



Welcome to Calgary West Soccer Club

Welcome to the Calgary West Soccer Club. We want to give our members an understanding of what our development philosophy at CWSC is.

Player assessments are completed and team rosters will be released very shortly. We understand that some players are delighted with their placement and others may be disappointed.

We want to let you know that regardless of which team you are on, CWSC works from an understanding that a team is an impermanent categorization of where you, as a player, stands at this point in time, based on our best assessments.

In this document, we provide you with our player assessment approach, so that you understand what we were looking for in our assessments, or "try outs", as they are commonly referred to. We also wanted to provide you with an overview of our education and development philosophy - an understanding of the "modern game" attributes we understand are needed to play the game of soccer life-long, the primary goal of our program. We will show you what role our Player Assessments play in our program. We will outline the role, and expectations we ask, of coaches, players, parents in the development of our players.

We ask that every player review and sign a Code of Conduct which outlines their roles and responsibilities as a member of Calgary West Soccer Club.

Finally, we will highlight our ultimate understanding of why kids play soccer, and our responsibility as a club, and as members to promote kids playing soccer, all their lives.

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Our Development Approach – the Modern Game Philosophy

We at CWSC follow a modern game philosophy. That means that we will prepare our players for their future in the game and not just to win the next game.

Modern means that we teach our youth players the tools they need to play soccer on a good level so that they can enjoy it when they are adults.

Modern is **attacking oriented**, based on an effective defense. We can only win a game if we score minimum one more goal than the opposite team. The most significant development in the game of soccer today is the merging of offensive and defensive play. Every player on the field has to participate in both.



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Modern means that we allow our players to learn and to experience playing more positions in games in order to learn how to play defense and offence.

We focus on individual player development until U15. We know that developing the individual player first, will bring team results later, when it counts. We start 'tactical' training at the right age, with the individual tactical basics (**Individual Tactical Rules for offensive and defensive play**) to help players understand what they must do when we lose the ball, and what to do when we gain the ball.

The game itself is the most important practice. We only can develop for the game what we allow our players to practice in games, age appropriate and based on the understanding that fairness comes first.

Therefore, modern means learning and practicing fairness and respect for the spirit of the game first, and not winning at all costs. Every player has to respect the laws of the game, the opponent, referees, coaches and team managers.

Our 'job' as the coach is to guide our players through their learning experiences by playing games. We are not choreographing our games and call everything in what the players have to do. We give them the chance to find out what and how the tools to play the game are working for them. What players learn this way, it lasts for their soccer life, and they enjoy their game because it is their decisions on the field which define who they are as soccer players, not the coach's, and not the parents'.

We know that for a modern soccer player, **Ball Control is paramount**

- Only the player who can control the ball will be able to 'control' the game.
- Ball control means that a player is able to touch the ball with her/ his next step.
- The player has to control the ball with the first touch into the distance that she/ he can touch the ball again with the next step in order to keep control.
- **Everything** that we teach our players is **how to take control** and **how to keep control**, first individually and then as a group/team.
- Keeping possession (control) includes the pass to the next player. The player with the ball has the **responsibility** to make the pass. This means the player has 'to deliver' the ball with accuracy that the receiving player has no problem to take control (pass to the strong foot of the player).
- The player without the ball has to show with her/ his movement (toward the player with the ball or into the space) how and where the player with the ball has to pass it. The passer has the responsibility to 'deliver' the pass.
- Keeping the ball on the ground in order to keep control.
- Sometimes we take a risk in order to gain an advantage.
- More than 80% in a game requires just basic techniques like passing and receiving the ball with the inside of the foot. This has to be reflected in our training. The players have to prepare every single pass with a step towards the ball, planting one foot beside the ball and touch the ball with the inside of the kicking foot and locked ankle. They have to hit the ball in the center in order to keep the pass on the ground. They must face the player who they want to pass to.



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- For a controlled dribbling a player has to touch the ball with only one foot and with every second step. 'Dribblers' decide games today more than 'passers'!

We know that for a modern soccer player, **every player must participate in Attack and Defense.**

- We can divide soccer in attacking and defense play. The difference between is only which team has the ball.
- The best what we can do for our players for their future development and improvement is to teach them from the beginning that there is no difference between positions and responsibilities for attacking and defense.
- Attacking play starts if our team gets possession of the ball, wherever this happens on the field. It starts right away, immediately and is about keeping ball possession (a good inter passing) and the preparation of successful scoring opportunities (goals).
- Defense play starts if the opposite team gains ball possession, wherever this happens on the field. Immediately we have to try to get back the ball if possible and prevent successful scoring opportunities of the opposite team.
- There is no difference between positions on the field. Everybody has to participate in offence and everybody has to participate in defensive work. This is reflected in our 'Individual Tactical Rules for Offence and Defense Play'. The players have to learn the rules and we have to use them for our main correction of game situations. These rules are the basic for our game and we can break down almost every single game situation to these rules.
- The main understanding is that everybody participates in attacking and defense play.

This overall principle we have to follow through all the age groups when we prepare players and teams for their games and guide them through the games with correction and advice. **There is no difference for a position regardless which system we play.**

Our Educational Methodology

Calgary West Soccer Club has designed a specific training methodology for the educational approach of teaching soccer in our club. The main aim of this project is to provide a progressive teaching structure which supports all our coaches and players to comply with our club's philosophy. In other words, this work represents the "how" in the whole process of educating and shaping soccer players at Calgary West.

The selected method or the way of teaching is called "integral training." This approach emphasizes the notion that the main skills required to play soccer cannot be isolated from the understanding of the game.

Primarily, we want our players to develop at four different levels: coordinative (technical), cognitive (tactical or decision making), socio-emotional and conditional (physical), which also forms the 4 "pillars" of our learning methodology.

The integral training method designates these four skills as "pillars" in view of the fact that all of them relate to each other and to the game. For example, our dribbling technique can be perfect, but if we dribble against five opponents or in our own box, chances are the other team may score. In other words, we have to teach skills according to game situations. In addition, if our tactical decisions in the field are always right, but we cannot execute the dribbling for lack of technique, we fail again. Moreover, even if we are tactically and technically perfect, our socio-emotional skills must be good in order to handle the mental pressure that the game puts on the players. Finally, we need a physical response that allows us to be competitive at soccer. If our dribbling is too slow because we cannot run quickly enough, again we are in trouble.



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This is basically how the four “pillars” relate to each other and the reason why Calgary West wants to develop strong players in all the aspects of the game. Our learning framework therefore supports players to use technical and decision making (“tactical”) strategies to solve a situation they encounter on the field in the game. Importantly our methodology encourages our players to use their technique and decision making in game situations.

Our methodology takes into account the existence of different learning stages during the acquisition of all soccer pillars. From U9 to U13, we will give clear preference to the technical pillar. U9 and younger is the Fundamentals stage, U11 to U13 the learning to train stage and U15 is the training to train stage and U17 is training to compete stage. Only at U19 is the training to win stage. (Wellness to World Cup: Long-Term Player Development. Canadian Soccer Association)

Having outstanding technique is essential to being a great soccer player, but again, it is not enough. That is why the teaching of the technique has to be progressive, from the explanation and demonstration of the technical “steps” to the successful execution of that technique in a real game. As can be inferred from the lesson plans, the first phase is to teach the technical “steps” which are fundamental for any technical skill, preferably no more than two. For instance, when we start teaching step-overs to U8 players, we explain that we fake with one leg going to one side, while with the outside of the other foot, we push the ball to the other side.

These essential “steps” of a technical skill are taught through low intensity drills. Once at least 80% of the players have acquired the skill, we begin imparting additional knowledge. For example, firstly, we can simply alter the pace and the direction of the run (diagonal runs are harder). This is the first “phase” of skill development. We call these “phase” of learning which we can apply to every skill development. At the second phase, we incorporate other skills, such as dribbling with step over plus shot or turns. In the third phase, we move to passive opposition in drills against static or passive obstacles. Then we progress to “half-active” opposition in 1v1 or 2v1 situations and then to active opposition in 1v1 to 2v1 situations. At this stage, there is a huge difference as we start teaching the “why”, that is, the tactical or decision making factor of any technical skill. For example, in a 2v1 drill, we should insist on using dribbling as a tool to attract the opponent so that our teammate has more time and space when receiving the ball. Alternatively, if our teammate is completely open, there is no need for us to dribble in a 1v1, as our teammate has a 1v0 situation already. The fourth phase involves group drills, such as keep-away. For instance, a 6v4 keep-away with 4 mandatory touches before passing will be an ideal drill to work on dribbling with decision making perspective. The fifth and final phase will consist of team drills, that is, real game. We can, for example, have a game in which there is a man-defense. In this case, dribbling becomes very important because passing is more complicated, as everybody is covered.

It is pivotal that teams do not skip any of these stage, particularly phases 1 and 2. A coach needs to understand when and how to progress players through the stages of skill acquisition based on the development of the players. In general, players should be progressed through the stages unless there is 80% ‘success’ or skill acquisition. If players are progressed too rapidly through the stages i.e. to game situations, before they have acquired the skills with quality, they will develop “bad habits” and carry these through their “soccer career”.

At CWSC we are constantly looking at how we can continue to offer a platform to create the “modern day soccer player”. We are evaluating individuals on a constant basis in order to fulfill this development model. Part of our main focus is to encourage our players to think about the overall picture of what it means to be a modern day soccer player and less focus on results. A modern day soccer player is able to play the game in defensive situations and also express himself/ herself in a positive way in the attacking part of the game. Combined, both of these two main building blocks have many learning frameworks within which collectively is the overall picture.



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We understand fully what it means to make mistakes as a soccer player and we encourage our players to make these mistakes so that they can learn from them as part of our individual development model. We try distance ourselves from choreographed soccer players, but the creation of soccer players who are able to think on their own and make judgements based on what we teach in academy and team practices. This way we feel our players are more fluent in the game and as the reach the older age groups we can incorporate the building blocks to achieve success individually and as a group.

Often in the soccer community it is easy to forget about the cognitive aspect of soccer and how this separates players in the modern game. We feel that to challenge our players to think for themselves, they are already ahead of the competition; they are able to analyze the game and locate what tools they need to get the most out of every situation. This is all part of our clubs foundations and we continue to pursue this model for the success it brings to our players; mentally, technically and socially.

For the Club to provide the quality of education and development we are committed to, we understand our players and their parents have important roles.

Player Assessments

Player assessments, or "try outs", as they are more commonly known as, refers to the process of assessing the level of skill or game abilities that players have, at this moment of their young "soccer career".

CWSC uses objective assessments of skills and understanding of the game to arrive at a fair and objective overview of where players are in their development. We are looking for the current and potential overview of our players to be able to play the modern game of soccer, and what we need, as a Club, and as professional coaches or educators, to support the development of our players.

We do not base our assessment on subjective game observations where players who are most aggressive, or physically bigger, tend to shine. We look for the skills a player needs to play the game, the beautiful way.

We understand that players (and their parents) get stressed out about "tryouts", and whether they will "make the grade" and the team they want.

We want players and parents to understand that we are on a journey to develop players and we will support players wherever they are on that journey. We play soccer as teams, and we will use the assessment results to place players on teams, but we know, and we want players and parents to know, that we know that with access to training, players will develop at their own pace, and we are constantly looking for development indicators to allow us to place players on teams where they will develop.

We invite our members to read our Parent Education Bulletin, A Commentary on Player Development, found on our website under:

<http://www.calgarywestsoccer.com/a-commentary-on-player-develop/>

What does a player need to play the beautiful game of soccer? We know that players cannot play the game if all they can do is kick the ball and run....

There are basic techniques a players needs in soccer—techniques to take control of the ball; techniques to keep control; and techniques to score.

Players also need to understand how to "play" the game. Although coaches and clubs may emphasize tactical systems, and "break out patterns", especially in indoor, the main



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understanding in the game of soccer is to create triangles again and again in order to keep possession of the ball. The player with the ball needs always a minimum of two players (options) to pass the ball. We call this an “open triangle” to the player with the ball, one player ‘right’ and one player ‘left’.

Our player assessment thus includes:

Skill tests:

- Slalom dribbling - the player who can control the ball the best will be the fastest dribbler
- 20m fast straight dribbling - the player who can beat opposite players with a fast and controlled dribbling can create advantages in a game
- Agility run - shows the coordination level of a player and the ability to switch the direction fast
- 20m (up to U10) or 30m sprint (U12+) - speed is an important factor in soccer; who can run fast will be first at the ball

All these tests include assessment of basic techniques, physical abilities, individual decision making and mental stability.

The four skill tests are objective. We will time two runs each and the best time will count.!

Basic game situations:

- 3 vs 1
- 4 vs 2
- 3 vs 3/4v4/5v5

The basic game situations 3 vs. 1 and 4 vs. 2 and 3 vs. 3 include fundamental techniques like passing and receiving with the inside of the foot, the movement of the ball and decision-making in a restricted area. Players that can play these small sided games, will be able to play the real game.

The player assessment will show where the players are, over the course of a season; what areas they have improved on, and/ or what areas we have to work on

Based on the results of the player assessments, we will build development groups. Players that belong to the same level of skill development and understanding of the game will train together in academy.

League teams will be formed from these development groups and will, for the most part, be the same as the development groups. However, players who are not yet ready to play on teams at a higher level will train with the players from that higher team, in development groups so that they can eventually transition to those teams.

What do the results of our player assessment show us about the level of our players?

Every player wants to know what his or her results mean in relation to club or national/international standards for their age group. And we as a Club want to see how much our players are improving so that we can adjust our training curriculum and planning.

Research in Germany over a 10 year period showed that only the players who finished in the top three for all of the tests made the professional level. We know that very few players will reach, or even aspire to reach the professional level. We do not believe this goal should be the primary focus of player development.



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Our goal, instead, is to help a player develop to whatever level of play she or he desires with access to the same training that a player who aspires to play professionally needs. This is the reason that we focus at CWSC so much on skill development in the younger age groups.

How do we use player assessment results in the Club? We assess players against a Club standard which we use to relate players within the Club in any particular age/gender group, to each other. This is how we form development groups, and league teams. We also assess player results against international standards to measure our Club progress against standards which have shown what skills have supported players reaching the highest levels of play.

Please see our chart in the Parent Education Bulletin, Understanding Player Assessments, found on our website at:

<http://www.calgarywestsoccer.com/understanding-player-assessmen/>

It is important for players and parents to know that player assessments offer the Technical Staff of the Club, the opportunity to capture important data which can assist to measure player development across the four main pillars of development as a soccer player. We would like to encourage all parents and players to view player assessments in a relaxed manner and that while you may be puzzled, and expect that we follow the “normal try out process” – followed by other clubs, whereby only games are played and players are dropped or promoted to lower or higher fields based on their performance, we know that this is not the way to assess players if we want to teach them to play the game the way it can be played, and the way successful soccer countries such as Germany, Spain and Brazil play the game.

The Role of the Coach

We are delighted with the support we receive from parent coaches across the age groups. No matter where your soccer education has taken you as a parent, we are encouraged we have the support for the players. However, as you have seen, at CWSC, we follow a player development approach which is not common in Calgary.

Where possible, we have placed CWSC Head Coaches as the head coach or assistant coach, for teams. Where possible, we have also found non-parent volunteer coaches for teams. Where we are unable to place Head Coaches or non-parent volunteer coaches, we place parent coaches. We also place parent coaches as assistants on teams which have Head Coaches or non-parent volunteer coaches. We wish our coaches to follow our modern soccer philosophy and recognize we have a responsibility to provide simultaneous coaching education and mentorship.

In modern day soccer, we are removed from “play-by-play” coaching, we want our players to view obstacles they face on the field with their own judgement and imagination and utilize the tools they learn at academy/ player development sessions to unlock these problems. In an isolated setting we can offer players variables at how he/she can positive success in these situations in the future. Feedback on positive/ negative experiences and the understanding of how and when to intervene is what modern day coaching pinpoints, the ability to recognize a situation that needs attention; negatively or positively.

As a growing soccer nation in Canada, we understand change takes time. There is however, no place in modern day youth soccer for a “must win” attitude. The most important aspect of the game is the enjoyment for the kids and in conjunction; player development is the number one priority, winning will come later. We encourage all our parent coaches to follow this model and treat every situation from the same foundation and to follow our Coach Code of Conduct.



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CWSC – Coach Code of Conduct

All members of the coaching staff are sport leaders and will maintain a high level of sportsmanship, professionalism and integrity both off and on the field of play. Managers and trainers are considered to be part of the coaching staff.

All members of the coaching staff will maintain and model the highest degree of respect for game officials, all members of the opposition, and the laws of the game of soccer.

The coaching staff will be reasonable when scheduling games and training sessions, remembering that young athletes have other needs and obligations.

The coaching staff will commit to providing appropriate and sufficient training opportunities for the specific level of play

All members of the coaching staff will obtain proper training and endeavor to improve their skills through educational opportunities in their respective coaching field.

The coaching staff will ensure that all players receive equal instruction, discipline, support and encouragement.

The coaching staff will ensure that all players receive fair playing time in accordance with the level of play, the nature of the competition and the developmental stages of the athlete. Reasons for reductions in playing time must be clearly explained to the player.

Coaches have the responsibility of determining cancellations due to weather. Cancellations considered because of lack of players will be allowed only after due effort to call up players and requires the permission of the majority of the players.

The coaching staff will ensure that equipment and facilities are safe and appropriate to the players' ages and abilities.

All members of the coaching staff will refrain from the use of alcohol or drugs, including tobacco, in the presence of youth players.

All members of the coaching staff will refrain from using foul or abusive language and, furthermore, will not accept foul or abusive language from other members of the coaching staff, from parents or from players

The coaching staff must deal with any violation of the Club Code of Conduct in a responsible and prudent manner.

All coaching staff will submit herself/himself to a police check

Player Expectations

In honor of our player development pathway we would be delighted if all players are able to adhere to the principles we have at the club; player development before results.

We ask of our players to take ownership of their own soccer career; mentality/ training effort and standards/ respect for the game/ match preparation. We believe simple things like the players taking responsibility to pack the correct equipment for themselves, helps these players take ownership and responsibility for the own development. Soccer, as does any sport where the values of ethical competition are taught, can develop leaders for our community.



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Player Responsibilities

Players will play the game of soccer of their own accord, and are entitled to express themselves through soccer.

Players will maintain self-control and model the highest degree of respect for teammates, coaches, opposing players, game officials, and the laws of the game.

Players will fulfill their team commitments, come prepared with the appropriate equipment, be on time for games and training sessions, and will notify the coach or manager of any foreseen absences.

Players acknowledge that the coaching staff and officials are there to help them. Players must accept and respect their decisions.

Players will remember that “winning isn’t everything” – that having fun, improving skills, making friends, creative freedom, and giving a complete effort are also important.

Players will not publicly remove their club jersey in anger or frustration, or disrespect their club name, club shield, and club crest or club logo at any time during any match or competition.

Youth players will demonstrate a healthy soccer lifestyle by avoiding the use of alcohol or drugs, including tobacco, at any team competition or training activity.

Adult players will show due respect for youth players and demonstrate a healthy soccer lifestyle by avoiding the use of alcohol or drugs, including tobacco, at any team competition or training activity, providing role models.

Players have a responsibility to their coach, team, club and community and will conduct and represent themselves accordingly by demonstrating the highest levels of sportsmanship, integrity and respect both off and on the field of play.

Players may receive reduced playing time, suspensions or removal from the team for breaches of the Club Code of Conduct.

All players and parents are required to agree to and sign the code of conduct at the start of each season and a copy provided to Coaches or managers of the team the player is placed on.



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Calgary West Soccer Club – PLAYER CODE OF CONDUCT

Members of Calgary West soccer club include players, coaches, officials, parents and board members. All members are ambassadors for the sport of soccer in general and Calgary West Soccer Club specifically. In all dealings, with teammates, other Club players and the soccer community of Calgary West every representative of the Club is expected to;

- Be courteous, punctual and helpful
- Treat everyone with respect and dignity
- Participate according to the rules and spirit of fair play
- Adhere to the policies and procedures of the Club
- Train physically, mentally and emotionally for holistic well-being. The use of any performance enhancing drugs will not be tolerated at any time
- Make restitution of any conflict in a responsible and respectful manner
- Wear the Calgary West uniform with pride
- Practice and play with focus, commitment and heart
- Treat everyone with respect
- Members of the Calgary West soccer club who do not comply with these responsibilities will be subject to disciplinary action such as suspension from training, removal from the team, or in reoccurring incidents without resolution, removal from the soccer club.
- The following list represents the Code of Conduct for Calgary West Soccer Club. The code is meant to encourage, promote and develop good relationships with other players and the coaches. It is also meant as grounding for engaged and ethical citizenship beyond the soccer pitch.

In general

- Unacceptable behavior during training or games will result in removal from the pitch
- Unacceptable behavior at tournaments will result in the player being sent home at the parents expense
- Repeated unacceptable behavior will result in a suspension from training. The player will not be allowed to return to training/playing until the player, the players parents, Head Coach and if required other officials of Calgary West have met to resolve the situation
- Players should attend as many practices and Academy sessions as possible to improve their skill development and show their commitment to learning and growing.

In training

- Players must show responsibility by attending all training/games **on time** and give each session a 100% effort
- Players must have dedication to their sport with the ultimate goal of “being the best that they can be”
- Players must be attentive and exhibit respect for coaches and teammates
- Training sessions, including team practices, Academies, if applicable and games are considered mandatory. Valid reasons for not attending should only include injury, sickness, school events and unavoidable family reunions. Reasons for missed attendance must be communicated to the appropriate team official. Numerous absences will result in **reduced game time**.
- Players must exhibit the qualities of focus, pride and respect for everyone on the pitch.

Calgary West soccer club commits to developing players to their best but this requires focus, friendship and pride. By joining the Calgary West soccer club I agree to abide by and honor this Code of Conduct.

Players may receive reduced playing time, suspensions or removal from the team for breaches of the Club Code of Conduct.

Player

Date

Parent

Team

Team official signature



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Playing Time Expectations

Play time is always a contentious issue in minor sports. CWSC has set play time guidelines to help coaches guide player development. We recognize that play time is essential for player development. We continuously, however, struggle with parent expectations that winning games is the primary indicator of development. We know it is important for players to feel “successful” and thus we provide play time guidelines which mediate development and “success”.

We expect that at the start of the season the team coaches must clearly communicate the consequences regarding absences and tardiness with or without excuses. The repercussions must be fair and applied to all players on the team.

Being in time for a game is important for the coach to prepare the team for the game. A player who shows up late can't be prepared for the games as needed and can't expect to get the same game time.

Following is the Club's guidelines for playtime per age/level. **All guidelines expect adherence to the Player Code of Conduct.**

U6 and U8 Development Teams

All players should play equal play time as long as she or he is committed to the program

Coaches should establish a rotation system that provides each player with opportunities for action and rest

At this level there is no reason to bench a player

Players should learn/play all positions including sweeper/goalie

U10 Tier C and U12 Tier 4-5 Teams

No player should play less than half of a game if committed to the program

Coaches should establish a rotation system that provides each player with opportunities for action and rest

At this level there is no reason to bench a player

Players should learn/play all positions including goalie

U10 Tier A and B and U12 Tier 2 and 3 Teams

Although the level of play is highly competitive, this is still a development group.

No player should play less than an average of one quarter of a game if committed to the program

All discipline issues warranting a “benching” must be communicated with the Club TD staff

Reasoning for the below average playing time must be clearly communicated with the athlete

Players should learn/play all positions including goalie



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U14-18 Tier 2 and 3 Teams

No player should play less than an average of one quarter of a game if committed to the program

All discipline issues warranting a “benching” must be communicated with the Club TD staff

Reasoning for the below average playing time must be clearly communicated with the athlete

A player’s “performance” and “impact” during a game may impact playing time at this level. This must be effectively communicated to the athlete

U14-18 Tier 4, 5, and 6 Teams

No player should play less than an average of one-half of a game if committed to the program

All discipline issues warranting a “benching” must be communicated with the Club TD staff

Reasoning for the below average playing time must be clearly communicated with the athlete

A player’s “performance” and “impact” during a game may impact playing time at this level. This must be effectively communicated to the athlete

The coaching staff will remember that “winning isn’t everything” – that having fun, improving skills, making friends, creative freedom, and giving of one’s complete effort are equally important.

U12-U18 Tier 1 Teams

Play time will be managed by the Coach.

Players may not play a particular game, based on “performance” and commitment.

A player’s “performance” and “impact” during a game may impact playing time at this level. This must be effectively communicated to the athlete

Play time will be “equalized” as much as possible throughout the season.

All discipline issues warranting a “benching” must be communicated with the Club TD staff

Reasoning for the below average playing time must be clearly communicated with the athlete



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The Role of the Parent

In honor of our player development pathway we would be delighted if all players and parents are able to adhere to the principles we have at the club; player development before results. We are very fortunate to have passionate parents who enjoy watching the game and your continued appreciation for non “play-by-play” instructions help the players to think for themselves which encourages development.

We also ask of our players to take ownership of their own soccer career; mentality/ training effort and standards/ respect for the game/ match preparation. We believe simple things like the players taking responsibility to pack the correct equipment for themselves, helps these players take ownership and responsibility for the own development. Soccer, as does any sport where the values of ethical competition are taught, can develop leaders for our community.

Parent Responsibilities

Parents and Guardians must understand that a player's commitment to their team is contingent on a resource to get them to and from games, practices and technical/athletic sessions. This is most important for our younger players who have joined Calgary West and rely on their parents to do so. We appreciate all that you do to allow the kids to enjoy the game of soccer.

In order to help your child get the most from our program, please ensure that the player is prompt in their arrival and departure from team events.

Parents are welcome to observe practices, however, they must refrain from comment and direct interaction with their child during the session. Parents should refrain from conversing with other parents and with the coaches as well. Sessions may be closed based on the Coaches request.

Parents are encouraged to attend all games and support the team as one unit. At no time should parents coach, criticize, confront or make negative comments regarding the team, their opposition, the officiating or the coaching. Parents under no circumstances are to coach the players while on the field. Generic applauds and cheers are welcomed for the team in general. The kids deserve to hear your approval! Comments such as “Shoot”, “Pass”, “Get it”, are counter-productive. Kids need to think freely and discover the game themselves to truly develop. Parents should cheer all players, not just their own child. Parents, at all times, should not talk about another player not their own. This creates tension on the team between parents.

Parents must abide by the 24-hour rule regarding coaching concerns. Refrain from approaching coaching staff at the soccer centers, game or practice facilities. The coaching staff strongly urges parents to encourage their children to discuss their concerns and playing issues directly with the coaching staff. All parent concerns need to be addressed directly to the coaching staff. We will do all we can to be as open as possible to players' concerns. We are here to facilitate their growth.

Please educate yourself about the game of soccer.

Parents are asked to refrain from discussing team concerns within earshot of their aspiring athlete. The children adopt our thinking, and issues with coaches, players and parents should be reserved as adult issues and isolated from the impressionable athlete.

Parents are expected to ensure that all athletes support players to be well equipped for each session/game. Parents should encourage players to take responsibility for their equipment and pack their bags, including their water bottle, shin pads, uniform, and weather appropriate gear.



Welcome to Calgary West Soccer Club

CMSA SPECTATOR'S CODE OF ETHICS

Remember that children play organized sports for their own fun.

Be on your best behavior.

Applaud good plays by your own team AND visiting teams.

Show respect for your teams opponents.

NEVER ridicule or scold a child for making a mistake during the competition.

Condemn the use of violence in all forms.

Respect the officials' decisions.

Encourage players to always play according to the rules.

Kids Just Want To Have Fun! Just Let the Kids Play

Finally, we invite our members to read our full Parent Education Bulletin, Just let the Kids Play found on our website at: <http://www.calgarywestsoccer.com/just-let-the-kids-play/>

Here is an excerpt:

Bob Bigelow, co-author of "Just Let the Kids Play. How to Stop Other Adults from Ruining Your Child's Fun and Success if Youth Sports", and former NBA player, describes:

"All over the country this week, hundreds of thousands of children will play an organized game of youth sports. Millions of adults will watch and cheer from the sidelines as parents and coaches. Many adults will be wonderful mentors, but others will make misguided choices and will end up causing hurt for the children who play. Many adults will create an atmosphere that is neither healthy nor fun. Except for the most extreme violence or abuse in youth sports, the coaches and parents who create trouble for our children are not bad people. They are caught up in, and sometimes corrupted by, youth sports systems that have gone astray. Such systems allow misdirected principles and priorities to take over" p.xi Bigelow, et al¹.

He cautions, however, that it is not good enough to just ask parents to control their sideline behavior. He advocates for changes that removes the true sources of much of the problems that are created for the children who play. He believes changes are needed in the organization and management of leagues, teams and players. Structures such as the selection of elite teams and coaching practices that bench children in order to win games; that nurture "the (perceived) best" at young ages but neglect "the rest"- actions that convince children that they are not good enough to play.

Our Parent Education - Just let the Kids Play - wishes to provide parents with a perspective on how minor sports systems can hinder, destroy or support why kids play sports. We will look at how sports can result in emotional injury for the children we treasure most; why kids quit playing; the most important question to ask about sports programs; and what the role of competition should be. We examine the "myth of elite teams" and identifying "talent" as early as age 10. Finally we

¹ Bob Bigelow, Tom Moroney and Linda Shaw. Published by Health Communications. 2001



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provide CWSC's position on an appropriate league structure which supports player development.

Again, we welcome you to the Club, and wish everyone – players, coaches, parents – an enjoyable soccer season.

Calgary West Soccer Club

www.calgarywestsoccer.com

