

ORYA Soccer
Family Handbook
2021



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Opening Statement

Let the games begin! The Oak Ridge Youth Association is proud to offer an enhanced recreational soccer program this season at a reduced cost to our local families. We sincerely thank Novant Health for their generosity sponsoring the program this season. Additionally, the program is greatly supported by over 35 local businesses. The rock of our program, our volunteer coaching staff, is comprised of over 50 moms and dads who are willing to sacrifice their time for the sake of our Oak Ridge kids. We sincerely thank all the local families who have joined together to make this season possible!

ORYA Recreational Soccer Philosophy

The game of Recreational Soccer is just that - a game. The local children participate in our soccer program to have fun playing with their friends in the community. There are many options for players who want a more competitive experience, whereas with Rec soccer there are first time players joining teams in every age division each year. We do our best to create balanced teams which means every coach will have the challenges that come with having a roster with a wide range of skills and abilities. Our coaches work hard to continue to develop their players physically and mentally while trying to improve as a soccer team each week – all while having FUN. The ORYA expects all players and their families to respect the game of soccer, their teammates, the opponents, the referees, and the other parents.

Team Creation Approach

The ORYA Recreational Soccer Program understand how important it is to our local players and their families to be part of a team with their friends. Additionally, we also recognize how coaches

and teams as early as U6 begin to form. We try our best to honor the many requests we get each year for specific coaches or teammates. With that in mind, it is extremely important we balance this with the ability to create fair and even teams. When teams are unbalanced games become negative experiences for both the winners and losers. Our players will have fun and improve by playing equal opponents in competitive games each week. The measures below are leveraged to help us during the team formation process to create competitively balanced teams.

1. We look to avoid adding strong players to an already existing team that is already carrying a roster of skilled players.
2. We attempt to let the coaches in each division contribute to the formation of teams.
3. We leverage last season's player rankings and parent assessments during registration to balance skills and experience across teams.
4. If a team is already dominating their opponents we will look to schedule that team against more competitive, and sometimes older, teams and/or divisions.

There may be instances where requests cannot be honored to keep the league competitive.

Player Responsibilities:

- Attend practices/games regularly and arrive on time.
- Bring proper equipment to each practice and game.
- Clean your soccer shoes/boots & maintain your equipment.
- Have your own ball and make sure that it is properly inflated.
- Inform the coach in advance if it is necessary to miss a practice or game.
- Try your best at each practice.
- Work toward good sportsmanship and teamwork.
- Respect the referees.
- Be supportive of teammates all the time.
- Answer questions from the parents.

Parent responsibilities

- Transport your child to and from practices and games on time. Kids may be dropped off and picked up at the older ages with the coaches blessing.
- Help your kids be responsible for their equipment and water each practice and game.
- Be supportive of all the players (Criticism does not improve performance).
- Help your child understand that he/she is contributing to a team effort.
- Keep your player's focus on mastering skills and having fun, not winning.
- Avoid material rewards for your child. Don't reward them for scoring goals as it undermines all the other aspects of the game.
- Attend games and support the team. Encourage family members and friends to attend too!
- Refrain from criticizing the opponents; be positive with all players.

- Respect the referees (They will make mistakes, but they are doing their best).
- Clean up after practices and games
- Do not coach players during games.
- Help the coaches setup and breakdown fields when necessary

Codes of Conduct

It is a privilege to be a part of the Oak Ridge Youth Association and the North Carolina Youth Soccer Association. Your actions as a player and parent shall always reflect upon our organization and its affiliates.

Players:

Everyone should be playing soccer to have fun, learn and develop a passion for the game, and improve their skills. Players have a responsibility to their team, coach, and the Oak Ridge Youth Association. They are representatives of the program as well as the team, coach, parents, and the community. Players should always maintain a high level of sportsmanship and fair play.

Players should:

- Play within the laws of the game and spirit of the game.
- Be on time and prepared for matches and training sessions.
- Display self-control in all situations and should not use foul or abusive language at any time-- before, during, or after a game, or training session.
- Encourage their teammates.
- Train and play to the best of their ability, have a positive attitude, and encourage others to do the same.
- Show respect towards the referee and his/her assistants as well as toward the opponents.
- Not harass, abuse, or berate a referee for any reason.
- Win and lose with class and dignity

Parents/Spectators:

Parents/Spectators must set the example for the children by exemplifying the highest standards of sportsmanship. Parents/Spectators participate in a game by watching, cheering, and supporting the efforts of all participants of the game. Soccer must be fun! The game is for the children. Their participation and enjoyment of the game is the most important element.

Parents have responsibilities to the coach, team, and soccer organization they are a part of. Parents/Spectators should have respect for their coach, all children on the team, and the authority of the referee and his/her assistants.

Parents/Spectators are expected to:

- Have respect for the authority of the referee and his/her assistants. They should not harass, abuse, or berate the referee during or after the game. They should not enter the field of play.
- Have respect for the coach and his/her assistants; they should never criticize a coach in a public manner. Do not coach from the sideline; let the coach do his/her

job no matter how much you may disagree. If there is a problem, talk to the coach or the Soccer Director at a later point in time.

- Have respect for all players. Cheer in a positive manner, not negative. Encourage your team and don't berate the other team. Cheer in a way to reward the good play of both teams and promote fair play.
- Avoid coaching your child on specific actions during the game, stick with general encouragement and praise.
- Not to use foul or abusive language toward any one for any reason.
- Have a responsibility to learn the rules of the game and the spirit of the game.
- Get involved with the organization and promote the game in a positive way.
- Demonstrate the utmost in sportsmanship and integrity; they are the role models for their children.
- Assist their coaches with the setup and breakdown of fields on game day.

Player Equipment

- **BALL:** Each player is required to bring a ball to practices and games. The ball should be properly inflated. Specific ball sizes for each division are detailed below.
 - Size #3 - smallest standard size, used for U-6 to U-8.
 - Size #4 - intermediate size, used for U-10 through U-12.
 - Size #5 - largest standard size, used for U-14 and High School.
- **SHIN GUARDS:** Shin guards are an absolute requirement for games and practices. Players who do not wear shin guards to practices will have to sit out contact drills and games. Players cannot play a game without shin guards.
- **CLEATS:** Cleats are required for practices and games. Players cannot play a game in any other type of footwear.
- **WATER BOTTLE** (with players name on it): Hydration is extremely important. Players should be discouraged from sharing their water bottles.

Player Safety

We take player safety very seriously. Coaches are instructed to remove players from practices and games if they suspect the child is injured or suffering from fatigue or heat exhaustion. We expect parents to support the coach's and referee's decisions and to not try to persuade them to keep their player on the field.

ORYA coaches complete the CDC's HEADS UP Concussion Training for Youth Sports Coaches. In addition, materials on concussion prevention and treatment are available on the ORYA Soccer website. Please read the *HeadsUp Concussion - Parents Fact Sheet* posted on our website for further information on this important topic.

As part of our partnership with GUSA, all coaches are required to take an Abuse Prevention course.

ORYA and GUSA both perform background checks on our volunteers to help ensure player safety.

Weather Guidelines

Coaches will at times need to adjust practice based on weather. Soccer is an outdoor sport and gets regularly impacted by foul weather. Coaches will follow these guidelines when determining if practice should be cancelled.

- Lightning – Lightning requires an immediate stop to practice. The rule is to wait 30 minutes after seeing the final lightning bolt before starting up practice again. Because of this rule Lightning typically cancels practices for that day.
- Rain – If there is no lightning teams are allowed to practice in light rain.
- Field conditions – If it is raining all day but looks to be clear by the time afternoon practices begin be aware that if the fields are muddy and puddly we shouldn't be on them. These conditions result in us heavily damaging the fields, which truthfully just isn't worth it.

Cancellation Notifications

Field closings for the Oak Ridge Town Park, Oak Ridge Elementary School, and Mustang Crossfit will be posted on the [ORYA Soccer Homepage](#). Please check here for notices about field availability.

Oak Ridge Town Park has a Rain-out hotline - (336) 298-4673. If they close their fields then we cannot practice or play on them. Teams may practice, at their coaches discretion, on alternate grass at the park if it turns out they cancelled prematurely and the bad weather never came.

The Soccer Director will send out an email to all coaches if the school practice fields are closed due to weather, or if games get rained out. Coaches will then notify their teams directly.

If you practice or play at GUSA controlled fields, GUSA will use the Text Alerts feature to make notifications of Field Closings and Weather Alerts. To sign up simply text "GUSAsports6095" to 84483.

SportsSignUpPlay

We strongly urge you to download the SportsSignUpPlay app on your mobile device. This is the easiest way to communicate with your coaches and teammates, as well as find schedule information. If you cannot access your team via the app you will still receive emails to the email address which was used during registration.

Sponsors

Please thank our sponsors by supporting their businesses. We are fortunate to have so many generous businesses and people to help us put forward the best program possible.

Volunteers

The Oak Ridge Youth Association is a 100% volunteer organization. We are always looking for new contributors. The Youth Association relationships gives us access to local resources which opens the doors to an endless amount of ideas, we just need the people to execute on them. If you would be interested in joining a team that is dedicated to providing our kids with the best programs possible please reach out to soccer@orya.org. We can use all the help we can get!

Follow us on social media @ORYASPORTS for all the latest ORYA updates!