

SYVSA

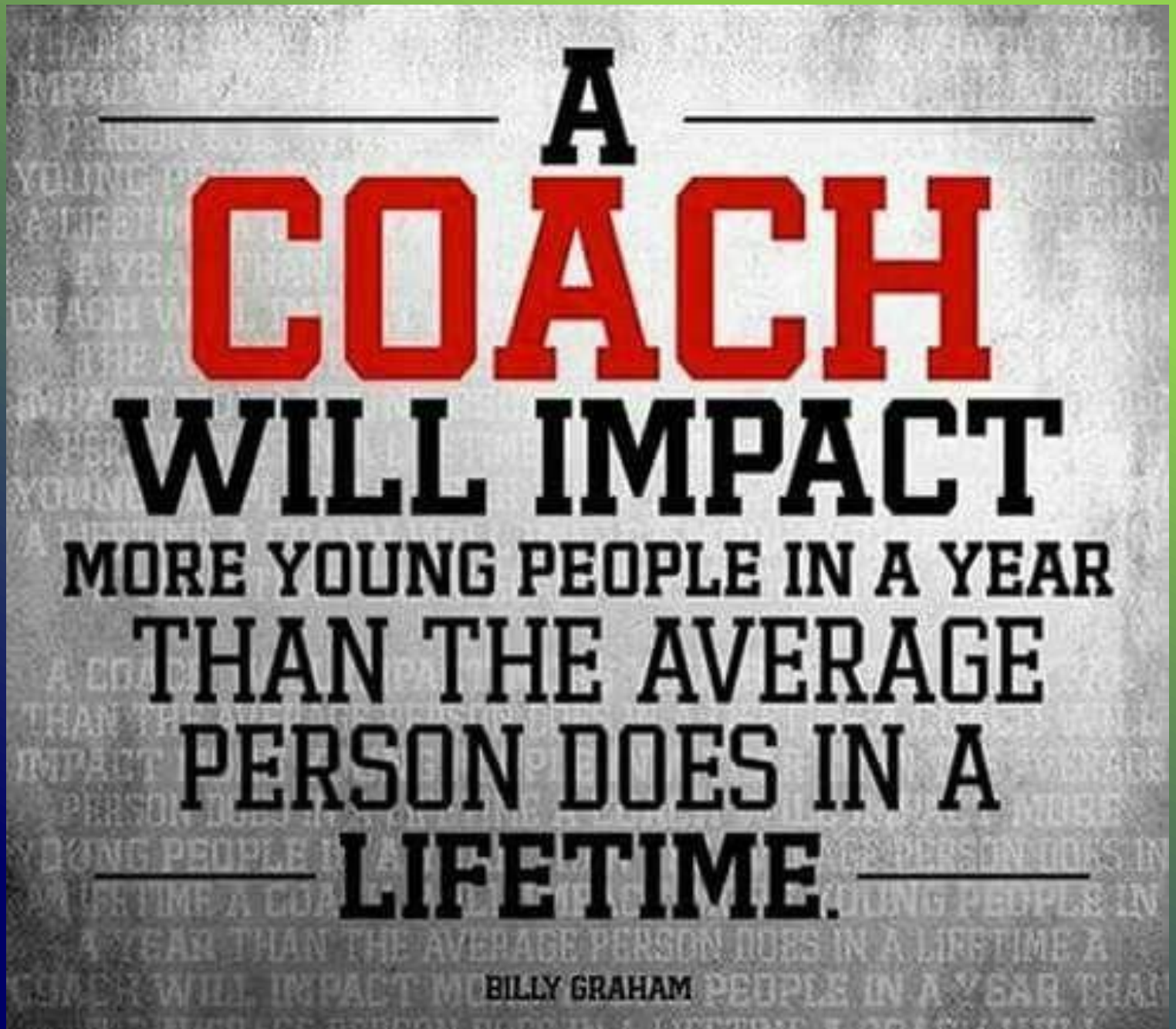
SPOKANE YOUTH SPORTS

ESTABLISHED 1966

SYSA Soccer Coaches Meeting
Virtual September 2020

Deb@sysa.com

509-755-2159



SYSA Mission Statement

- *“To provide sports activities for all youth where everyone plays, develops skills, is taught good sportsmanship, and learns the value of being a team player.”*

Spokane Youth Sports Association

- *Non-profit association with a supportive & active board and continued support from our loyal sponsors*
- *Encourage beginners at every level*
- *Other SYSA sports include; indoor soccer, flag football, basketball, baseball, rugby, speed & agility, track and cross country*
- *SYSA Bingo permanently closed – supported SYSA programs*

Many SYSA Soccer Leagues

- US Youth Soccer mandates that players be placed on teams by the birth year. SYSA allows “play-ups” to allow players to play with their classmates.
- Rookie Soccer 2016s
- Recreational Soccer 2015s-2007s
- High School Coed
- Summer Soccer Camps (5) – Success – Safe to Play guidelines
- HOPE to return to playing in the Spring 2021 if we hit Phase 3

SYSA Soccer 2019-2020 Summary

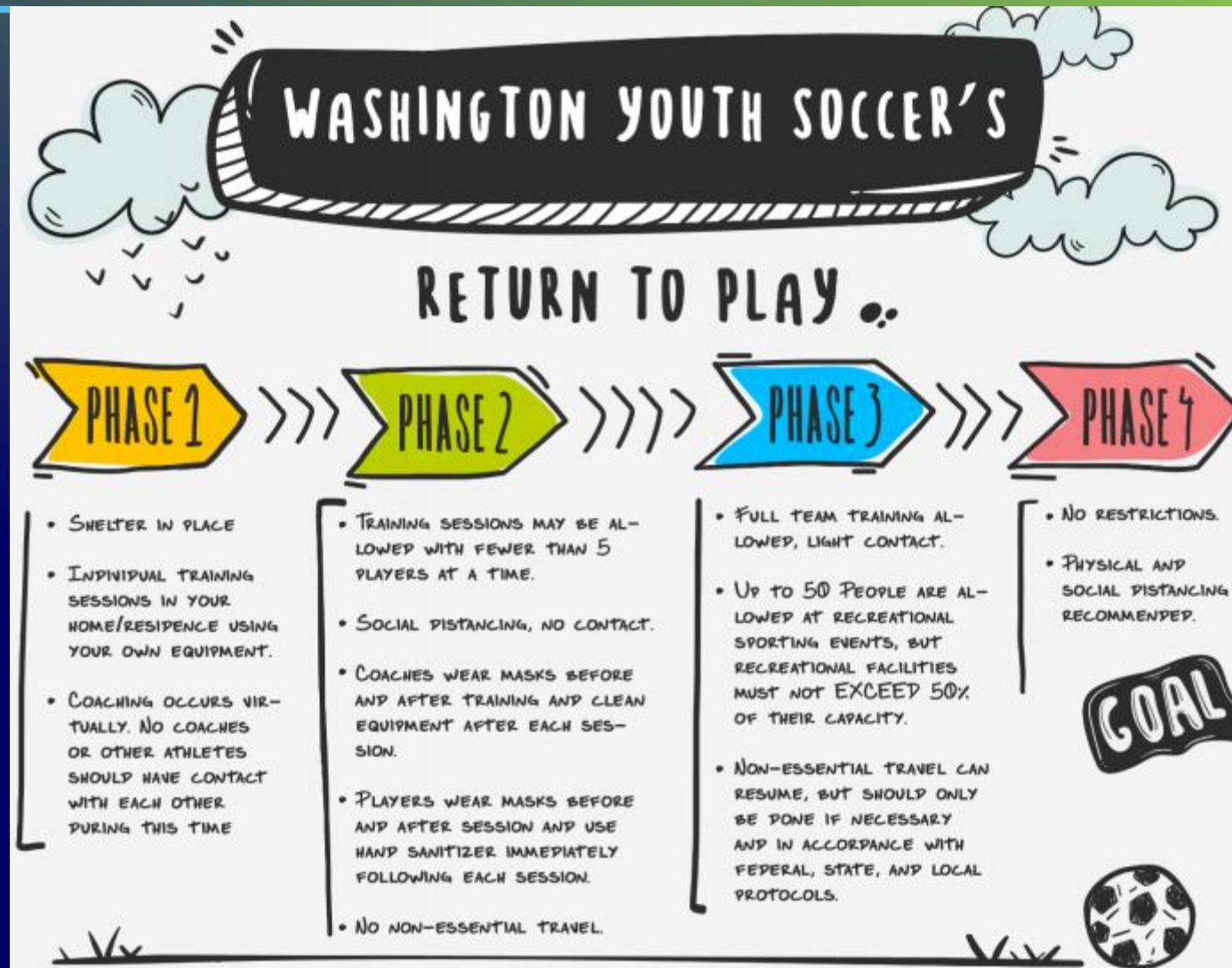
- 332 Spring Rookie players
- 111 4v4 teams
- 48 5v5 teams
- 46 7v7 teams
- 9v9 (U12) 25 teams
- 9v9 (U14) 24 teams
- High School Coed
- 3000+ Players
- 318 Coaches

What makes SYSA a GREAT choice?

- Financial assistant available
- Practices in your neighborhood
- Risk management checks (including Safesport, Concussion, Cardiac)
- Coaches Curriculum available
- GREAT coaches and families that return!

WYS Return to Play Guidelines

Spokane, Washington is currently in Phase 2



Sporting Activities Phase 2 Requirements

- The most notable section re: youth sports:
- In Phase 2, team practice can resume if a) players are limited to groups of five in separate parts of the field, separated by a buffer zone and b) practice can follow social distancing of a minimum of five feet between players with no contact. Each league, organization, or club must publish and follow a “return to play” safety plan. Parents and household members must not congregate on the sidelines during practice.
- SYSA is following the Washington Youth Soccer Protocols.
- www.washingtonyouthsoccer.org/Washington-youth-soccer-return-to-play-guidelines/

Coach Considerations

- Ensure the health and safety of your players. Inquire how the athletes are feeling, send them home if they act or discuss feeling ill.
- Follow all established federal, state, and local protocols.
- Ensure all athletes have their individual equipment (ball, water bottles, bag, etc.) and prohibit them from sharing anything. Equipment placement should be spaced at least 6 feet apart.
- The coach is the only person to handle cones, disks, etc.
- All training must be outdoors and coaches must strictly enforce social distancing per the current phase guidelines.
- Coaches must always wear a face mask per current phase protocol and social distance from players when required.
- Wash and sanitize your own equipment after every session.
- The use of scrimmage vests/pinnies is not recommended.
- Increase your communication with parents, they need to know what you are doing as a coach and club to maintain their safety.
- Have fun, stay positive – players and parents are looking to you to stay calm, supportive, and caring during this time.

Parent Considerations

- Ensure athletes are healthy, check their temperature daily.
- Limited or no carpooling.
- Stay in car or social distance when at training, wear mask at all times if outside your car.
- Ensure child's clothing is washed after every training session.
- Label your child's equipment to guard against cross-contamination.
- Ensure all equipment, cleats, ball, shin guards etc. are sanitized after every training.
- Notify SYSA immediately if your child becomes ill for any reason and do not bring them into contact with coaches or other players.
- Do not assist coaches with equipment before or after training.
- Be sure your child has necessary sanitizer and cleaning supplies with them at every training.

Player Considerations

- Take temperature daily.
- Wash hands thoroughly before and after training and any contact outside your home.
- Bring and use hand sanitizer with you at every training session. Especially at the beginning and end of sessions.
- Limited or no carpooling.
- Wear mask before and after all training sessions. This protects others in the event that you are unknowingly carrying the virus.
- Do not touch or share anyone else's equipment.
- Bring your own ball to training, label it as your own.
- Practice social distancing and place bags and other equipment at least 6 feet apart from your teammates' equipment during sessions.
- Wash and sanitize all equipment before and after every training session.
- No group celebrations with players closer than six feet, no high fives, hugs, cheers, etc.

Player is responsible for:

- Each player should bring a ball to every practice.
 - 2015 size 3 ball
 - 2014 size 3 ball
 - 2013 size 3 ball
 - 2012 size 4 ball
 - 2011 size 4 ball
 - 2010/2009 size 4 ball
 - 2008/2007 size 5 ball
- Water
- Mask
- Hand Sanitizer
- Athletic attire appropriate for the weather, Shinguards, Shoes (athletic shoes or soccer cleats) and Shin guards
 - No baseball/football cleats
 - No jewelry including taped earrings.

Case of Infection

When an athlete is diagnosed with COVID-19:

1. Contact SYSA regarding situation so appropriate contact tracing can be performed by club personnel.
2. SYSA will contact SRHD.
3. Have that athlete stay home.
4. Contact parents or guardians if for some reason they do not know already.
5. If the infected athlete was in contact with their small group within 48 hours of diagnosis, have that group also stay home – contact each of their parents or guardians that “someone” in their small group has tested positive for the virus (do not reveal name of infected individual). Each of these players should also be tested for COVID-19 and if they have a negative they can return to training.
6. Infected player cannot return to practice until 10-14 days after symptom onset (10 days after symptoms AND 3 days of no symptoms) and must have a written medical clearance from their physician.
7. Disinfectant all equipment

Team Formation

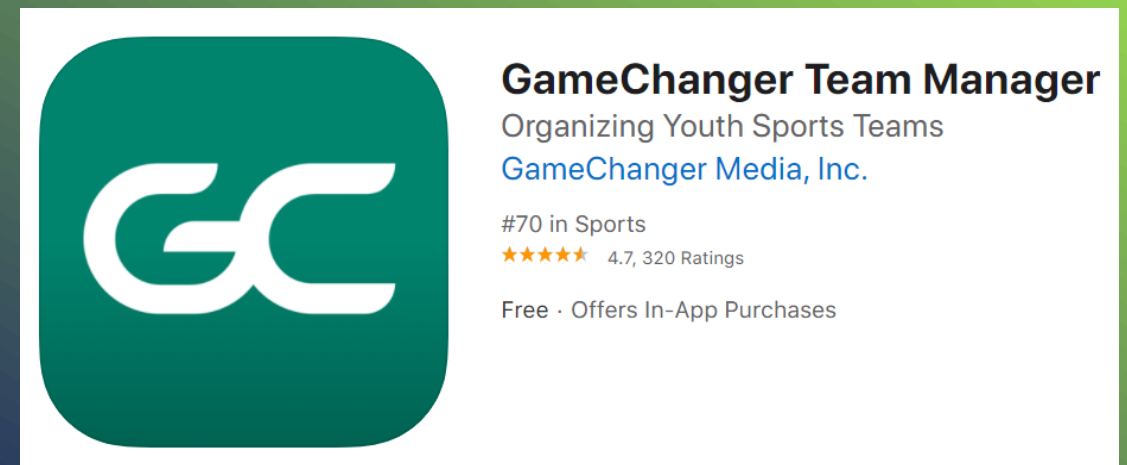
- Player registration opened late due to Covid 19
- Cancelled Fall League due to Phase 3
- Opened Fall Soccer 5:1 Training allowed in Phase 2
- Assign first by: Requested Coach / Requested Teammate
- Assign next by : Elementary school or High School
- After 9/3 deadline, register players as space is available.

Introduce yourself via Zoom or email

- Please reach out to the team.
- Set your team rules
 - Introduce yourself, include contact information, what's the best way to reach you
 - Include expectations on arrival and pick up at training.
 - No high fives, fist bumps or hugs.
 - Include what you expect players to bring to practice and games. Players are expected to wear a mask to/from practice (not during), bring their own ball, bring hand sanitizer. Their items must not touch other player's items. Set up "Covid Cones" to separate gear.
- Create a sign up sheet for parent volunteer at practice
 - Required to maintain a 5:1 player to coach ratio
 - Each family is expected to assist the coach. Coach will set up practice and parent helps.
- Medical Release forms – you will have access to player emergency numbers via the app
- Team Culture – YOU create the culture by your actions and stated expectations.
 - Acknowledge and cheer for GOOD SPORTSMANSHIP at practice
 - Smile. Have fun! Compliment. These kids need the emotional connection.

Sports Connect/Blue Sombbrero Communication Software

- Must use the email that you signed up as a Coach
- Communication with team
- Practice schedule can be added by the coach
- Roster
- Emails
- Download the app
 - Allows you to send emails from your device
- Families will also have access after the Coach's Meeting
- Log out and Log in if you are a returning coach to "refresh" the season.
- Invite email often lands in junk mail. Accept the invitation.



Fall 2020 Important Dates

- Fall Soccer Training September 14-October 24 (6 weeks)
 - 2015, 2014, 2013s practice once/week
 - 2012, 2011, 2010-2009, 2008-2007, HS Coed practice twice/week
 - Sign up for soccer practice, Renee@sysa.com
- Dick's Sporting Goods 20% weekend September 11-14
 - Link to coupon on the SYSA Soccer website.
- Team Photos – not available due to social distancing requirement
- Separate Registration for Spring 2021 Soccer
 - If Spokane is in Phase 3, Spring will have teams/games!

Federal and State Laws

- Safesport – Federal law 2017 for ALL youth coaches ALL sports
 - Concussion – State law
 - Cardiac – State law
 - Risk Management Application
-
- Roster/Sports Connect is unavailable until Coach is approved by Washington Youth Soccer.

Risk Management: Safesport Training

- Be leery of adults showing up at your field to offer to train your team.
 - All SYSA Coaches have passed their RMA.
- Send players to the bathroom in pairs.
 - City Park bathrooms will remain closed due to Covid 19, portapotties available at the main complexes but not at the elementary schools.
- Avoid transporting players (non-family members)

Handling Blood Borne Pathogens

- **RIGHTS OF PARTICIPATION**

- Individuals with infectious diseases have the right to participate in youth soccer programs.

- **COMMUNICABLE DISEASE PRECAUTIONS**

- Treat every person on the field, as in any area of society, with the assumption they are HIV positive.
- Carry latex gloves at all times in your bag. Carry empty plastic bags for disposal.

Weather Policy

- Poor air quality
 - Email at 3:00 pm if your practice should be cancelled.
 - Practice and play in the rain
 - Light rain vs squalls. Would you want to be out there!? Cancel practice in heavy rain if your own player/yourself are hesitant.
- Thunder/Lightning
 - 30/30. Flash to bang. Less than count of 30, sit out for 30 minutes.
- Extreme temperatures
 - Encourage players to dress appropriately for the weather
 - Do you or your player want to practice? Shorten?

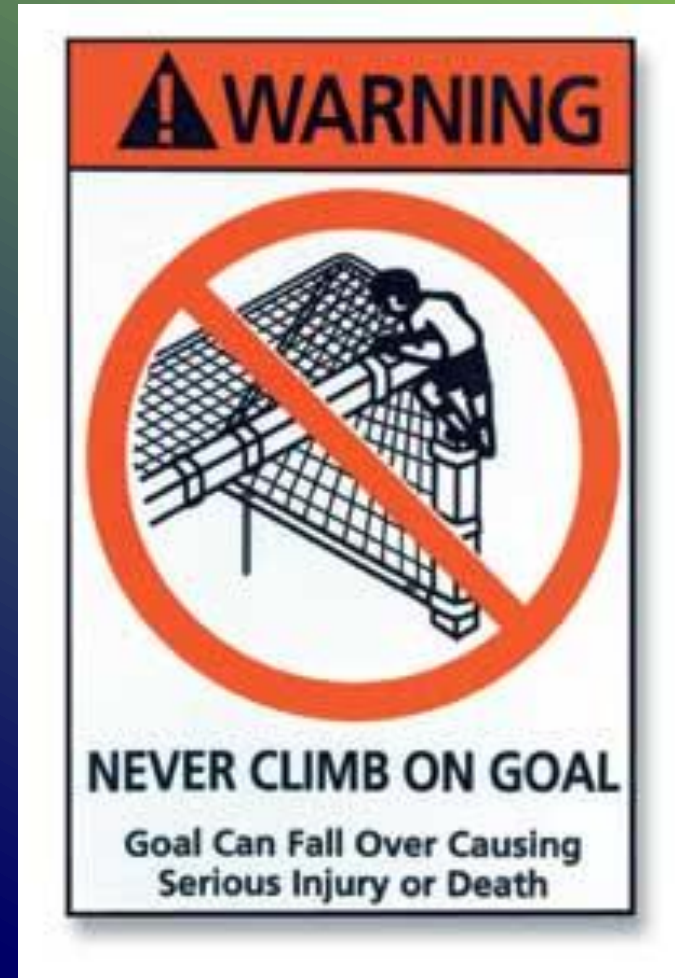
Inclusion Policy

- A player may register with the gender team with which the player identifies government-issued documentation or documentation
 - prepared by a health care provider, counselor, or other qualified professional not related to the playe

Goal Safety

- Never allow players to climb on goals

Goals will not be placed at the complexes due to staff shortage at Spokane Parks and Rec.

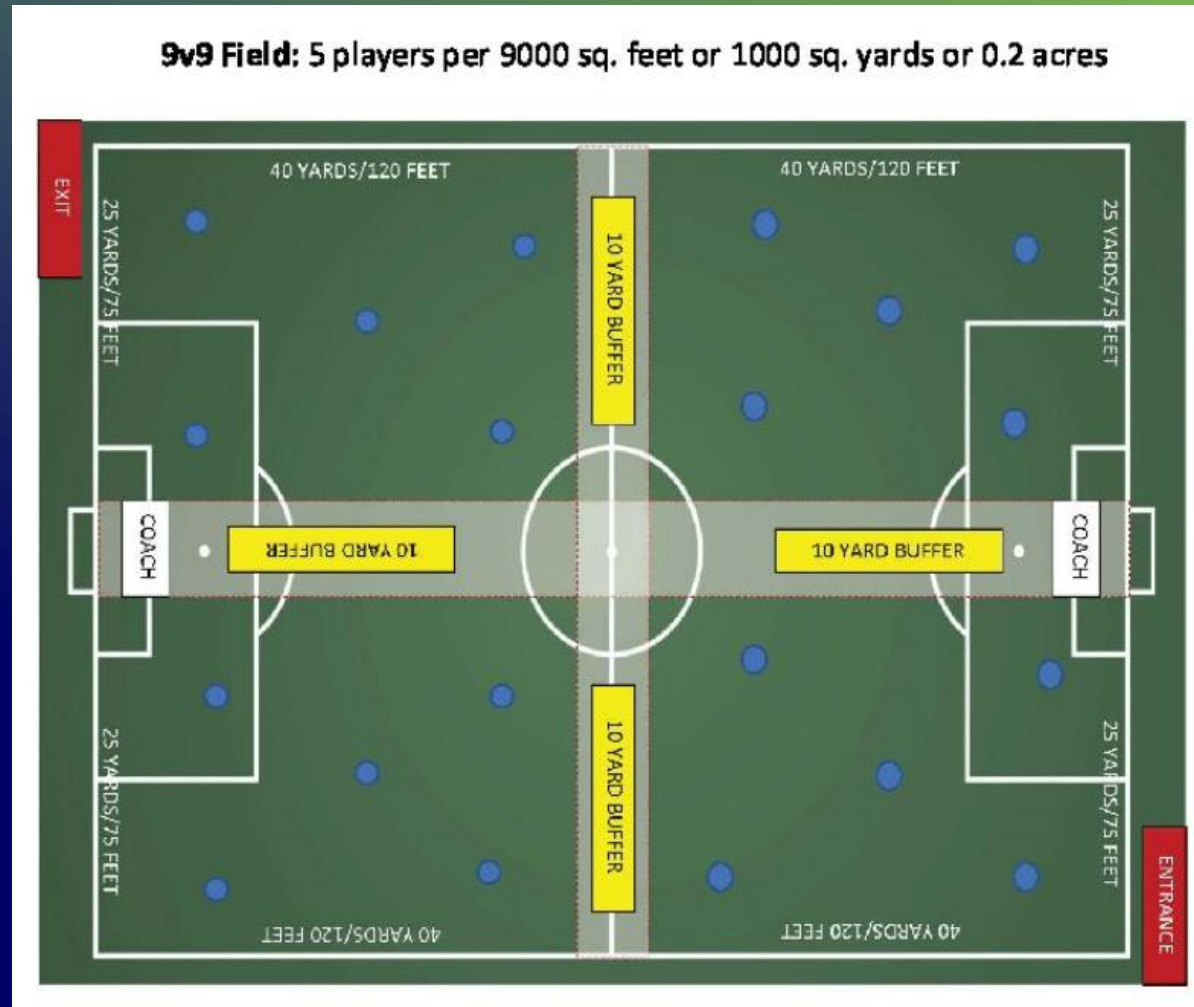


Practices

- Practices may begin September 14
 - 2015s, 2014s, 2013s (4v4 and 5v5) practice once a week
 - 2012s, 2011s, 2010-2009s, 2008-2007s (7v7 and 9v9) practice twice a week
- City & School districts allocate fields.
 - Mead School district not allowing practices on their fields.
 - Spokane Public schools are allowing practices on their fields.
 - Practice field list on SYSA website under Coaching Resources
- Request a field. Sign up tonight! We return unscheduled fields.
 - Email Renee@sysa.com
- Covid Cones. Place gear 6 feet apart to avoid cross contamination. Encourage all gear (water bottle, hand sanitizer, and mask) to be kept in a bag.
- Each group of 5 players and 1 coach should be spaced out in a space 25 yards by 40 yards. Players should be separated by 10 feet AT ALL TIMES. No 1v1 or scrimmages. Individual ball work and passing .
- Masks
 - Players wear to/from practice but NOT during the practice.
 - Coaches wear mask before/during and after practice.

Social Distancing at practice

5 players:1 coach per 25x40 Pod (area)



Fifa 11+ Soccer Warm-up

- Google it!
- Dynamic warmup for injury prevention consisting of 15 exercises of running, strength, plyometrics and balance.



Start your practice with FUN

- Greet every player as they arrive. “Engagement”
- Start practices with an enjoyable activity (game)
 - Some kids may not be mentally ready to practice
- Icebreaker
 - If you could have super power?
- Training/Skills based activity or game
- 2015/2014 45 minutes is plenty!
- You Tube has great games by age.



Practice locations

- List of fields on the SYSA Coaching Resources page
- Email Renee@sysa.com if you need to change your practice day/time.
- Releasing fields back to the City that SYSA is not using

Coaching Resources on www.SYSA.com

- Please “no laps, lectures or lines”
- Space the players into their own area/grid.
- Covid-19/Phase 2 Curriculum
 - Training sessions by age available SYSA Website
 - Google for ideas
 - YouTube
 - US Youth Soccer



Ideas to Engage Players

- Kids want to play. If a player is not acting appropriately, ask to sit out for that one activity. Ask “ready to come back and play?”
- New instruction? – run a fun but very active game first! (too tired to talk)
- Talk less Coach!
- Show simply and let them learn as they play.
- Players should not be punished with physical activities (running, push ups, etc.) they may end up quitting sports.

“I love to watch you play!”

The 6 things parents can say to
kids playing sports:

Have fun, play
hard, I love you.

Did you have
fun? I am proud
of you, I love
you.

som^{ee}cards
user card



Thank you to our Sponsors

- Kalispel – Major Donor
- Avista
- Bradley – Spokane Pediatric
- Damon Orthodontics
- Dorian Studios
- Hoyt Lewis and Associates
- Zak Designs
- Garco Construction
- Mackin & Little
- Magnuson Orthodontics
- Woff
- Wendle

Follow us – share pictures!
#play4SYSA



HAVE FUN!

*Can you be the
BEST part of a
child's day?*

*Would you play for
you?*

