



Sacramento United

U8-U12 Boys/Girls - 2023-24 Season





Our Aim is to...

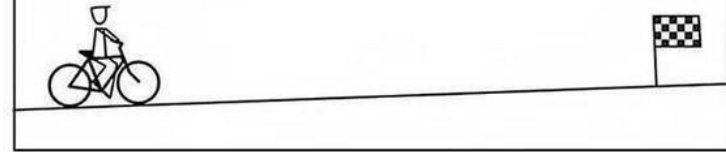


Help inspire to create skillful, dynamic, resilient, aware, proactive, emotionally intelligent players that are dominant on and off the ball.

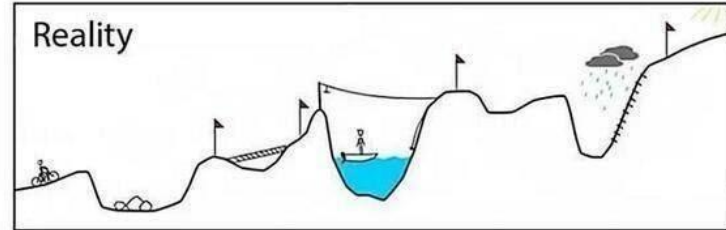
We want players to learn to make decisions individually.

We want players to use mistakes as learning opportunities.

Your plan



Reality





STAFF



ROLE	NAME
Academy Director	Alberto Regalado
Girls Youth Director	Alexia Poon
Boys Youth Director	Pedro Lupercio
Technical Director	Reymond Harris





CHAIN OF COMMAND & CHANNEL COMMUNICATION



Board Members



Technical Director



Program Directors

(U6-U7) Alberto Regalado

(U8-U12) Alexia Poon [Girls] & Pedro Lupercio [Boys]



Coach



Parents/Players





CHAIN OF COMMAND & CHANNEL COMMUNICATION (CONT.)



- **Parents/Players:** Communicate to Coach
- **Coach:** Communicate to age group Director of Coaching (DOC)
- **DOC:** Communicate Technical Director (TD)
- **TD:** Communicate to Board Members





LEADING THE TEAM



- U8-U10- 2 trainings a week
- U11-U12- 3 trainings a week
- Coaches Expectations:
 - Coaches must communicate with families 1 x a week (SportsEngine)
 - Hold two player evaluations per year (Late Fall season, Late Spring season)
 - Attend all trainings, matches, tournaments, events, and meetings for your team(s) unless discussed with Directors
 - Encourage good sportsmanship and behavior by coaches, players, and parents
 - Exemplify and encourage good sportsmanship and behavior by parents and players





ROSTERS



- Currently “pool” players rostered
- Team rosters will be fluid throughout the year.
 - What does that mean?
 - That means your son/daughter has the possibility to play for multiple teams throughout the year.





SEASON CALENDAR



- Practices begin the week of June 5th
- Play Date June 25th- Granite Regional Park
- Club Break begins June 26, return to practice July 10
- Tournaments- To be announced by coaches during coaches meeting
- Fall League (Late August-November)
- State Cup (Fall)-Potentially
- Winter Break (TBD)
- Spring League (March-May)





TRAINING CANCELLATION POLICY



Heat and AQI Cancellation Policy

Notification sent between 12pm and 3pm of the same training day or two hours prior to the start of training or game.

Academy - U13 Cancellation

Heat Related:

- Temperature is 102+ at START of training
- Temperature is 98+ and AQI is 126 or above at START of training

Other:

- Lightning visible from field within 10 minutes of or during training
- Heavy Rain = only grass fields shut down. Turf never cancels
- Fire Season = AQI above 126 regardless of temperature (within 5 miles of granite)





PLAYER CODE OF CONDUCT



Discipline

- Verbal warning
- Suspension from practices and games
- Suspension from the team

Social Media

- Can be a very positive and powerful tool
- Be careful what you say and post

Commitment

- Come ready to work hard for every team event
- Push yourself and your teammates to be the very best

Miscellaneous

- Put cell phones away during team events
- Organize gear (backpacks) at training and games





PLAYER EXPECTATIONS



- Train and play to the best of my ability
- Have a positive attitude and never quit
- Show proper respect and sportsmanship to others involved in the game including other players, coaches, spectators and especially the officials.
- Give positive encouragement to fellow teammates
- Arrive prepared for all games and training sessions, i.e. proper mental attitude and equipment
 - Mark Attendance: Notify the coach if I will be tardy or unable to make a practice, game or meeting
 - Arrive 5-10 minutes early to training session
 - Arrive 45 minutes before Match (U8-U12)
 - Practice Attire: Red Top, Red Socks, Dark Shorts, Cleats, Shin Guards
 - Match Attire: Bring All Uniform Kits (Top, Shorts, Socks), Cleats, Shin Guards
- Respect my coach, teammates, opponents, referees.
- Learn and obey the Laws of the Game
- Practice soccer skills and condition on my own to work towards being the best player I can be





NON-NEGOTIABLES



- Greet Teammates and Coaches before and after training where realistically possible (quickly)
 - **One Club. One Love.**
- Players that arrive early get a ball and/or partner and get working on individual development/warm up etc. (all the time in the world after training).
 - We can use that time to get a lot of work done individually as well as teach the players how to train on their own
- Players that arrive late come running as dressed as they can be
 - Show the respect to your teammates and coaches at the very least.





NON-NEGOTIABLES (CONT.)



- Unless otherwise stated, players are working at 100% intensity
 - Walkthroughs, intro's, regenerations, etc. are exceptions. Adjust the size, #'s, work/rest for load
 - We can only improve if we are challenging each other at every moment
 - Enjoy the work/challenge
- Coaches and Players must take responsibility for their training environment
 - Everyone is pushing in the same direction to achieve a champion culture





PARENT CODE OF CONDUCT



- I understand that playing soccer for Sac United is about the experience of the player. Making the situation best for all of the players is the ultimate goal of the coaches, administration, and parents.
- I will respect the coaching staff and their decisions, understanding this is competitive soccer.
- I will not enter the field of play during a game, scrimmage or training unless otherwise asked to do so by the coach.
- I will not verbally or physically abuse, confront, taunt, harass or demean a coach, manager, player, parent, opposing player or coach, or referee at any time.
- If I have questions regarding playing time or playing position, I will approach in a respectful manner at an appropriate time to discuss the questions.
- I understand parents should not coach their child or other players from the sideline or anywhere else during games, training sessions, or scrimmages.
- I will follow the “chain of command” to lodge a complaint.
- I will not conspire with other parents to undermine the authority of any coach, the program, or the Club.
- I will make every effort to allow my child to attend all training sessions, games, tournaments, and team functions.
- I will represent the Club appropriately at all Sac United associated events. I understand that I am not to consume alcohol or illegal substances at all Sac United youth soccer associated events.





Administrative Support - Non-Field Related Questions



Examples:

- Billing (Payment Extensions, Reporting Injuries, etc...)
- Club Communication
- Registration Issues
- SportsEngine App Issues
- Picture Day
- Website Problems
- General Concerns

Please email membership@sacunited.com





SAC UTD

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ORIENTATION NIGHT

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DANTE CLUB

2330 FAIR OAKS BLVD,
SACRAMENTO, CA 95825

WEDNESDAY

MAY 31ST

6 TO 8 PM

WWW.SACUNITED.COM/MEMBERSHIP FOR DETAILS





Thank you supporting Sac United!



Questions

