

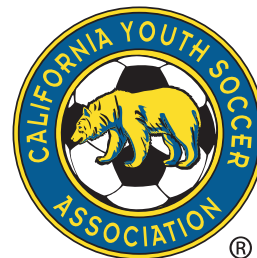
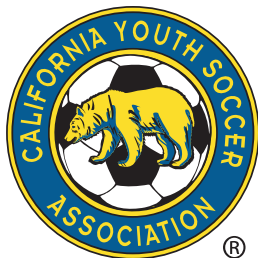
# CALIFORNIA YOUTH SOCCER ASSOCIATION, INC.

1040 SERPENTINE LANE SUITE 201 PLEASANTON, CA 94566

OFFICE: 925.426.KIDS FAX: 925.426.9473

cysaoffice@cysanorth.org

www.cysanorth.org



## PARENT GUIDE

A QUICK REFERENCE FOR PARENTS

League Contact:

## WELCOME TO CYSA SOCCER

Welcome to the California Youth Soccer Association's 2009/2010 youth soccer season. **CYSA's** soccer family, with its approximately 250,000 registered players and team officials, tens of thousands of volunteers, and hundreds of thousands of supporting parents and family members, looks forward to yet another highly successful and productive year. **CYSA** will, as always, strive to advance its core value of serving all children by providing experiences that will enable each child to grow, learn, mature, and succeed as adults by becoming productive members of society.

For **CYSA**, every child is an individual of importance, to be nurtured, encouraged, and

supported, and to that end **CYSA** offers something for every child. **CYSA** has programs for the recreational to the most advanced player and everything in between; programs for the disadvantaged, programs leading to state-wide competitions for all levels of play



in the form of the Founders' Cup, the Association Cup, the State Cup, the Premier League, TOPSoccer, and the Olympic Development Program.

In other words, **CYSA** is very proud to be, all inclusive—it has room for and welcomes all.

**CYSA** is able to thrive and prosper because of the incredible people who volunteer their time, resources, and unbelievable skills

to serving children. To the literally tens of thousands of you who make it all possible with your dedication and ability to give of yourselves for the benefit of others, the Board of Directors, Districts, Leagues, and our outstanding and professional State Office, express our deep and continuing gratitude. Your positive contributions make a profound difference in the lives of hundreds of thousands of kids, a positive contribution that will last far beyond this and many other seasonal years to come

## CYSA INSURANCE

**Accident Insurance Program General Information:** With a two hundred fifty dollar (\$250) deductible (CYSA Excess Accident Medical Insurance covers)

**Who is covered?** All registered members, teams, and leagues of the California Youth Soccer Association, Inc. This includes registered team members, coaches, officials, managers, referees and volunteers of the teams, leagues or of the association.

**When are they covered?** The above participants are covered during sponsored and supervised activities of **CYSA**, such as games, practices, and tournaments and other sponsored activities. In addition, excess accident insurance is provided for injuries sustained while traveling as a team directly to and from a **CYSA** sanctioned activity and traveling under the direct and immediate supervision of a team official. Important note: **CYSA's** liability policy provides **Hired and Non-Owned** auto liability coverage, but only for travel on official business of **CYSA**.

For more information about **CYSA's** insurance and coverages, go to our web site at [www.cysanorth.org](http://www.cysanorth.org) or contact Debbie Alvarez at the **CYSA** State Office by phone or e-mail at [dalvarez@cysanorth.org](mailto:dalvarez@cysanorth.org)

## BOARD OF DIRECTORS

### Chairman of the Board

John Murphy

### 1st Vice Chairman

Pete Zopfi

### 2nd Vice Chairman

Ray Erlach

### 3rd Vice Chairman

Jan Bull

### Secretary

Dan Lovingier

### CFO

Ilona Montoya

### District I Commissioner

Maria Frias

### District II Commissioner

Rodney Robinson

### District III Commissioner

Donna Kerger

### District IV Commissioner

Chris Murray

### District V Commissioner

Bruce Weaver

### District VI Commissioner

Kathy Ayala

### District VII Commissioner

John Hodgson

### District VIII Commissioner

Bob Asklof

### District IX Commissioner

Rich Pinnell



### “SUMMARY OF THE GAME”

TWO OPPOSING TEAMS TRY TO GET A BALL BETWEEN THE OTHER'S GOALPOST ON A RECTANGULAR FIELD. PLAYERS CAN USE ANY PART OF THEIR BODY TO PROPEL THE BALL WITH THE EXCEPTION OF THEIR HANDS AND ARMS (BUT THE GOALKEEPER CAN USE THEIR HANDS). THE TEAM WITH THE MOST GOALS AT THE END OF A GIVEN TIME PERIOD IS THE WINNER.



## CYSA MEETINGS AND SERVICES

### *Annual General Meeting (AGM)*

CYSA's AGM will be held on Sunday April 18<sup>th</sup>, 2010 at the Pleasanton Hilton, 7050 Johnson Drive, Pleasanton, CA 94588. This most important meeting is where the membership (League Presidents) have an opportunity to change the **CYSA** rules of play. Deadline for rule changes are due into the **CYSA** State Office no later than 5:00 pm on September 30<sup>th</sup>, 2009. For additional information please visit the **CYSA** web site.

### *CYSA Soccer Expo*

On Saturday March 27<sup>th</sup>, 2010, **CYSA** will hold its hugely successful annual **CYSA** Soccer Expo in Santa Clara, CA. Dozens of vendors will be participating in this event, offering the latest in soccer apparel, equipment, fund-raising items, and general sports-related items. The **CYSA** Coach of the Year Luncheon and the **CYSA** Hall of Fame Dinner are also favorite events of this weekend. Please check the **CYSA** web site for updates on these events.

## COACHING & REFEREE PROGRAMS

**The CYSA COACHING PROGRAM** provides opportunities throughout the year for all affiliated leagues to conduct workshops, certification and licensing courses. The sequential curriculum exposes our coaches to modern training methods which produce real results. The staff instructors, under the guidance of State Coaching Director Karl

Dewazien, are all United States Soccer Federation, NSCAA or **CYSA** licensed coaches. Courses are offered from the Pre-F through the “F”, “E”, and “E/D” certificates and lead to the National “D” license. Special courses in goalkeeper training are also available.

The **Referee Program** offers instruction for entry-level officials as well as

training and evaluation for advancement. All officials are registered directly with USSF. Registration and reviews are conducted on an annual basis to ensure that referees are kept abreast of changes in the laws and their interpretations.

Contact your League or District Referee Administrator for further information and course dates.

## CYSA CUP COMPETITIONS AND PROGRAMS

The **CYSA State Cup** is an open competition for any boys' or girls' Division 1, 3 or 4 team. It is the state level qualifier for the US Youth Soccer National Championship series. **CYSA** State Cup culminates with the annual State Championships in the U-10 through U-19 age groups. Winners of the U-12 through U-19 **CYSA** State Cup competitions go

on to represent **CYSA** in the Far West Regional Championships. Winners of the U-14 through U-19 Regionals advance to the National Championships.

Geared toward the Division 3 level teams, the **CYSA Association Cup** is an open competition for any boys' or girls' Division 3 or 4 team in the U-10 through U-14, U-16 and

U-19 age groups. It culminates with the annual State Championships.

Exclusively for our recreational level teams, the **CYSA Founders' Cup** (formerly American Cup) is an open competition for any boys' or girls' Division 4 team in the U-10, U-12, U-14, U-16 and U19 age groups. It culminates with the annual State Championships.

## CYSA CUP COMPETITIONS AND PROGRAMS (CONTINUED)

### Olympic Development Program

This program offers training and the opportunity for the most advanced and skillful players to be seen by regional, national and college coaches. District teams are formed in May and June, and participate in September and October play days. The players are assessed by the state Olympic Development coaching staff for invitation to participate in tryouts for final selection to the State pools. **CYSA's** ODP pools

compete against other state pools so players may be selected into the regional and national program.

### North vs. South Shootout Tournament for Competitive Teams

**CYSA-N** & **CYSA-S** are proud to announce the 2009 North vs. South Shootout Tournament. **CYSA-S** will send their premier league champions in the Under 16, 17 & 18 age groups to face the top teams from the premier division of **CYSA-N's**

playing leagues in this long-standing, annual event.

**Senior Soccer** **CYSA** players may be approved to play an unlimited number of games on a senior team if they file a **CYSA** Youth to Provisional Senior Player form with **CYSA** before they register on a senior team. A player who does not submit a Youth to Provisional Senior Player form before registering with a senior team will be ineligible for further youth play.



## TIPS FOR PARENTS

### Learn the game together

Be as helpful, understanding and patient as you are when your child is learning other skills in life. You are your child's first and most influential teacher/coach. The stimulation and support you provide can help your child gain the greatest

possible benefit from participating in youth sports and instill a desire to play soccer. Make this learning experience together as much fun as possible so your child becomes self motivated and improves on his/her own.

**Before the Game** Maintain your family's routine as much

as possible. Keep family conversation "usual" (focusing on the game can cause unneeded stress). Dinner the evening before a game should include plenty of fluids and something from each of the five food groups. (Carbohydrates provide muscle fuel and energy.)

## GAME DAY!!!

**Eating Tips**—If possible, eat a light meal three hours before the game for proper digestion. The meal should include the five food groups. To provide the needed energy, eat more carbohydrates.

**Water consumption**—Fifteen to thirty minutes before the game, drink up to 20 ounces of water. Get assurance from the coach

that more than one cup of water will be provided at half time. After the game, drink plenty of water to re-hydrate.

**At the Field**—When the coach arrives and takes charge, assume the role of spectator and **remain behind the spectator line** (unless otherwise requested by the coach or manager).

**Let Coaches Coach & Referees Ref!** Sideline instructions may conflict with what the coach has taught and may confuse the players. Your child mirrors your actions and reactions, so set a good example. If you want to raise a good sport, be a good sport. If you feel you cannot be an exemplary spectator, consider not attending.



### FOR MORE INFORMATION ON CYSA

#### CALL OR WRITE

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PLEASANTON, CA 94566**

**925.426.KIDS  
925.426.9473 (FAX)**

[cysaoffice@cysanorth.org](mailto:cysaoffice@cysanorth.org)






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## AFTER THE GAME!!!

Have your child remain with the coach and the team for any post-game routines.

### Do:

-  Adopt an attitude of support and caring
-  Be positive and calm
-  Point out areas of improvement
-  Let the child lead the conversation
-  Stress effort made rather than results

### DON'T

-  Be disappointed if your child does not want to talk about the game
-  Be negative
-  Brag
-  Be critical
-  Make up excuses

Remember that body language and voice inflection can send both positive and negative messages. Help your child realize that the importance of playing soccer is **participation, learning, developing** and having **FUN!**

## CODES OF CONDUCT

### PARENT'S CODE

1. Children have more need for example than criticism.
2. Make athletic participation a positive experience for your child and others.
3. Attempt to relieve competitive pressure, not increase it. A child is easily affected by outside influences.
4. The opponents are necessary friends; without them, your child could not participate.
5. Applaud good plays by your team and by members of the opposing team.

time and money for your child's recreation, often without reward other than personal satisfaction in having served the community.

Parental attitudes at games towards their child, the opposing team, the officials and the coach, influence the child's values and behavior in sports. Sometimes overly anxious or protective parents bent on immediate success rather than long-range benefits criticize officials and opponents and show disrespect. This inappropriate behavior devalues the sport and creates unnecessary stress for the player. It is not in keeping with the spirit of the game.

### PLAYERS CODE OF CONDUCT

1. Play the game for the games sake.
2. Be generous when you win.
3. Be gracious when you lose.
4. Be fair always no matter what the cost.
5. Obey the Laws of the Game.
6. Work for the good of your team.
7. Accept the decisions of the officials with good grace.

8. Believe in the honesty of your opponents.
9. Conduct yourself with honor and dignity.
10. Honestly and wholeheartedly applaud the efforts of your teammates and your opponents.

### COACHES CODE OF CONDUCT

1. Soccer is a game for happiness.
2. The Laws of the Game should be regarded as mutual agreements, the spirit of which should be respected and unbroken.
3. Visiting teams and spectators are honored guests.
4. No advantages except those of superior skill should be sought
5. Officials and opponents should be treated and regarded as honest in intention.
6. Official decisions should be accepted without anger no matter how unfair they may seem. Winning is desirable, but winning at any cost defeats the purpose of the game
7. Losing can be a triumph when the team has given its best.

8. The ideal is the greatest good to the greatest number.
9. In soccer, as in life, treat others as you would have them treat you.



Between the exuberance of the winner and the disappointment of the loser, we find a person called a referee. They all follow the same creed—to watch every move of every player and to call the game to the best of their ability. Do not openly question their judgment, and never the honesty of that judgment. Referees are the symbol of fair play, integrity and sportsmanship.

Be kind to your child's coach and officials. The coach is providing a valuable community service by volunteering personal



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### CYSA State Office Contact Directory

<b>General Manager:</b>	Gurdev (Dave) Mann gmann@cysanorth.org
<b>Executive Assistant/Insurance:</b>	Debbie Alvarez dalvarez@cysanorth.org
<b>State Coaching Director:</b>	Karl Dewazien cysakarl@comcast.net
<b>Admin Assistant/Registration:</b>	Brian Siwy bsiwy@cysanorth.org
<b>Accounting Manager:</b>	Margaret Gordon mgordon@cysanorth.org
<b>Accounting Clerk:</b>	Colleen Lamb clamb@cysanorth.org
<b>Programs Coordinator:</b>	Joyce Bordley jbordley@cysanorth.org
<b>Programs Coordinator:</b>	Kathi Killion kkillion@cysanorth.org
<b>Programs Assistant:</b>	Justin Isaac jisaac@cysanorth.org
<b>Warehouse Operations:</b>	Robert Riordan rriordan@cysanorth.org

**“PASS” YOUR  
QUESTIONS TO US  
WWW.CYSANORTH.ORG**

## AGE GROUPS

<u>AGE</u>	<u>Birthdates Between:</u>
<b>Under-6</b>	08/01/2003 - 07/31/2005
<b>Under-8</b>	08/01/2001 - 07/31/2003
<b>Under-10</b>	08/01/1999 - 07/31/2001
<b>Under-12</b>	08/01/1997 - 07/31/1999
<b>Under-14</b>	08/01/1995 - 07/31/1997
<b>Under-16</b>	08/01/1993 - 07/31/1995
<b>Under-19</b>	08/01/1990 - 07/31/1993

## PLAYER POSITIONS

**(G) GOALKEEPERS** PREVENT THEIR OPPONENTS FROM PROPELLING THE BALL THROUGH THE GOALPOSTS

**(B) BACKS** HAVE ONLY THE GOALKEEPER BEHIND THEM FOR SUPPORT AND COVER AT ANY PARTICULAR MOMENT.

**(M) MIDFIELDERS** HAVE BACKS BEHIND THEM AND FORWARDS IN FRONT OF THEM FOR SUPPORT AND COVER AT ANY PARTICULAR MOMENT

**(F) FORWARDS** HAVE NO TEAMMATES IN FRONT OF THEM OR BETWEEN THEM AND THEIR OPPONENT'S GOAL

## CYSA GAMES PROVIDE OPPORTUNITIES

- ◆ Fun, enjoyment and recreational satisfaction.
- ◆ Achievement, recognition and the pursuit of excellence relative to the skill potential, personal and competitive goals, and physical/psychological needs of the participants.
- ◆ The development of physical, mental, social and emotional fitness.

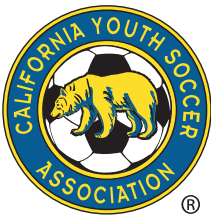
**CYSA** neither supports nor tolerates:

- ◆ That which brings the game into disrepute.
- ◆ That which results in physical or mental violence.
- ◆ That which is morally indefensible.

## CYSA POLICY

The California Youth Soccer Association (**CYSA**) discourages tobacco use within 25 yards of any **CYSA** affiliated activity involving





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# PARENT AND LEAGUE AGREEMENT

For use by leagues and their parents to agree upon a mutually beneficial arrangement in which the players are supported and receive the best both parties have to offer.

## “KIDS FIRST”

**Name of player(s) whose best interests we support:**

CYSA soccer is about and for the kids. Therefore, the parent and the league willingly enter into this agreement with the shared goal of providing the player(s) the opportunity to participate in youth soccer in a fun and productive environment.

The parent/guardian hereby confirms that their family actively supports the league's efforts to provide a safe and fun experience for the players. To that end they will abide by the following codes of conduct:

- ✓ Respect the game and the players at all times
- ✓ Set a positive example and refrain from negative and unsporting behavior and comments
- ✓ Encourage the player to obey the Laws of the Game and participate in fair play
- ✓ Encourage the player to be gracious upon a loss and generous upon a win
- ✓ Respect opponents and celebrate both teams for their efforts
- ✓ Conduct oneself with honor, dignity, and good sportsmanship at all times
- ✓ Provide a positive attitude and actions towards the game, players, coaches and referees at all times
- ✓ Refrain from activity that is detrimental to the game, referees, coaches, and especially the players
- ✓ Remember that the game belongs to the players and the spectators are guests

The league confirms that it will foster an environment that will enable its members to honor their commitment. This includes, but is not limited to the following codes of conduct:

- ✓ Provide clear and reasonable expectations
- ✓ Take actions that are consistent with stated expectations
- ✓ Provide information in a timely manner
- ✓ Provide reasonable conduits where others can become informed and ask questions
- ✓ Listen to the membership with compassion and an open mind
- ✓ Provide timely responses to inquires

By signing this agreement, both parties agree to honor the commitments above with the player's best interest in mind at all times. Both parties agree to encourage safe and fun play for everyone. Both parties agree to support each other with their commitments. Both parties agree to allow the **player** to enjoy the game and also be the **first** consideration at all times.

Player's Parent/Guardian:

League Representative:

Print Name:

\_\_\_\_\_

\_\_\_\_\_

Signature:

\_\_\_\_\_

\_\_\_\_\_

Date agreed:

\_\_\_\_\_

\_\_\_\_\_