

**Burke Athletic Club
Recreation League Soccer
Coaches Meeting (Spring 2017)**

Important Dates:

- Week of March 20th – age group practices begin Changed to start 3/27 due to field conditions
- March 26th – U8 to U12 Sunday night foot skills clinics start
- March 26th – PCA course @ Fairview ES
- Week of March 27th – team practices begin
- Saturday April 1st – first games of the season
- May 20th – picture day
- June 3rd – Last scheduled game of the season
- June 17/18 – FPYC Tournament

Optional training available:

- Age Group Sessions (free) – 2 slots per age group, coaches encouraged to attend
- Goalkeeper Training Clinics also available
- Foot skills clinics Sunday nights at Patriot Park (U8-U10: 4-5pm, U11-12: 5-6pm) (\$90)

Organization Information:

- Coaches are first POC for players/parents
- Age Group Coordinators (AGCs) are the first POC for coaches
- Commissioner's/Carol are POCs for AGCs
- AGCs encouraged to reach out to age group players/parents to provide season information, policy reminders and contact information
- AGC contact info posted on BAC website

Carol Coulter (Registrar): burkeathletic@aol.com

Rob Gates (U5-8 Commissioner): 5to8AGC@burkeathletic.org

Brian Hill (U9-U12 Commissioner): 9to12AGC@burkeathletic.org

Jim Melone (U13+ Commissioner): SFL@burkeathletic.org

Charlie Delacruz (Rec Soccer Commissioner) RecSoccer@burkeathletic.org

Practice Fields:

- Optional team practice 1x per week U7 and above
- Most fields have 5:00-6:30 and 6:30-8:00 slots available
- Make sure all equipment is locked and trash is picked up
- Email Ellen Kiely (vakielys@verizon.net) with primary and backup practice day and time request plus any other items for consideration (coaching other teams, etc)

Fields and equipment boxes:

- Lock Combos = (contact AGC) at all fields with the following exceptions:
 - Rolling Valley Box = (contact AGC), Goal Combo = (contact AGC)
 - South Run 4: (contact AGC) for one box, (contact AGC) for the other box
- LBSS Practice field and/or Stadium field equipment box located next to shed at bottom of ramp near ticket booth
- Lock up ALL equipment and clean up trash after each practice/game
- Game Day: Both teams share in field set-up/take down responsibilities – **RELINER GRASS FIELDS WEEKLY!!!!**

Coaching Resources (US Youth Soccer Model):

- VYSA Coaching Education - http://www.vysa.com/CoachingEd/index_E.html (BAC will reimburse registration fees for F & E License)
- Age Group Sessions, Goal Keeper Clinic and Foot Skills Clinics– BAC Training staff
- BAC and Internet Coaching Resources

Shirts/equipment (Burke Sporting Goods - 5616 Ox Rd, Fairfax Station, VA 22039):

- Head Coaches Only – Free equipment (new or replacement) to include practice vests, disc cones, bag, game ball, ice packs
- **Players – NEW uniform kit ~\$50, blue and white shirts, socks and shorts**
- Coaches and Assistants - NEW Coaches shirt (blue/white). Free to all registered and assigned Coaches/Assistants

Player Safety:

- Concussion Awareness completed prior to first game - “When in doubt, sit them out!”
 - Concussion Awareness is state required of all coaches and AGCs. Training required before first game (www.cdc.gov/concussion/headsup/youthsports/training/), send completion certificates to your AGC
 - Parent and Athlete Concussion Information Sheet - must be reviewed and signed by ALL players and at least one parent/guardian, passed on to AGC for permanent retention by BAC.
 - No heading up to and including U11/12, restricted up to and including U13.
- Injury Prevention – FIFA 11+
- Reminder – **NO earrings/jewelry & NO Dogs/Pets**

Weather/field closures:

- Field status posted at BAC home page (upper right) – ~3pm weekdays, ~8am weekends
- County website/hotline and local closure postings take precedence over BAC
- Respect field closures posted at BAC website, county website or locally at field
- If conditions do not permit play, close field by notifying AGC and BAC
- Be aware of partial/temporary closures
- Lightning safety policy is field closure for 30 minutes from visible lightning/audible thunder - **ALL PARTICIPANTS MUST SEEK IMMEDIATE SHELTER!!**

Team management:

- Coaches, Assistant Coaches and volunteers (must register via BAC)
- Notebook: BAC Guidebook, Field Permits, Medical Release and Contact information
- Player development: BAC goal is to foster love of the game, develop the player at all positions, on and off the field
- Score/player management:
- http://www.burkeathleticclub.org/houseprogram/CoachesCorner/index_E.html

Rosters:

- Please notify your parents no later than Sunday March 19th so that conflicts can be resolved by start of practices.