or a board member.

Functional Training

Functional training is training that focuses on a specific position or group of positions (i.e.: defenders, midfielders, forwards, etc.). These are only appropriate for our 11v11 teams and may be conducted with multiple teams present. Players are expected to attend functional training even if they are provided outside of a team's usual practice time.

Fundraising

STING understands that financial commitment required to play traveling and competitive soccer can be significant. We are committed to aggressive fundraising for both the club and individual teams. It has been our experience that a great percentage of costs are decreased with proactive fundraising. Parent volunteers are the primary drivers behind the fundraisers and full participation by those players receiving scholarships is expected. Team fundraisers are allowed to offset the cost (ex: car washes, garage sales, etc). Teams must seek approval prior to fundraising planning and decide as a group what the funding raised will be used for (ex., tournament fees, travel, coach expenses, etc), and how the funds will be divided (ex., split equally by all team members or only by those that participate in the fundraiser.)

The club has two annual fundraisers that all teams and parents are expected to participate in:

Hot Shot Tournament – This tournament is hosted by our club. The funds raised from this tournament go toward field development and toward the Club Director, Assistant Director and Club Administrator salaries. 130-160 teams participate each year at this event. Each team takes on duties to ensure the success of the tournament. Duties may include team check-in, t-shirt sales, field marshalling, field set up, etc.

Spring Auction – This event is usually held in March, April or May each year. The funds from this event go to soccer field development. This is a fun adult evening and all parents are encouraged to attend and bring their friends. All teams are expected to participate in this fundraiser by asking area businesses or individuals for auction items as indicated by the Director of Fundraising. Each team provides live and silent items for the event. Additionally: **Parents of the U-11 & U-12 teams take on a special role in the auction as these team parents coordinate one specific area of the auction.** (i.e., Raffle Tickets, Silent Auction Set-Up, Live Auction Set-Up, Check In/Out, etc.)

Referees

It is extremely important that parents are supportive and encouraging to these people. Without referees we will not have anyone to officiate the games they will be cancelled. Yelling at the referee will not change a call that has already been made.

Due to the constant shortage of referees, each team **MUST** have a minimum of two referee representatives that will referee and line games during the season. ***Teams without active representatives will suffer the consequences and their team will be scheduled all away games.***

Olympic Development Program (ODP)

ODP is a statewide program for all players who want to improve their play and serves as an identification program for U.S. youth national and regional teams. There are occasional district trainings, but most of the training takes place in Boise. ODP requires a separate fee for participation. Families interested in entering their student-athletes in ODP should discuss the program with the DOC and their child's team coach.

Indoor & Futsal Soccer

Winter indoor soccer leagues are not affiliated with or sponsored by IYSA or the STING Soccer Club. However, the Club encourages all teams to participate in winter indoor soccer leagues. Indoor soccer is a great way to stay in shape during the winter months. We all know that the more a player plays the game, the better a player becomes.

Communication on Issues of Concern

When issues and concerns arise at the team level, the board recommends the following process:

1. Players should be encouraged and expected to talk directly to the team coaches and discuss the specific issue of concern.
2. If this is not possible or is unsuccessful, then both the player and the parent should talk with the team coaches.
3. If the issue is still not resolved, the player and parent should contact the club director.
4. The president and then the board of directors should only be used as a LAST RESORT to resolve coach/player/team issues. If parents would like to address the board in written form, they must notify one of the board members 24 hours before the meeting so board members have the chance to read any items being presented and can give there full attention to the discussion.

This is a valuable training tool for players to take responsibility for their commitments.

24 Hour Rule

The 24 hour is designed to protect the coach from inappropriate parent conduct. There is a time and a place to address a coach. Unfortunately, coaching often leads to issues with the parents on your team concerning playing time, coaching style, playing formation, etc.... At no time are parents of players allowed to discuss

any issues they may have with a coach before, during or immediately after matches. This includes face to face conversation, email, or phone communication. **This will be strictly enforced by the Club's board of directors.** Failure to adhere to this rule may lead to banning parents from matches and loss of club membership. All coaches need to contact the club director if a situation has occurred. By allowing 24 hours for emotions to calm down, a more positive solution can be made to the problem that the parent may need to address.

Academics

Sting expects all players to strive to perform their best on the field and in the classroom. The STING Soccer Club has a strong tradition of academic excellence and we encourage all players to organize their schedules to ensure they have adequate time to devote to their studies. Having homework is not an acceptable excuse for missing practice. Players who miss practice miss the opportunity to get better individually and hurt their team. All players have homework and as athletes they must manage their time wisely. If players are having issues in school they need to have their parents talk with the coach to work out an acceptable plan.

The Dynamics of Being a Team Player

Sting players are continually encouraged to take responsibility for their commitment to excellence. Much of that commitment surrounds their decisions and how they affect their team and teammates. Our players have a responsibility to fully participate in all activities: training, meetings, travel and games. "Learning to make sacrifices to honor their commitments", is a vital lesson that will be carried beyond the soccer field. Decisions and actions directly affect the group and its ability to achieve a common goal. Group success equals individual success.

Multisport Athletes and Year-Round Soccer

The STING Soccer Club players are some of the most talented *multi sport athletes* in the state of Idaho. We do support our multi sport athletes and we work with players and parents to work out a fair and equitable plan for those players that wish to pursue other sports and interests. STING has always been willing to "share" its players with other sports and interests and have found that success comes in those situations that are fair and equitable for the player's Sting team, the player and the competing activity. It must be known that to earn playing time, players must attend at least one practice per week.

However, for those players who wish to play full time soccer, the STING Soccer Club provides that opportunity on a year round basis with continued professional guidance.

College Scholarships – "The Bill Eisenwinter Scholarship"

Every year it is the policy of the STING Soccer Club to award a limited number of college scholarships to graduating seniors who intend to continue playing soccer at the college level. Toward this end, the club will maintain a standing scholarship Committee, chaired by the Club Vice-President and including the Club

Administrator, the Club Director and the Assistant Director. Scholarships will be awarded to both boys and girls. Money will be paid directly to the recipient's college of choice, in one lump sum. Graduating seniors may apply to the club for this scholarship. Application forms are available at their High School Counselor's office or from the Club Administrator and must be submitted by May 1st of the graduation year.

Criteria:

- Financial Need (other awards to the same student will be considered).
- Soccer ability (skill, potential, motivation).
- Years in the Club.
- Service to the Club.
- Community Service.
- Maintaining the player Code of Conduct.
- GPA and Classes Taken.
- Potential for graduation from College.

Tax Breaks

The STING Soccer Club is a non-profit organization. It is possible to write off your charitable contributions as deductions, but make sure you see your tax advisor or accountant before writing anything off.

Club Bylaw Information

For purposes of the bylaws, members are considered: parents of players, players, directors, all team coaches and assistant coaches, referees, administrative personnel and volunteers. Listed below are sections of the bylaws listed verbatim. A complete copy of the bylaws may be obtained from the website at www.cdasting.com

Section 3.4 of the bylaws states:

Section 3.4 Member Discipline: The Board shall have the authority to deny or revoke membership status to anyone having a moral character inconsistent with the stated purposes of the Club; whose participation in the Club is potentially disruptive to the operations of the Club or dangerous to the other Members; or who has failed to abide by or violated the provisions set out in the Sting Parent Expectations Form, the Sting Code of Conduct, or the IYSA Coaches' Code of Ethics (if applicable) as determined by the Board.

Section 7 of the bylaws states:

Section 7 The Board shall have the power to impose reasonable nonmonetary penalties and/or suspensions of the Member's rights (e.g., voting rights, playing rights, or other rights of participation in Club activities) or other appropriate discipline for failure to comply with the Bylaws or duly adopted Policies; provided that all such discipline shall be imposed in accordance with duly adopted Policies, and that the accused shall be given notice and the opportunity to be heard by the Board with respect to the alleged violations before a decision to impose discipline is reached (provided that temporary discipline may be taken by the Board in the event of an emergency, where based on reasonably reliable evidence that such discipline is warranted).

Illegal Recruiting

After discussion with USYSA they consider that contact with a player or parent of a player who is affiliated with an IYSA club during a playing season, is considered an attempt to recruit that player and therefore constitutes illegal recruiting (IYSA has no jurisdiction over non IYSA affiliated players and organizations). As an example a CYSA / Rush U9/U10 may not be approached as they are affiliated to IYSA and are still in their playing season or another example would be a coach with another affiliate may not approach an IYSA member player or parent to join their team.

Accepted methods of notifying potential players of your tryout dates are through mass media sources such as Websites, TV and newspaper advertisements, in other words in-direct contact.

Below are the other instances of illegal recruiting as listed in the Participation Rules which are also under review currently.

- a. Anyone who benefits from recruiting can violate the rules, i.e. parents.
- b. The parents must be contacted prior to approaching players under 18 years of age.
- c. Recruiting or attempting to recruit any player or player's parents or guardians with offers of material goods, gifts, free trips, scholarship or a similar benefit is illegal recruiting. Nothing herein shall prohibit teams or -clubs from helping players with fees and equipment when documented financial need exists.
- d. Recruiting or attempting to recruit any player, or player's parents or guardians to leave a USYSA team with which the player is registered for the current seasonal year in order to play with another USYSA team during the seasonal year is illegal recruiting. A player is registered with a IYSA team for a full seasonal year when the signed player pass card,

fees, and USYSA registration are submitted to IYSA as part of a IYSA Team Roster form approved by the State Registrar.

- e. Recruiting or attempting to recruit any team to leave a USYSA club with which the team is affiliated for the current seasonal year in order to play with another USYSA soccer club during the seasonal year is illegal recruiting.
- f. Holding team tryouts at any of the following times is illegal recruiting:
 - on or before June 10th of the previous seasonal year (U11 boys & girls excepted).
 - during the fall season of the current seasonal year (U15-U19 boys & girls excepted).
 - between the fall and spring season of the current seasonal year (U15-U19 boys & girls excepted).
 - during the spring season of the current seasonal year.
- g. Allegations of illegal recruiting may be subject to a hearing by the IYSA Appeals and Protest Committee.
- h. Any individual or club found guilty of illegal recruiting shall be subject to discipline by the IYSA Appeals and Protest Committee.