

NLS Recreation Soccer Spring/Summer

Welcome to the Northern Lights Soccer Recreation Program!

These FAQs are designed to answer common questions about soccer programming, please send any questions to our rec director at redirector@northernlightsoccer.org.

What does my child need for soccer?

Children need a size 3 soccer ball (U7 and younger) or size 4 soccer ball (U8 and older), shin guards, and soccer cleats or tennis shoes. Soccer cleats are recommended, if possible, as they provide better grip in the grass, especially if it's wet or dewy.

We will provide a jersey for your child in their team color. Your child can play in shorts or pants and tall soccer socks which you must provide. In addition, all players must wear shin guards, you can get these at your local athletic store, shin guards are worn against the skin and under the tall socks. Children who wear glasses will be required to have a strap attached to their glasses so they can't fall to the ground.

Schedules:

We are going to be gone for a week (a couple nights, a couple weeks, etc.) during the season; should we still play? Yes, absolutely. The program is designed to maximize playing opportunities and it is understood that conflicts arise. It is summertime and we are Minnesotans. Recreational soccer is not meant to be a stressful experience; it is meant for children to have fun learning to play soccer and applying new skills in a supportive team environment. The program runs for many continuous weeks so there's plenty of time to be involved.

I am going to be gone for a couple nights; can I still be a coach? And receive my reimbursement? Yes, definitely. All of our coaches are volunteer coaches and it can be difficult to make everything; you may need to ask parents on the team to step in once in a while. The requirements to receive your coaching reimbursement include:

1. completion of background study (annual between August and July)
2. completion of online concussion training (once every three years) and completion of your SafeSport Certificate (every two years).
3. attendance at the coaches meeting OR excused from meeting
4. attendance at majority of practices and games, including Super Soccer Saturday
5. adult coverage of practices and games when absent, including Super Soccer Saturday
6. return coaches bag and distribute medals/trophies.

Registration Questions:

My child is 3 right now, can they still play? For U4/U5, we understand children are at various ages of development so going by age alone is not the best indicator. General guidelines for parents of 3-year-olds: 3-year olds are welcome to play if you feel they are developmentally prepared for this structured

soccer program. Questions to ask yourself include 1. Will they participate independently? 2. How well do they interact in group activities? 3. Can they adhere to practice/game guidelines and routines?

Can my child play on a team with a different age level other than their current age? Players are placed on teams based on their age. When necessary, players can "play up" one year older than their age group. Players may not "play down" to a level lower than their assigned age level. In most cases "playing up" is done to meet the coaching needs of a parent or transportation needs of a family. In order to play up please register your child for their regular age group/U-level and then send an email to the recreational directors at recdirector@northernlightsoccer.org to discuss your needs.

Can my child play on a team with their friend? Special requests/aka friend requests: Our goal is to make the soccer experience fun and fair so we will only allow up to 2 requests per team, on a first come, first serve basis and therefore cannot guarantee that every request will be fulfilled. Special consideration may be granted for the following circumstances and requests must be submitted no later than April 1 to be considered: • For a sibling or relative. If the children are in two different age groups, the younger child must play up to the older child's age group. • For co-coaching arrangements. • For new players to the program. New players should note this in their comments.