



Jackson Hole Youth Soccer Membership Handbook

Table of Contents

| | |
|--|-------------|
| Preface..... | page 2 |
| Jackson Hole Youth Soccer (JHYS) Mission..... | page 3 |
| JHYS Programs..... | pages 4-9 |
| • Academy | |
| • United | |
| • Policies Surrounding JHYS and Jackson Hole High School Players | |
| • Summer Rec League | |
| • Summer Camp | |
| • Individual Coaching Sessions | |
| • Programming Guidelines | |
| • Olympic Development Program (ODP) | |
| Coach, Player and Parent Responsibilities and Conduct..... | pages 10-14 |
| • Coach Responsibilities and Conduct | |
| • Player Responsibilities and Conduct | |
| • Parent Responsibilities and Conduct | |
| • Team Manager Duties | |
| Risk Management..... | pages 15-17 |
| • Lightning Policy | |
| • Injuries | |
| • Goal Safety | |
| • Personal Safety | |
| Fees and Scholarships..... | page 18 |
| • Scholarships/Link to scholarship form | |
| • Budget (Pie Chart) | |

Preface

The Jackson Hole Youth Soccer (JHYS) Membership Handbook contains information about the club structure, operating procedures, communication guidelines, fees, and other policies and procedures. Please use this as a reference and refer to it to answer your questions. If you have any other questions, please do not hesitate to contact our Executive Director.

Board of Directors

| | |
|------------------|------------------|
| President | Paul D'Amours |
| Vice President | Jason Lewis |
| Treasurer | Harry Statter |
| Secretary | Sam Fitz |
| Associate Member | Bud Chatham |
| Associate Member | Matt Hoelscher |
| Associate Member | Erin Flynn |
| Associate Member | Salomon Perez |
| Associate Member | Kathy Lynch |
| Associate Member | Jess Yeomans |
| Associate Member | Alejandra Chavez |

Full Time Staff

| | |
|-----------------------|---|
| Executive Director | Kristen Pizzaro |
| Directors of Coaching | United Program - George Hahui, Academy Program - Alin Suru |

Mailing Address

PO Box 8554
Jackson WY, 83002

Phone

(307) 200-6034

Website

www.jacksonholeyouthsoccer.org

Facebook

<https://www.facebook.com/jacksonholeyouthsoccer/>

Jackson Hole Youth Soccer Mission

The mission of Jackson Hole Youth Soccer is to provide all community youths with an excellent soccer education and the opportunity to play the greatest game in the world.

Jackson Hole Youth Soccer believes that soccer teaches life-long skills that can be utilized to take advantage of opportunities in soccer and other personal life pursuits.

JACKSON HOLE YOUTH SOCCER CLUB STRIVES TO:

1. Assist in the development of all JHYS players and help provide life skills essential to personal development.
2. Create a life-long passion for the sport of soccer.
3. Afford players of all ability levels the opportunity to maximize their potential.
4. Afford players the opportunity to develop levels of outstanding soccer potential, equipping them to play at levels ranging from high school teams to regional to national teams. This is accomplished by the following:
 - Developing technical and tactical skills;
 - Providing opportunities and experiences necessary for player development;
 - Providing education with respect to the benefits of healthy lifestyle, fitness, and nutrition;
 - Supporting personal, social, and academic development; and
 - Developing self-discipline and self-respect.
5. Play an active role in players' holistic development by:
 - Encouraging communication between teachers, parents, coaches, and JHYS staff;
 - Creating partnerships with parents and schools.
6. Recognize that not all players' life priorities will be soccer and that the Club environment should act as platform and tool that can assist in the development of the individual to succeed in whatever walk of life they choose.

JHYS Programs

JHYS offers a diverse range of year-round programming with varying levels of commitment.

Placement

A player's placement in a program is based on the US Youth Soccer birth year mandate and is different than a school year. The soccer year starts January 1st and ends December 31st. A player's age group is determined by the birth date within the soccer year. For example, if a player turns 5 within the soccer year then a player is considered 5U. If a player turns 10 within the soccer year then a player is considered 10U. Please follow the link to see what age group your child falls under: <http://www.jacksonholeyouthsoccer.org>

Academy

The label "Academy" defines our recreational programs. Recreational teams do not travel.

The goal of the Academy program is to develop young players who are technically capable and growing in tactical awareness. The coaches will focus developing 5U-8U players who are flexible, coordinated, and mentally alert/aware while teaching the basic technical skills required to play the game. For 9U/10U the program will look to build on and develop the solid foundations implemented in the younger ages, while also providing the players with a better understanding of the game. By the end of 10U, we hope to develop soccer players who have solid technical foundations and have an understanding of the game so that they are ready for 11U-and-older soccer.

All training sessions will challenge the players while maintaining a safe and FUN environment. We realize that our youngest players develop at their own pace. Regardless of the abilities that players start with, their skills will continually improve throughout their time in our Academy program. The Academy program will introduce players to competition but the atmosphere will be friendly and official scores will not be kept by JHYS.

United

The label "United" defines our competitive programs. Competitive programs are first offered at 11U. The United program is a travel program and provides more practice and game opportunities.

It is critical each player be given every opportunity to succeed. With this in mind, the United program is offered to ensure JHYS players are exposed to the most qualified and experienced coaches each season in order to assure a great learning environment for the team and player.

How a Player Progresses through the Club

| | |
|----------------------|---------------------|
| Mini Kickers Academy | Turning 4 year olds |
| Grassroots Academy | 5-6 year olds |
| 7U-8U Academy | 7-8 year olds |
| 9U-11U Academy | 9-11 year olds |

10U Supplemental Program 9-10 year olds
United 11-19 year olds

Minikicker Academy (4U): The Minikicker Academy is designed for U4 players. The program is a coed program that introduces players to the game of soccer through the use of age appropriate games and activities. Players will begin to learn how to control their bodies through activities that promote various types of movements with a soccer ball. Most of all, players will be in an environment where they are encouraged to participate, play, learn and have fun.

- Five-week program.
- 2 training sessions per week.
- Coed teams

Grassroots Academy (5U-6U): The Grassroots Academy is designed for 5U and 6U players. The program is considered a coed program; however, the girls do have the option to play on an all-girls team (interest permitting). The goal of the program is to teach through the use of age-appropriate activities and games. Players will work on ball control, movement through games, and begin to build a strong foundation of skills. Most of all the players will be in an environment where they are encouraged to participate, play, learn and have fun.

- 7-week program.
- 1 training session and 1 game per week.
- There is a Coed or All Girls option when registering. Our ability to make an all-girl teams/league depends on actual registration numbers and for that reason your request may not be honored.

7U-8U Academy (7U-8U): The 8U Academy is designed for 7U and 8U players. The teams for this program are by gender (interest permitting). The goal of the program is to continue to build a solid skill foundation in dribbling, passing, receiving, shooting, and tackling. Through the use of age-appropriate games and activities players will continue to increase their understanding of soccer. Coaches will attempt to help players understand most rules of the game and develop camaraderie with their teammates. Most of all, players will be in an environment where they are encouraged to participate, play, learn and have fun.

- 8-week program.
- 2 training sessions per week and 1 game per week.
- The teams for this program are by gender. Our ability to make an all girls team depends on actual registration numbers and for that reason your request may not be honored.

9U-10U Academy (9U-10U): The 10U Academy is designed for 9U and 10U players. The program is a gender-specific program with girls playing with girls and boys playing with boys. The goal of the program is to continue to build a solid skill foundation in dribbling, passing, receiving, shooting, tackling and good sportsmanship. Through the use of age-appropriate games and activities players will continue to increase their understanding of soccer. Players work as a team, understand the rules of the game and develop a stronger sense of camaraderie with their teammates. Most of all, players will be in an environment where they are encouraged to participate, play, learn and have fun.

- 8-week program.
- 2 training sessions per week and 1 game per week.
- Boys and Girls are separated.

10U Academy Supplemental Program (10U): The 10U Academy Supplemental Program provides extra training and game opportunities for the 10U player who wants to do more. It also serves as a bridge to our United Program and is considered a competitive program. This program attempts to not conflict with the 10U Academy program and, as stated in the title, is supplemental to it.

- 1 extra practice per week
- May compete in one or more tournaments.

It is JHYS's aim to field balanced teams (in terms of skill level) in this age group and to give every player the opportunity to participate. However, there will be instances when only one team may be formed for tournament play. This would happen if there are not enough players to form two teams but too many for one team. In this circumstance, the coaching staff will decide who will and will not attend the tournament. Coaches may divide the group for competitive, end-of-the-season events. Selection will be based on commitment and ability. As a parent it is important to talk to your child about this prospect prior to the coach's decision.

It is important that every player who signs up for the 10U Academy Supplemental Program notifies the coaches of the games and tournaments they can attend as soon as the schedule is released to them. The number of players participating is very important in the planning process including how many teams we are able to create for an event. The loss of a few players for an event may mean that we can only take one team instead of possibly two teams.

11U-14U Academy Program: If numbers allow, JHYS will strive to offer an Academy Program for the 11U – 14U age group. The 11U – 14U Academy Program is a non-travel program designed for 11 – 14 year old boys and girls; depending on numbers, teams will be coed or single-sex. The goal of the program is to provide the same training that our Jackson Hole United program (travel team) provides without the travel. Players continue to build upon their skill base with an expanding emphasis on the physical, psychological and tactical components of the game. Training sessions are challenging, fun, skill-based and designed to improve specific areas of the game.

- 8 week program.
- 2 training sessions per week.
- In house games on selected Saturdays and/or Sundays.

11U-15U United: The 11U-15U United program is a competitive travel program. The goals of the program are to provide an outstanding training environment, to give players the opportunity to compete against regional and national competition, and to prepare and give players the tools to take advantage of future soccer opportunities. Players continue to build upon their skill base with an expanding emphasis on the physical, psychological and tactical components of the game. Training sessions are challenging, fun, and skill-based. They teach good sportsmanship and are

designed to improve specific areas of the game.

- 8-10 week program depending on tournament schedule.
- 2 training sessions per week for 11U-12U; 3 training sessions per week for older groups.
- In house scrimmages on selected Saturdays or Sundays.
- Friendly home and away matches with regional team(s).
- Participation in 2-3 or more tournaments

16U-19U United: JHYS works closely with Jackson Hole High School to provide consistency in training and to allow multiple opportunities for players to participate in soccer. In the fall, the group practices and will compete in competitions organized by JHYS. In the spring, players will participate on the high school team. After the high school season is over, the club will pick up again and offer tournament options (includes 15U age group).

Fall Program

- 8-10 week program.
- 3 training sessions per week.
- In house scrimmages on select Saturdays or Sundays.
- Participation at the Jackson Hole Fall Classic and other tournaments.

Spring Program

- 3-4 week program.
- 3 training sessions per week.
- In house scrimmages on select Saturdays or Sundays.
- Participation at 1 college showcase tournament.

Policies Surrounding Jackson Hole Youth Soccer and Jackson Hole High School Players

- JHYS will not support or endorse 16U-19U players from playing with JHYS, CGA or other clubs during the Jackson Hole High School soccer season without written consent of JHYS Board of Directors.

Summer Recreational League: The Summer Recreational League is designed for 4 year olds thru 12 year olds. The league is designed to give each player ample opportunities to play the game. Each week teams will play in 2 games and are coached by volunteers. The league is a great way to introduce the game of soccer to kids that have never played or a chance for Academy and United players to continue practicing their skills.

- 5 week program
- 2 games per week
- Volunteer coaches

Summer Camps: JHYS provides an outstanding staff of coaches who have a distinguished background in soccer and are amazing with kids. Our staff is diverse with many coaches coming from across the U.S. and various countries with experience at the club, collegiate, professional, and national level.

Individual Coaching Sessions:

The JHYS Director of Coaching is available for individual coaching sessions with players from both within and outside of the JHYS club. The timing, frequency, cost, and content of these sessions is to be agreed between the coach and players' family.

JHYS UNITED PROGRAMMING GUIDELINES**JHYS Programming Guidelines 11U-18U**

- Age groups defined as 11U, 12U, 13U, 14U, 15U, 16U, 18U, 19U Boys and Girls.
- Players start each season in their true age group unless the previous season of playing up was already approved and proved successful.
- This United team becomes the player's primary focus and players may compete in 2-3 or more tournaments each season. Opportunities to play for an outside club (Wyo 307, ODP) should be minimized during the JHYS club season, but may be granted by the coach and/or Director of Coaching on a case-by-case basis.
- Roster selection and playing time during games for United Teams is earned by effort, commitment, and talent level as determined by the head coach. The selection of rosters for a given tournament will take into account these factors along with the number of players who want to travel, and rosters may take into account fielding the best team possible.
- For United teams with enough players for two teams, the teams may be divided into two equal squads or split between an A and B team, depending on the competitiveness of the tournament and the availability of different flights (gold, silver, etc.) at the tournament. The coaches and/or the Club Director will determine roster selections.

Playing Up Policy:

In general, players will play within their correct age group. However, there are a few cases where players will be allowed to "play up" with an older age group. Specifically, if the training staff believes a player has exceptional talent and it would be in their best interest to play with an older age group, that player may have the opportunity to move up to the next age group in the following manner:

- First step is to contact the Director of Coaching to let him/her know that you would like your son or daughter to be considered.
- During the first week of practice each season, the Director of Coaching and coaching staff will evaluate all players.
- It is the discretion of the Director of Coaching to recommend that a player be given the option to move up one age group. The recommendation will be based on staff evaluation that the player will be one of the top players in the age group to which he/she is moving.
- Players who have moved up stay with that team for the remainder of the soccer year.
- Coaching staff or the Director of Coaching will talk to the child's parents before making any final decisions.
- Integrity of teams involved will also be considered.
- Cases may exist where individuals "play up" for certain tournaments to augment a roster

but their main team will be the team of their true age group.

Conditional Clauses

- Age groups may need to be combined if there are not enough players to field a team for a particular age group.
- Exceptional teams will have the opportunity to play in an additional 1-2 elite tournament(s) with the potential for guest players to be invited from other JHYS teams and/or outside of the JHYS club at the discretion of the Director of Coaching.

GUEST PLAYERS

There are times when Guest Players or JHYS players from another age group may be asked to play in a tournament to help a JHYS team have enough players to attend or to help a team compete in a higher level tournament. Any invited player to a tournament will have equal opportunity to play as other players on the roster as determined by the Head Coach.

OLYMPIC DEVELOPMENT PROGRAM

The US Youth Soccer Olympic Development Program (ODP) is a national program that identifies and develops high-level youth players throughout the country to represent their state association, region, and the United States in soccer competition. ODP teams are formed at the state association and regional levels, and are made up of the best players in various age groups. At the state association level, pools of players are identified in each eligible age group and brought together as a team to develop their skills through training and competition. From the state pools and subsequent teams, players are identified for regional and national pools and teams.

JHYS strongly recommends that all players selected for Idaho Youth Soccer Association state team training participate in those trainings. The program allows players to compare themselves against, and develop themselves with, the best players in the state and region.

If you have any questions regarding ODP, please talk with the Director of Coaching.

RED CARD POLICY

Any participant who is sent off from a game or is reported for misconduct prior to or following a game for the offenses of “violent conduct”, “serious foul play”, “using foul or abusive language” or “persisting in misconduct after having received a caution”, shall be suspended automatically for a minimum of one (1) game. The executive committee shall review all reports of a participant’s “violent conduct or serious foul play”.

If the participant forcefully struck, fought with, or spat upon another person, the participant shall be automatically suspended for a minimum of 2 (two) games. A coach can make a petition to the executive committee to consider reversal of the red card award.

HEADING POLICY

All Players age 11 and younger shall not head the ball directly from the air in any match or competition, nor shall these players practice heading the ball in any organized team setting

Players age 12 and younger may practice heading the ball in an organized team practice or skill session to learn the correct techniques, but during any one week heading training shall be limited to a total of approximately 30 minutes.

If a player age 12 or younger deliberately heads the ball in a match, the referee shall award an indirect free kick to the opposing team at the spot of the infraction. If the heading occurs within the penalty area, the referee shall move the ball outside the penalty area and award an indirect free kick to the opposing team.

Players age 13 and older shall be permitted to head the ball in any match or competition and these players may practice heading the ball in an organized team practice or skill session.

Coach, Player and Parent Responsibilities and Conduct

JHYS maintains high standards for its coaches, players, and volunteers with respect to behavior and conduct. These same standards apply to parents and spectators as well. The Club and its teams are affected by poor behavior and conduct of its parents and players. A team can be issued a yellow or a red card for the behavior of parents/spectators and thus can accumulate discipline points. Coaches and parents must each set an example of good behavior and sportsmanship for our children. Please see sections below for parent and player conduct.

COACH RESPONSIBILITIES AND CONDUCT

JHYS welcomes players of all ages and abilities to the game of soccer and hopes to foster within them a lifelong passion for the sport. This is best achieved with the guidance and expertise of a passionate and knowledgeable coaching staff. JHYS uses volunteer staff coaches and paid staff coaches and makes the following commitments to coaching excellence:

- Maintain qualified professional/volunteer coaching staff available to players of all ages and abilities.
 - Encourage coaches to attend USSF and NSCAA licensing courses
 - Provide funds to JHYS staff for advanced licensing
 - Identify and recruit coaching talent
- Encourage coaches to maintain knowledge of current/new coaching techniques
 - Seminars
 - Symposiums

- Conferences
- Books and videos
- Provide competitive and educational environment for players of all age and abilities

Duties and Responsibilities of Professional and Volunteer Coaches

- Know and understand the Laws of the Game.
- Develop the player's appreciation of the game.
- Ensure players have fun and receive positive feedback.
- Conduct practices in the spirit of enjoyment and learning.
- Be sensitive to each child's developmental needs.
- Strive to help players reach their full potential and prepare one to move on to the next stage of development.
- Educate the players to the technical, tactical, physical, and psychological demands of the game for their level.
- Continue their education in the sport.
- Be a positive role model.
- Encourage and educate players in good sportsmanship and fair play.
- Plan and conduct training sessions for all teams assigned by Director of Coaching.
- Attend and provide input at all and JHYS League games for teams assigned by Director of Coaching.
- Attend tournaments for teams assigned by Director of Coaching.
- Be available to team coaches, players' parents, and players to answer questions and address concerns.

Duties of Team Managers

- Support the policies of the Club.
- Act as a link between the Coach and the players and parents.
- Attend team manager meetings.
- Communicate Club activities, decisions, policies, and philosophies to all players and parents.
- Promote the Club.
- Participate in team and Club activities.
- Prepare team communication list.

PLAYER RESPONSIBILITIES AND CONDUCT

Every JHYS player is expected to conduct themselves on and off the field with appropriate distinction and behavior. We want other organizations to be able to identify our club through the exemplary conduct of our players. Nothing less will be accepted! Players are expected to conduct themselves in a manner consistent with the club guidelines set forth in the membership handbook. The JHYS Board of Directors expects all team coaches to discipline and sanction players as they feel appropriate if player conduct falls below the expected levels. The JHYS Board of Directors will review disciplinary matters at the request of club members.

Player Conduct at Training Sessions and Games

Provided below are the standards established by JHYS to govern the behavior of players before, during and after soccer matches and during training session:

- Show good sportsmanship at all times.
- Do not address remarks to opposing players, coaches, spectators, or referees except when remarks convey genuine friendship and respect or are in response to questions by the referee.
- Do not retaliate when fouled.
- Avoid comments or gestures, which express disgust or disagreement with referee calls. These are offenses that could warrant a yellow or red card from the referee.
- Display of temper will not be tolerated on the field or in the playing area.
- Convey a consistently positive attitude toward your teammates and coaches. Your true strength of character will be displayed on the field when you are under pressure and your team is losing. What kind of person are you?
- Play against your opponents, not the referee. Worrying over referee calls with which you disagree can prevent you from playing at your best.
- Treat your teammates with respect. This builds team chemistry and camaraderie.
- Win or lose, at the end of the match the entire team will shake hands with the opposing team and referee.
- If problems or concerns arise, always bring them to your coach or Director of Coaching.

Players who persist in violating these standards of conduct will jeopardize their standing as players within JHYS. Flagrant disregard for rules of play and standards of conduct will result in stringent disciplinary action, including possible loss of standing, loss of out-of-state travel privileges, and/or complete removal from the Club.

PARENT RESPONSIBILITIES AND CONDUCT

Volunteering

One aspect of all nonprofit organizations is a continuing need for volunteers to fill roles as organizers and participants in special events as well as helping in the general operation and administration of the Club. Aside from its professional training staff, JHYS consists entirely of volunteers who dedicate a considerable amount of their time to make sure the Club functions smoothly and provides the best environment possible to players and parents. Volunteers act as team managers, and help with activities at both the club and team levels. Without volunteers, the Club would not exist.

We encourage parents to become involved in the activities of the Club. If you are interested in helping, please contact your coach, team manager, Club Director, or a member of the JHYS Board.

To have a successful program, there must be understanding and cooperation among parents, players, team managers and coaches. Your child's progress and success will depend on this relationship. With this in mind, we ask you to seriously consider this section as your family joins JHYS.

Player and Team Support

Your child needs positive support at home, on the practice field, and on the competition field. This will help your child to be more confident, enjoy soccer more, and perform better in training and in competition. A player develops best when he/she trusts and respects the coach. The coach's job is to motivate, teach, and constructively critique each player's performance. We want the players to relate to their coach as soon as possible regarding soccer issues. This relationship between coach and player produces the best results. When parents express opinions as to how a player should play, what position they should play, how much playing time they should receive, etc., it causes considerable confusion. If you have particular concerns, suggestions, or just a question, please speak to your team coach or manager. Above all, we ask that you avoid coaching your child during a game. Being told what to do from both the coach and the fans can be confusing for the players. Please see more about U.S. Youth Soccer's tips for sideline etiquette here:

- http://www.usyouthsoccer.org/sideline_etiquette_6_tips_to_make_youth_soccer_better_for_parents_and_players/

Avenues for Communication

Remember, there is a time and place for everything. If you need information or wish to ask questions concerning team management or coaching decisions, please contact the team coach to obtain the information or to arrange a meeting. The avenues of communication are the following: head coach, Director of Coaching, Club Director, and finally contacting a member of the board of directors. Concerns or constructive criticisms are welcome, but should be expressed away from training sessions, games, and players. Both JHYS and [U.S. Youth Soccer recommend](#) that parents approach coaches regarding emotionally charged questions, comments, or criticisms on the day after an issue comes up. If you have questions concerning the Club, please contact the Director of Coaching, Club Director and/or a member of the board of directors.

Club Director and Director of Coaching

The Club Director can be approached for questions regarding:

- registration
- financial matters
- fundraising
- scholarships
- business matters

The Director of Coaching can be approached for questions regarding:

- coaching decisions
- interest in coaching
- player development
- Please contact Alin Suru for questions regarding the Academy Program and George Hahui for questions regarding the United Program

Training Sessions

You are encouraged to observe your child and to learn more about soccer. However, when the

team is training, preparing for a match, or working in some other related capacity, please do not disturb or interrupt the trainers or players. Please remember that training sessions are learning situations and players need to concentrate to improve.

Spectator Conduct

The explosive increase in the popularity of soccer in the United States is partly due to spectator enjoyment of the free form, continuous play that characterizes the game. This extra intensity sometimes gives rise to abusive and destructive comments from spectators. We cannot tolerate this activity in soccer.

The following standards are set forth to govern spectator conduct, before, during, and after soccer matches.

- Do not address remarks to referees, opposing players, or opposing fans except when such remarks convey genuine friendship and encouragement.
- Never use foul language or obscene gestures.
- Avoid remarks toward your team's players who have made mistakes. If you are aware of the error, you may rest assured that the player is even more aware.
- Applaud superior play by both teams.
- Give consistent support to coaches and managers whether winning or losing. Coaches are giving hundreds of hours to their players and are committed to their continued improvement. In winning they deserve your congratulations, in losing your encouragement.
- Always stay two yards or more from the playing field.
- Cooperate immediately with any referee request.
- Avoid comments and gestures that express disagreement with referee calls. Continued remarks or abusive disagreement with referees' calls may result in a card-able offense applied to your team's coach or manager.
- Do not confront a coach during or immediately after a game. If there are any aspects of a game that you would like to discuss with the team's coach, arrange for a meeting at a later time.

It is the individual responsibility of each coach, manager, player, parent, and spectator to control his or her sideline behavior. In order to help protect the image of the Club, as well as your own image, the JHYS Board of Directors will review specific instances of problem sideline behavior. Persons who cannot conduct themselves as outlined here should not attend JHYS Soccer Club soccer matches. Individuals who persist in violating these standards will be asked to leave the playing area and play will be suspended until they do so.

Parent Commitments

- Support and maintain JHYS Club standards.
- Fulfill your parental, financial, and volunteer obligations.
- Allow coaches to perform their commitments on a noninterference basis during practices and games.
- Foster an environment of academic excellence and good sportsmanship.

Risk Management

Lightning Policy: JHYS utilizes the “30-30 Rule” to determine whether or not to delay, cancel, or continue a practice or game. The “30-30 Rule” is a combination of the 30-second flash to bang count to suspend play after a lightning flash and 30-minute delay before practices or games may resume.

The JHYS Director of Coaching helps monitor the fields for the Minikickers, Grassroots, U8 and U10 teams. Coaches of U11 teams and above are responsible for monitoring weather.

JHYS Director of Coaching and United Coaches will monitor weather and will use the following protocol when lightning is a threat.

1. Use the Flash to Bang Method (see details below) to determine how far away the lightning is.
2. Supervisor will notify players and coaches to leave the field immediately once it has been determined that lightning is 6 miles or less away.
3. When weather is inclemental, families need to be available to pick up their player in case practice is cancelled. Families should wait in their cars. Do not wait underneath the pavilion or underneath the restroom building.
4. Supervisors will notify players and coaches once it is safe to return to the fields.

The following is how to use the Flash to Bang method:

1. When you see the flash, count the number of seconds to the bang of thunder
2. Divide this number by 5
3. This will give you the miles the lightning is away from you.
4. For any lightening calculated to be 6 miles away, or less, participants will be directed to

take shelter immediately

Injuries: If an injury appears serious, call 911! Injuries such as sprains, strains and contusions should be treated with R.I.C.E. (Rest, Ice, Compression, Elevation). The R.I.C.E. treatment is the only first aid treatment that is safe for a sports injury without professional advice. Applying ice chills the injured area, which causes the blood vessels to contract and restricts circulation to the injured area. This reduces swelling. We recommend icing for 20 minutes at a time, intermittently. Any treatment other than R.I.C.E. can worsen an injury. Any player requiring such treatment should not return to play. Applying pressure with an elastic bandage inhibits the accumulation of blood and fluids in the area. This minimizes pain and swelling. Do not apply the elastic too tightly.

- Elevation decreases fluid accumulation to the injured area.
- Follow-up care with a physician is recommended.

Some familiar terms that you should know:

- **Sprain** – Ligaments are bands of tissue that attach bone to bone and stabilize joints. A sprain is an injury to one or more ligaments. Care: R.I.C.E.
- **Strain** – A tearing injury to a muscle or a tendon (tendons attach muscle to bone. Care: R.I.C.E.
- **Contusion** – An impact injury to a muscle or tendon caused by an outside force, which causes hemorrhaging (bleeding) to the surrounding tissue. Care: R.I.C.E.
- **Abrasion** – A loss of surface area of the skin caused by sliding. Care: the area should be cleaned with an antiseptic or soap and water to prevent infection. An antibiotic ointment should be applied to keep the wound moist and destroy bacteria.
- **Heat Cramps** – An involuntary contraction of a muscle or a muscle group that is repetitive and rapid in nature. Care: rest, drink water, and stretching.
- **Heat Exhaustion** – The skin is pale and clammy, profuse perspiration, fatigue and weakness, headache; perhaps cramps, nausea, dizziness, possible vomiting and possible fainting (the player will probably regain consciousness as the head is lowered). Immediate Care – Call 911! Move to a cool area (air conditioning is best), have the player lie down with feet elevated, remove restrictive apparel when appropriate, cool the victim with wet cloths or by fanning. If a player vomits take him or her to a hospital immediately.
- **Heat Stroke** – The body temperature is high, the skin is hot, red and dry, the sweating mechanism is blocked, the pulse is rapid and strong: the player may lose consciousness. Immediate Care – seek immediate medical care (Call 911). While waiting treat the same as with heat exhaustion, keeping in mind that if you reduce the body temperature too rapidly it can cause internal bleeding.

General principles when handling an injured player:

- Avoid panic.
- Use common sense.
- Seek professional help.
- Check for breathing, bleeding, consciousness, deformity, discoloration and shock.

- Depending upon the nature of the injury, avoid moving the player, i.e., an obvious break, an unconscious player, and/or a head or neck injury. When in doubt, don't move them. Inspire confidence and reassure the player.
- Determine how the injury occurred.
- Always err on the side of caution.
- If a player has had medical attention, he/she must have written permission from the doctor to return to activity.

Goal Safety: Every year children are injured or lose their lives in goal post accidents. This risk is very real. Below are some simple safety guidelines to reduce the risk:

- Never under any circumstances ask players to help you move a goal.
- Never start a practice or game without inspecting the goals.
- Goals aren't playground equipment. Make sure that all your children understand that goals should never be climbed. Don't allow play on soccer goals.
- Be responsible. If you see any children playing on a goal, ask them to stop and inform the proper official.
- Be aware, goals are a part of the landscape but they can injure or kill. Respect them.

Personal Safety:

JHYS participates in the KidSafe Program. The KidSafe program helps to provide background checks of coaches, assistant coaches, administrators, volunteers and even parent helpers who are working with the players. All coaches are subject to a background check prior to working with the kids.

SCHOLARSHIPS

Refund Policy – Refunds will not be given after the season begins, unless due to injury or extenuating circumstances. Refunds given before the season starts are at the discretion of the Executive Director.

Scholarships:

JHYS is a 501(c)(3) public charity that provides soccer-related services to the community on a non-profit basis. You may designate JHYS as your charity of choice through the Old Bill's campaign. Funding received by the Club is used to pay for scholarships, coaching services, and coaching education. During 2012 JHYS provided over \$21,000 of scholarships to families to help pay for Club fees. The financial support received through fees, charitable donations, and fundraising activities has enabled players to continue to receive the best coaching available in Wyoming. If you have questions about making a charitable contribution, please contact the Club Director. If you would like to apply for a scholarship, please find information on the following link: <http://www.jacksonholeyouthsoccer.org/financial-assistance/>