



**SPRINGFIELD**  
**AYSO'S**  
**TEAM-LEVEL**  
**SEASON GUIDE**

every kid deserves  
**fun**  
fresh air  
& exercise



[springfielddayso.com](http://springfielddayso.com) Always in Springfield, Always on Saturday



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# Springfield AYSO Contact List

## **1st point of contact for families:**

Team-level volunteers (Coaches, Managers, Referees)

## **General Inquiries:**

AYSO Board- [info@springfieldayso.com](mailto:info@springfieldayso.com)

## **Specific Inquiries:**

PreSchool Program- [brian@springfieldayso.com](mailto:brian@springfieldayso.com)

Registration & Sports Connect: [info@springfieldayso.com](mailto:info@springfieldayso.com)

Coach Training & Certifications: [tobias@springfieldayso.com](mailto:tobias@springfieldayso.com)

Referee Training & Support: [info@springfieldayso.com](mailto:info@springfieldayso.com)

Coach Equipment & Uniform Issues: [carla@springfieldayso.com](mailto:carla@springfieldayso.com)

AYSO Store: [carla@springfieldayso.com](mailto:carla@springfieldayso.com)

Safety: [info@springfieldayso.com](mailto:info@springfieldayso.com)

Fields: [brian@springfieldayso.com](mailto:brian@springfieldayso.com)

Fundraising: [jen@springfieldayso.com](mailto:jen@springfieldayso.com)

Communications (Marketing/Website/Social Media): [jen@springfieldayso.com](mailto:jen@springfieldayso.com)

Urgent Support & General Feedback: [tom@springfieldayso.com](mailto:tom@springfieldayso.com)

Regional Commissioner: [carla@springfieldayso.com](mailto:carla@springfieldayso.com)



## Springfield AYSO Volunteer Opportunities

**Team Manager:** Some ways you can help support your team:

- Picture Day- Help coordinate your team's picture day.
- Get certified- All volunteers must pass a background check, and we need to have at least two volunteers at every practice and game with Safe Sport and Safe Haven training completed.
- Game Day- Help encourage guardians to form the AYSO tunnel after games.
- Snacks- Help circulate a snack sign-up list for your team so that the kids can celebrate the end of the game with a treat or two.
- Trophies- Help ensure the names on the roster are accurate, because that's what will be printed on the trophies.

### **Adult Volunteer Referee Program:**

Coaches are asked to provide one volunteer guardian from their team for each home game (3-4 games a season). This guardian should attend a referee training (online and/or in-person). Ideally, this volunteer is not a coach or team manager, however, if your team is unable to recruit for this role, another registered volunteer (coach or team manager) can also be trained as a referee to help fill the vacancy.

### **Field Prep:**

Each season we need holes filled, soccer fields lined, and new goals/nets/sandbags etc. set-up. If you need a workout and have free time, join the field team!



# **AYSO Vision, Philosophies & Stewards of the Game**

## **AYSO Vision:**

To provide world-class youth soccer programs that enrich children's lives.

## **AYSO Mission:**

To develop and deliver quality youth soccer programs in a fun, family environment based on the AYSO Philosophies.

## **AYSO Philosophies:**

### **1. EVERYONE PLAYS**

Our goal is for kids to play soccer—so we mandate that every player on every team must play at least half of every game.

### **2. BALANCED TEAMS**

Each year we form new teams as evenly balanced as possible— because it is fair and more fun when teams of equal ability play.

### **3. OPEN REGISTRATION**

Our program is open to all children who want to register and play soccer. Interest and enthusiasm are the only criteria for playing.

### **4. POSITIVE COACHING**

Encouragement of player effort provides for greater enjoyment by the players and ultimately leads to better-skilled and better-motivated players.

### **5. GOOD SPORTSMANSHIP**

We strive to create a safe, fair, fun and positive environment based on mutual respect, rather than a win-at-all- costs attitude, and our program is designed to instill good sportsmanship in every facet of AYSO.

### **6. PLAYER DEVELOPMENT**

We believe that all players should be able to develop their soccer skills and knowledge to the best of their abilities, both individually and as members of a team, in order to maximize their enjoyment of the game.

## **Stewards of the Game:**

- Referees
- Coaches
- Guardians
- Springfield AYSO



### **The AYSO Coach Pledge:**

*In my words and action, I pledge to:*

1. *Enthusiastically support and practice the AYSO Philosophies of: Everyone Plays, Open Registration, Balanced Teams, Positive Coaching and Good Sportsmanship.*
2. *Stay informed about sound principles of coaching and child development.*
3. *Respect the game and know the Laws.*
4. *Emphasize to my players that they must abide by the Laws of the Game at all times.*
5. *Develop a true respect for the judgment of all referees.*
6. *Develop a team respect for the ability of our opponents.*
7. *Ensure a safe environment for my players.*
8. *Never yell at or ridicule a player.*
9. *Always set a good example.*
10. *Remember that soccer is a game, and all games should be fun.*

### **The AYSO Referee Pledge:**

1. *Always remember that the game is for the players. Player safety and fair play come first.*
2. *Study and learn the Laws of the Game and understand the importance of the "Spirit" of the Laws. Help fellow referees do the same.*
3. *Encourage and enforce the AYSO Six Philosophies, especially "Everyone Plays," "Positive Coaching," and "Good Sportsmanship."*
4. *Demonstrate respect for all participants; coaches, players, and spectators.*
5. *Respect other referees' decisions, and do not publicly criticize another official.*
6. *Wear the proper uniform and keep it in good condition.*
7. *Maintain good physical condition to keep up with the speed of play.*
8. *Stay calm when confronted with emotional reactions from players, coaches, and guardians.*
9. *Honor accepted game assignments. In an emergency, find a replacement.*
10. *Support good sportsmanship with a kind word to players, coaches, and guardians of both teams when deserved.*
11. *Always be fair and impartial, avoiding conflicts of interest. Decisions based on personal bias are dishonest and unacceptable.*



## Balanced Team Rules

Balanced teams in youth soccer are crucial for several reasons. First, they ensure a fair and enjoyable experience for all players, fostering a positive and inclusive environment. Secondly, balanced teams allow for more competitive matches, promoting skill development and growth for each player. Lastly, a balanced team dynamic encourages teamwork and collaboration, teaching valuable life lessons that extend beyond the soccer field.

Springfield AYSO's focus is on Player Development, Good Sportsmanship, and preventing 'one-sided' games. Let's ensure that players and volunteers leaving the field, want to come back. Games with final scores like 0 to 6 are unacceptable for recreational soccer. Please make adjustments to ensure a better balance.

### General Rules:

1. All players should play at least half the game.
2. All players should have the opportunity to play all positions at some point during the season.
3. All players should play both a defensive and an offensive position in the same game if possible.

### Balancing Rules:

- When the score is unbalanced by:
  - 3 - losing team adds a defender
  - 4 - winning team removes a forward
  - 5 - losing team adds a defensive midfielder
  - 6 - winning team removes a defender
- Additional balancing strategies:
  - Player swaps can be highly effective and can be done pre-game or at quarter.
  - Shuffle scoring players into non-scoring positions.
  - Non-dominant players are allowed to shoot on goal. Dominant players pass only



## **Registration FAQ**

### **Can a player who is not registered practice? If not, why?**

No, players must be registered before they step on a practice field because they are not covered under AYSO's insurance policy otherwise.

### **Can we have family members scrimmage with the kids? If not, why?**

No, unregistered siblings, guardians, and other family members may not practice or scrimmage because they won't be covered under AYSO's insurance policy. While kids vs guardians may sound like a fun option to players, the potential for injury having adults and kids play on the same field is too high.

### **How are teams formed?**

Springfield AYSO volunteers consider many factors when forming balanced teams such as what schools the kids attend, transportation needs, soccer experience, and skill level, as evaluated by their families and coaches.

### **Can families pick the coach their player will have?**

Springfield AYSO will try to accommodate the special needs of our participants, but it is impossible for us to fulfill every request. We keep in mind the six AYSO philosophies when making hard decisions.

### **How can I help a player register for the team I coach?**

Have the player's family go to <https://www.springfieldayso.com> and register. Then send an email to [info@springfieldayso.com](mailto:info@springfieldayso.com) to request that they be placed on your team.

### **What if I have a player registered that never shows up?**

You should try reaching out to the guardian individually. It's possible the guardian was confused, or that the child changed their mind. Once the season begins, this would affect a refund. If your team is unbalanced as a result, please let [info@springfieldayso.com](mailto:info@springfieldayso.com) know so that we can provide additional guidance.



## Communication to Player Families

There are three recommended ways to communicate with your player's families:

1. Via **email**
2. Via **group text** message (phone provider charges may apply)
3. Via the **MOJO** App

This season, we're teaming up with MOJO, the all-in-one youth sports app that makes it easy to coach, manage and never miss a moment. When you log into MOJO, you will find tools and features that will make your season a success, such as:

- Your team's **roster**, so you can **communicate with your team in one place** using chat. ([You can also easily add additional family members.](#))
- Your team's **practice and game schedule**, with start times and locations. ([Coaches can also easily add their own events.](#))
- **Practice plans with videos** of each activity, so everyone knows exactly what to do when they hit the field.

Best of all, you can use all of these tools *for free*. MOJO keeps everything free for the team and coaches by offering an upgrade to [MOJO+](#), a premium subscription that gives users exclusive access. **Coaches and guardians do NOT need to subscribe to MOJO+** to enjoy using the [practice plans](#), [chat](#), communication and scheduling tools.

Keep an eye out for an email or text from MOJO with instructions for accessing your account. (If this is your first time claiming your MOJO account, please watch [this short video](#)). If you do not receive an email or text message from MOJO in the next week, please contact [support@mojo.sport](mailto:support@mojo.sport).



# Pre-season Team Check-list

## Required Volunteers- Registered & Background Checked

- Head Coach
- Assistant Coach(s)
- Team Manager
  - **Picture Day** - Help coordinate your team's picture day.
  - **Get certified** - All volunteers must pass a background check, and we need to have at least 2 volunteers with Safe Sport and Safe Haven completed at every practice.
  - **Game Day** - Help encourage guardians to form the AYSO tunnel at the end of the game.
  - **Snacks** - Help circulate a snack-sign up list for your team for post-game celebration.
  - **Help communicate** practice & game times throughout the season.
  - **Trophies** - Help ensure the names on the roster are accurate.
- Adult Referee
  - Teams provide a referee for each home game (3-4 games a season).
  - Referees will receive armbands (with rules), whistles, stop watches, and jerseys.
  - Referees will receive training and ongoing support from our referee administrator.
  - Online and in-person training is available.
  - Ideally, this volunteer is not a coach or team manager, however, if your team is unable to recruit for this role, another registered volunteer (coach or team manager) can also be trained as a referee to help fill the vacancy.

## Communication-

- **Choose a team name** and send the team's name with the head coach's first and last name and division to [info@springfieldayso.com](mailto:info@springfieldayso.com).
- **Set-up a team email, text group, or start using MOJO.**
- **Sign-up for a practice field and time & communicate** this to all members of your team.
- Let families know **what they should prepare** for the first practice.
  - Kids ready to have fun [shin guards under socks, soccer cleats, water bottles, soccer ball, and uniforms (on game day only!)). The fields can get quite muddy on wet days, so I recommend keeping an extra pair of socks and shoes in the car.
- Make sure everyone on the team has a **complete uniform**.
- Bonus-
  - **Encourage your team's families to volunteer for Springfield AYSO**



## Initial Communication to Player Families

### Sample Email:

*Hello Team!*

*My name is Coach \_\_\_\_\_. I will be your kid's head soccer coach this season. Whether this is your kid's first season, or if they played before, we are going to have a ton of fun together.*

**Volunteers:** *AYSO is built on volunteers, and we need as many adults helping as possible, as coaches, team managers, referees, board members, and field crews. If you have time, let me know, and I'll put your talents to work. We are fortunate to already have people volunteering on our team including assistant coach \_\_\_\_\_ and the team manager \_\_\_\_\_. We still need someone to serve as our team's adult volunteer referee.*

**Practices:** *Official AYSO practices will start \_\_\_\_\_. We will be practicing two days a week for 60 minutes. At this time, we are working to get all of the fields up to safe playing levels. The plan is to practice at \_\_\_\_\_ School on \_\_\_\_\_ and \_\_\_\_\_ from \_\_\_\_\_pm. If this doesn't work for you, please let me know. We encourage parents and guardians to stay at the field during the entire practice. If you're unable to stay at the field for the duration of the practice, please let us know.*

**Snack Sign-up Sheet:** *Traditionally, we have had families sign up to bring post-game snacks for the kids. \_\_\_\_\_ will pass out a sign-up list at the Meet the Team event on \_\_\_\_\_.*

**What to bring:** *Kids ready to have fun [shin guards under socks, soccer cleats, water bottles, soccer ball, and uniforms (on game day only!)]. The fields can get quite muddy on wet days, so I recommend keeping an extra pair of socks and shoes in the car. No earrings or jewelry. No casts or splints.*

**Gameplay:** *Games are always on Saturdays (please come ~20 minutes early). As for playing time, I try to make sure everyone gets about the same amount of playing time. At this age it's not about winning, it's about having fun and player development.*

**Uniforms:** *If you have a uniform from last season that still fits, just keep using it. You can pick up any new uniforms at the Season Kick-Off event or at the AYSO 'Store' behind Thurston Middle School.*

**Contact:** *Feel free to reach out at any time via text ( \_\_\_\_\_) or email \_\_\_\_\_.*

**Season Kick-Off Event:** *Please say hello if you see me there and help us get organized for the season.*

*Go team!*

*Coach \_\_\_\_\_*



## Game Times and Substitutions

The game clock runs continuously and stops only at half-time for 5 minutes.

- U6/U8 - 4 x 10-minute quarters (5-minute half)
- U10 - 4 x 12.5-minute quarters (5-10 minute half)
- U12 - 2 x 30-minute halves (5-10 minute half)

### Substitutions:

- Quarters align with our expectations on playing times and when substitutions can be made. This is why **we only allow for substitutions at the quarters**, except for injuries until U12.
- The goal is for no one to play four quarters until everyone has played at least three quarters. We don't expect perfectly equal playing time every game, but we definitely don't want to see the same kids getting more playing time every game throughout the season.
- **U12** can sub on any dead ball (this rule was updated in 2024)
- At U12, there is no rest period when a quarter has passed, however, it is one hundred percent okay and encouraged to sub around this time to ensure that Everyone Plays™.

## Key Rule Notes

### High Kicks:

Coaches, we would like to raise some awareness around high kicks and ask you to train your team to avoid the use of high kicks altogether, as they can be extremely dangerous.

What is a high kick? A high kick in soccer is when a player swings their foot high, near or above the waist of an opposing player. The player is often fully off the ground in these fouls, but not always.

High kicks are considered fouls whether the player in question leads with the studs of their cleats or not, and they can also be called whether the player in question actually makes contact with another player or not, or if there is another player in the area who could have been injured by the high kick.

### Free Kicks:

Indirect free kicks are awarded to the other team after a foul is committed.

Direct Kicks are only awarded if the foul is committed within the Penalty Area beginning at U12 (however there are no penalty kicks in Springfield AYSO, so the ball is placed outside the box instead).



# Practices

## Sign-up for Practice Times

1. You will be emailed a link to a sign-up sheet, please sign-up your team for their practice times. We encourage teams to choose either 5:00-6:00 OR 6:00 to 7:00 in order to ensure enough time slots are available.
2. Please note the example on the right side of the spreadsheet and the tabs at the bottom to toggle between the different fields.
3. If you are considering practicing somewhere other than our core locations (Thurston Middle, Page, and Briggs/Yolanda.) and have any questions or concerns, feel free to reach out to [info@springfieldayso.com](mailto:info@springfieldayso.com)

## Who can be at practice?

1. Only **players who are registered** can be on the practice field along with **fully trained and successfully background checked coaches**.
2. If no fully trained and successfully background-checked coaches can be present at a practice, it must be canceled.
3. Guardians and siblings who are not registered can't practice/scrimmage because they won't be covered under AYSO's insurance policy.
4. Guardians need to be at practices, and if they can't, they need to make arrangements with the coaches.

## Balanced Teams = Balanced practices

1. No practices are allowed before the first week of September/April.
2. All teams should practice only twice a week, with the exception of U14.
3. Practices should be between 45 minutes and 1 hour and 15 minutes, depending on age level, and playing conditions.

## Weather and Seasons

1. The safety and health of our players are of our utmost priority, and this means sometimes we might need to alter practice times or even cancel practices.
2. Please update your practice times in the spreadsheet if you need to practice earlier in the day once the days start shortening.
3. If air quality is poor, please refer to our Air Quality Guidelines (<https://www.osaa.org/health-safety/air-quality>)

## Recreation League

1. Your practices should be fun and **focused on player development**, not on conditioning.
2. Remember, these are kids and the vast majority of them will not be pros. They are here to have a good experience.
3. To be in the running for Coach-of-the-Year, all you need to do is organize a safe environment, introduce the activity or game, step back, and let them play! At most ages, ***the game itself is the best teacher.***



## Game Day Tips

### Pre-Game:

- **Reminders-** It is helpful to send out a quick reminder to your team about what to bring to game day and what to expect, even if they are returning players. Remind all families to:
  - a. Show up at least 20 minutes early to warm up
  - b. Bring water (extra on warm days!)
  - c. Wear the correct jersey color (wear a tank top or t-shirt underneath)
  - d. Wear their shin guards on the inside of their socks
  - e. Check that no jewelry (including earrings) is worn to the game (see national rule for exceptions).
  - f. Remind them about the game time and place, etc.
  - g. I also remind family members what their role is (to cheer!) and that we are all here to have fun.

### Game Time:

- Home teams (with a house next to your team on the calendar) wear blue jerseys.
- The away team wears white and kicks off first.
- The home team will provide the game ball.
- The home team will supply the volunteer referee.

### Post-Game:

- We encourage all coaches to participate and lead the following activities after each game:
  1. Do a team cheer for the other team, "Two, Four, Six, Eight; Who do we appreciate?!, <insert other team's name here>!"
  2. Line up to high-five (or elbow) the other team and their coach(es).
  3. Line up the kids for the tunnel. Guardians may sometimes need some encouragement to set up a tunnel.
  4. Thank the referee!
- Limit any post-match speeches! At most, a very brief review of what went well.
- Ask if anyone is hurt
- Thank the players for participating, trying hard, and having fun!
- Remind players (and guardians) of the next session.
- Wish them well for the remainder of their weekend.
- Fill out a Game Report <https://forms.gle/jYdVbZpRmFdoz19e9>



## Coach Bag Contents & Volunteer Jerseys

### Coach Bags:

- Can be picked up at the Team Level Volunteer Meeting once your training and certifications are completed.
- If you still need one, email [info@springfieldayso.com](mailto:info@springfieldayso.com) with your Name, Division, and your Address.
- Will be turned into the AYSO Store on the last game day of the season and will be exchanged for trophies or medals.
- Contents Checklist:
  - Cones
  - Discs
  - Whistle
  - Ball Pump
  - First Aid kit
  - Ice Packs
  - Balls
  - Pinnies
  - Keeper Jerseys and gloves (U10 & U12)
  - Clipboard with a hard copy of Player Evaluations (doing evals directly into the Google form is easiest for the volunteers and should be completed before last game of season)

### First-Aid Kits for Coaches

A basic first-aid kit should be available to each team during all practices and games. These first-aid kits are provided to each coach for the season, or are available at a standardized location at each soccer field used for games and practices. First Aid Kits are available for pickup at the AYSO Store during game days. Please drop by on game day if you need one.

### Volunteer Jerseys

Everyone looks good in AYSO gear! Volunteers, if you haven't already received a jersey, please reach out to [info@springfieldayso.com](mailto:info@springfieldayso.com) with:

1. Name, Division
2. Volunteer Position
3. Shirt Size.



## **AYSO Store & Player Uniforms**

### **Cleats:**

- Sizes are Youth 9 through Adult 6.
- All cleats \$25.00

### **Shin guards:**

These can be purchased at the AYSO Store for \$7.

### **Uniform Pick-Up:**

1. Most families get them at the Season Kickoff
2. If you can't attend the Season Kickoff, you can pick up uniforms at AYSO Store at Thurston Middle School on game days. You will be able to buy uniforms and other gear at that time.

### **Lost & Found:**

Every week our volunteers will find items that were left behind on the field. Lost and found items are gathered after each game and stored at the AYSO Store. During the next game, please speak to one of the volunteers at the AYSO Store if you lost an item the previous game day.

We also highly recommend putting your name and phone number on soccer balls to increase the odds that the ball can be returned to its rightful owner.



# Trainings, Certifications, Background Check, & Instructions

**Volunteer Trainings and Certifications:** \*Please see attached screenshot on how to locate AYSOU within Sports Connect.

1. Sign-up for the correct volunteer role in the Sports Connect system.  
<https://login.stacksports.com>
2. Pass your background check via Sports Connect.
  - a. Look for the email from Sterling Volunteers to complete your background check (it often goes to junk mail and this is the missing step for many people).  
\*Reach out to [info@springfieldayso.com](mailto:info@springfieldayso.com) ASAP if you have any issues with it, as you can't volunteer without it.
3. Complete your updated training requirements in AYSOU (via Sports Connect), you don't need to upload certificates, this is done automatically:
  - a. Safe Sport (90 minutes for the first time, 30-minute annual renewal) \*This is new (This takes 24-hours to post) <https://safesporttrained.org>
  - b. Safe Haven (once for about 30 minutes)
  - c. Concussion (annually 30 minutes)
  - d. Cardiac Arrest (once 15 minutes)
  - e. Online Coach Training - This is a prerequisite for in-person training, and coach certification.
4. Be assigned a team.
5. Sign-up for a practice time and place in the Google Doc sent by AYSO via email at the start of the season.
6. Receive your coach's bag and coach's jersey.
7. Communicate to your team about practice times, place, season expectations, ball size, etc.
8. Check to see if new players have been assigned to your team.

The screenshot displays the 'My Roles & Certificates' page for Anna Randall, a Board Member. The interface includes a sidebar with navigation links: My Account, Calendar, Volunteer (selected), My Orders, Messages, and Home. The main content area shows a 'Find Volunteer Roles' button, a 'Details' button, and a 'Delete' button. A red circle highlights the 'AYSO' button. Below this, a table lists certifications for Region 93 Area 2S. The table has columns for Certification, Expiration Date, Status, and Compliant. The certifications listed are Risk Status, Concussion Awareness, Fingerprinting California Only, Sudden Cardiac Arrest, and AYSO's Safe Haven. The 'Compliant' column shows a green checkmark for Risk Status and yellow triangles for the others.

Certification	Expiration Date	Status	Compliant
<input type="checkbox"/> Risk Status	05/30/2024	Green	☑
<input type="checkbox"/> Concussion Awareness	None	None	⚠
<input type="checkbox"/> Fingerprinting California Only	None	None	⚠
<input type="checkbox"/> Sudden Cardiac Arrest	None	None	⚠
<input type="checkbox"/> AYSO's Safe Haven	None	None	⚠



# Player Development Goals by Division

**Development over winning:** Encourage players to play with purpose & creativity.

**Player-Based:** Players make the decisions and PLAY the game, soccer has less coach involvement than many other sports. Be careful not to over-coach like a puppet master during games.

**Avoid lengthy speeches!** Keep instructions for activities as simple and quick as possible.

**Positive Coaching:** Say, Show, Do, and Review. Keep it fun!

**Development component priorities-**

- **Psychosocial** (emotions, mood, attention, judgment)
- **Physical** (Motor skills like run, start, stop, jump)
- **Technical** (instep kick and dribbling)
- **Tactical** (Scoring, penetration, prevent scoring)



Maximize the times your **players touch the ball** in practice.

6U Attacking Objective	6U Defending Objective	7U Attacking Objective	7U Defending Objective
Score	Prevent Scoring	Score	Prevent Scoring
		Maintain Possession	Regain Possession
6U Attacking Principles	6U Defending Principles	7U Attacking Principles	7U Defending Principles
Penetration	Pressure (Delay)	Penetration	Pressure (Delay)
		Support	Cover
		Mobility	Balance
9U Attacking Objective	9U Defending Objective	11U Attacking Objective	11U Defending Objective
Score	Prevent Scoring	Score	Prevent Scoring
Maintain Possession	Regain Possession	Maintain Possession	Regain Possession
Advance Ball	Delay Opponents	Advance Ball	Delay Opponents
9U Attacking Principles	9U Defending Principles	11U Attacking Principles	11U Defending Principles
Penetration	Pressure (Delay)	Penetration	Pressure (Delay)
Support	Cover	Support	Cover
Mobility	Balance	Mobility	Balance
Width	Compactness	Width	Compactness
		Creativity	Control/Restraint



# Player Safety

## Air Quality Guidelines

Adhere to our **Air Quality Guidelines** (<https://www.osaa.org/health-safety/air-quality>) and cancel practices when there is inclement weather in the forecast. We recommend monitoring Purple Air (<https://map.purpleair.com>), and using the “US EPA Conversion”.

AQI: 51-100. Athletes who are unusually sensitive to air pollution should consider not participating

AQI: 100-150. Athletes with asthma should have rescue inhalers readily available and pretreated before exercise if directed by their healthcare provider. All athletes with respiratory illness, asthma, lung or heart disease should monitor symptoms and reduce/cease activity if symptoms arise.

*Athletes with asthma or other lung diseases, heart conditions or diabetes may need additional rest breaks during practices/contests. Consider rescheduling to a different time and/or an area with a lower AQI.*

*AQI >151: All practices and games must be canceled or moved to an area with a lower AQI*

## Thunder and Lightning Guidelines

(a) When storm warning technology indicates severe weather danger, cease all field activities and seek shelter immediately.

(b) Know how to use the warning systems in place and heed all warnings, even if you are told there is a possibility of a false alarm.

(c) When thunder is heard, it is within striking distance. seek shelter immediately. Do not wait for the rain to start before seeking shelter, and do not leave shelter just because the rain has ended. Enact the safety plan now!

(d) Restart games after no thunder has been heard for 30 minutes.

## Player Safety

The safety of our players is our top priority. In Springfield AYSO, we strive to approach safety in a thoughtful and empathetic manner. We follow the AYSO National Rules, including:

- U6-U8 - We ask coaches to help us keep the kids safe by checking:
  - Players' shoes are tied.
  - Players' shin guards are on and under their socks.
  - Players have access to water.
  - Players have a chance to warm-up before going into the game.



- The fields are free of dangerous debris (like broken glass) and large holes.
- Players are free of any jewelry that might lead to injury (see below for details of the AYSO rule).
- U10 - U12 - We would like to see teams line up pre-game, have coaches do a quick safety check down the line before players go to their positions.

The national AYSO rules with regards to jewelry are as follows:

*“Jewelry, including earrings, of any kind worn in any visible body piercing or any hard replacement stud used when the jewelry is not being worn must be removed before the player is allowed to participate in a practice or game. Covering the jewelry or hard replacement stud with tape, padding or bandage is not sufficient; the jewelry or hard replacement stud must be removed before playing.*

*Subject to the approval of the Referee, various soft, flexible materials that present no danger to the player or other players may be used to keep recent body piercings open for participation during games.*

*In the case of visible taped-over or bandaged suspected piercings, Referees must not ask players to lift or remove articles of clothing or bandages. It is acceptable however, to ask a player if the tape or bandages is covering an earring. The Referee must accept the answer provided, regardless of suspicion and if in the opinion of the Referee, the item is deemed to be dangerous, the player will not be allowed to participate on that day.*

*Coaches have the responsibility of not allowing players wearing jewelry to participate in practices or games.*

*Coaches and Referees are role models and should avoid wearing jewelry, earrings, and hard replacement studs during practices or games.”*

For more information and other FAQs, please see

<https://wiki.ayso.org/wiki/Referee/FAQ/Player>.

Please direct additional questions to ash@springfielddayso.com.



## In-Person Coach & Referee Trainings

Thank you so much for volunteering with Springfield AYSO. We hope that you will have a wonderful experience, and have lots of fun.

We will be offering **on-field coach training** on Sunday, August 24th.

- **U6/U8:** Only need the online training, but we are offering an optional field session to help you feel more comfortable. 11:30 am -12:30 pm at Willamalane Park ([baseball field at N12th, between and I & G streets](#)).
- **U10:** 3:30-5:30pm at [Thurston Middle School](#).
- **U12:** 1:00-3:00 pm in the Calvary Open Bible Annex ([1176 Centennial Blvd Springfield, OR 97477](#)).  
AND 3:30-5:30pm at [Thurston Middle School](#).
- Contact [tobias@springfieldayso.com](mailto:tobias@springfieldayso.com) with questions or concerns.

*After completing your online and on-field training, you will be a Certified AYSO Coach.*

We will be offering **on-field referee training** on

- August 29 & Sept. 5 (more info to come)
- Online trainings exist as well in AYSOU.
- Contact [brian@springfieldayso.com](mailto:brian@springfieldayso.com) with questions or concerns.

*After completing your online and on-field training, you will be an eligible AYSO Referee.*

### Why should you attend?

1. AYSO has the only accredited youth soccer coach & referee education programs in the US!
2. It will make your coaching/referee experience so much easier by providing you with:
  - a. Practical skills that you can use on day one with the kids
  - b. A chance to network with other coaches and referees
  - c. Team organization tips and tricks
  - d. Player Development knowledge that focuses on players' psychosocial, physical, technical, and tactical stages
  - e. A chance for referees and coaches to practice these skills
  - f. You can use this as a stepping stone to more advanced coaching & referee opportunities.

### Prerequisites for Certification:

- Complete the online training for your coach or referee division.
- For instructions to sign into AYSOU (AYSO University) Training: [Click Here](#)



## **Trophy & Season Celebration Instructions**

### **Trophy/Medal Options:**

Trophies and Medals will be distributed on the final game day of the season and can be exchanged for your coach bag and player evaluations. A volunteer should be at the AYSO Store at Thurston Middle School between the hours of 8 AM and 1:00 PM.

### **Some Celebration Ideas:**

- Reserve tables at a local pizza or desert establishment for an off-site celebration
- Bring snacks and drinks for an on-field celebration
- NOTE that the outdoor picnic facilities at Splash! need to be reserved. Please check with Willamalane on availability.

### **Player Names in SportsConnect:**

Team managers and coaches, please remind guardians to check that their children's names are spelled correctly in SportsConnect (<https://login.stackports.com>). We will be ordering trophies very soon and will use the names provided in SportsConnect. We encourage you to print out a roster and check all names in person at your next practices or game. Reach out to our registrar ([info@springfieldayso.com](mailto:info@springfieldayso.com)) if you need help changing your child's name spelling.

## **Picture Day Instructions**

Springfield AYSO allows you to choose any photographer you are most comfortable with. Please make sure one of your team's volunteers works with a photographer to set up a picture day.

Springfield AYSO has worked with Brad Kinzer to offer an easy default option for teams:

### **Kinzer Images:**

- [www.KinzerImages.com](http://www.KinzerImages.com)
- Brad - 541.514.8572
- [brad@kinzerimages.com](mailto:brad@kinzerimages.com)



# **Player Evaluation Instructions**

## **End of Season Player Evaluations**

Springfield AYSO's End of Season Player Evaluations are for coaches to fill out for their team. These evaluations will help drive Player Development, and Balanced Teams, as well as planning for future Coach Training. We thank you in advance for your participation!

## **Things to keep in mind**

- These evaluations are not “tryouts” and should have no impact on who plays.
- The evaluation is completed by the coach and given to the AYSO Board, they are not to be shared with players or families.
- You are comparing your players across all teams in their age or division, not just your team, and not against all divisions.

## **Instructions**

- Once you get to know your players, usually at least halfway through the season the head coach will conduct an evaluation of their players.
- Using the clipboard contained in your coach bag, use the Player Evaluation Form on the next page of this document to evaluate your players.
- Before you return your coach's bag to the AYSO store at the end of the season, we are encouraging coaches to use our online submission form to enter player evaluation information. The following link will be emailed to all head coaches <https://forms.gle/Er3v8R8VWzk4c3Ku8>
- If you have any questions about player evaluations, please contact [tobias@springfieldayso.com](mailto:tobias@springfieldayso.com) or [info@springfieldayso.com](mailto:info@springfieldayso.com)



Team Name:	Coach Name:	Division:
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When evaluating a player, consider:

- **Psychosocial** (Such as emotions, mood, attention, judgment)
- **Physical** (Such as motor skills like run, start, stop, jump)
- **Technical** (Such as instep kick and dribbling)
- **Tactical** (Such as scoring, penetration, preventing scoring)

Compare your players across all teams in their age or division.  <u><b>Name (First and Last!)</b></u>	<b>NOT SURE</b>	<b><u>5</u></b> <b>Always outplays others</b>	<b><u>4</u></b> <b>Regularly outplays others</b>	<b><u>3</u></b> <b>Sometimes outplays others</b>	<b><u>2</u></b> <b>Regularly outplayed by others</b>	<b><u>1</u></b> <b>Is always outplayed by others</b>



## AYSO Incident Report Form

Incident reports are important to fill out whenever an accident happens that may possibly require medical attention. In order to be able to access our secondary insurance, it is important for players to have a record that their injury happened while playing soccer.

If someone gets a cut, a twisted ankle, runs into another player in a way that you suspect they might need to go get checked out, it's very important to fill out an incident report. This is just a record for us and the player that can help them if they need to access our secondary insurance. Please hold on to this accident report and submit an image (photo is fine) by text or email to [tom@springfieldayso.com](mailto:tom@springfieldayso.com) as soon as it happens.

We have secondary insurance forms at the AYSO Store located in the First Aid kit box. It is helpful for the guardian to have it on hand if/when seeking medical attention for an injury.

## Conflicts

If a conflict between **any** participant (coaches, referees, volunteers, guardians, players) arises during a practice or game, a detailed report of the incident should be written and given to the Regional Commissioner. The parties involved will be interviewed so that an amicable solution can be reached. Participants will be reminded of the code of conduct and Safe Haven. Future incidents may warrant additional sanctions and possible suspension from program depending on severity.

## GAME REPORTS (NEW FOR FALL 2025!)

We are incorporating "Game Reports" into our internal review protocols as a way to gather feedback and improve our programming. Anyone is welcome to file a game report, but ideally **at least one volunteer associated with the 'home team' for each game will fill out a game report**. By recording final scores and other details, this will help us track Balanced Teams across the season, and be useful for future team formation efforts. Additionally, should there be any challenges, this will be away to document and track potential issues that need to be addressed over the course of the season.

The link to submit Game Reports is here: <https://forms.gle/C7Zf6uDPgDckSEQk7> and it will also be sent out to all volunteers. Anyone interested is welcome to make a report, coaches, referees, spectators, etc.



## Snack Sign-Up Sheet

**Games are always at Thurston Middle School on Saturdays**

<b>Game Day</b>	<b>Guardian's Name</b>	<b>Kid's Name</b>
<b>Week 1 (Sept. 6th)</b>		
<b>Week 2 (Sept. 13th)</b>		
<b>Week 3 (Sept. 20th)</b>		
<b>Week 4 (Sept. 27th)</b>		
<b>Week 5 (Oct. 4rd)</b>		
<b>Week 6 (Oct. 11th)</b>		
<b>Week 7 (Oct. 18th)</b> <b>FINAL GAME</b>		