

MAGIC & MYSTX TEAMS

Player / Parent Handbook

2023-2024 Seasonal Year



FC RICHMOND SOCCER STAFF

804 823-9191

Board of Directors President: Russell Hinton



TRIP ELLIS

Executive / Technical Director

804 823-9191 Extension 5

USSF A & USSF National Youth Licenses

Former College and Professional Player



TRIP DUNVILLE

Director of Coaching

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MAC PHILLIPS

Director of Goalkeepers & ADP

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MESSAGE FROM THE DIRECTOR

Thank you for committing to be a part of FC Richmond's Magic & Mystx competitive team programs. We value the development of each of our players both on and off the soccer field. This holistic approach is built over time by placing a high priority on teaching each player about discipline, commitment, sacrifice, accountability, and responsibility. We hold our players to high standards and expectations, and have a proven track record of developing strong character traits that will stay with each player long after their soccer careers have ended. There will be, AND SHOULD BE, plenty of highs and lows throughout a player's youth soccer career. We ask that each of our players and parents embrace these ups and downs, and value these teachable moments which players can draw from for future opportunities to strengthen from within. FC Richmond looks forward to playing a part in your child's journey within the game and "Beyond the Game."

–Trip Ellis - Executive Director / Technical Director

FC RICHMOND'S MISSION

FC Richmond's mission is to work with young athletes and assist them in reaching their full potential on and off the field. We accomplish this by creating a culture of accountability, discipline and commitment to the game.

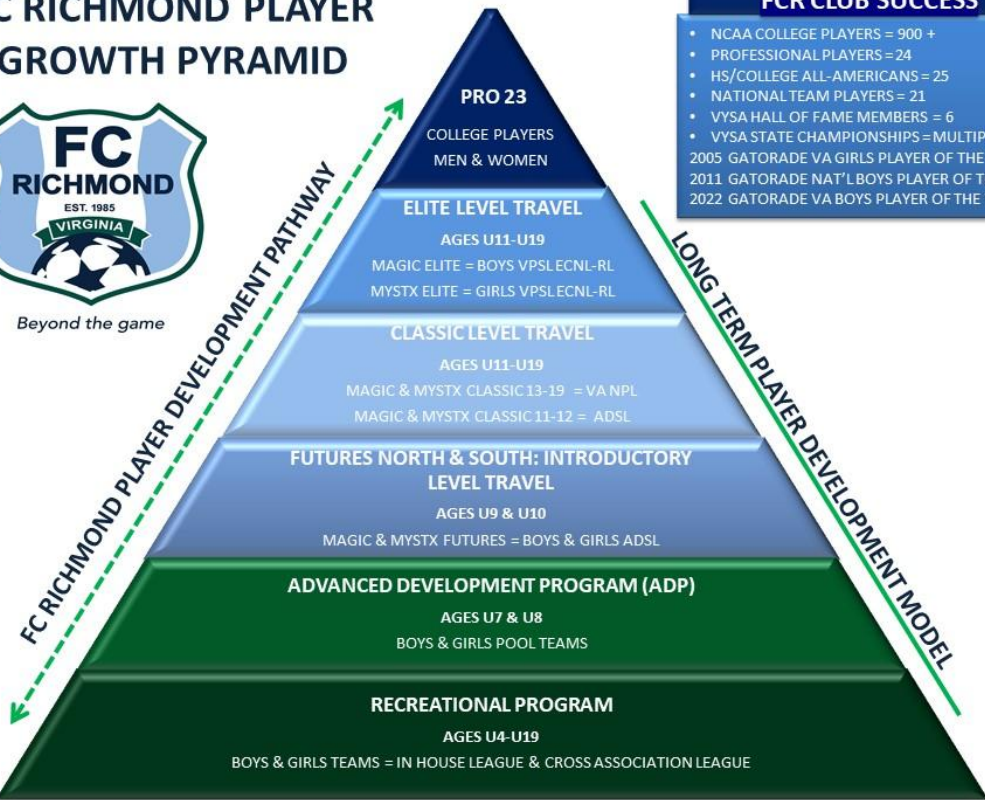


FCR PLAYER PATHWAY & SUCCESSES

FC RICHMOND PLAYER GROWTH PYRAMID



Beyond the game



FCR CLUB SUCCESS

- NCAA COLLEGE PLAYERS = 900 +
- PROFESSIONAL PLAYERS = 24
- HS/COLLEGE ALL-AMERICANS = 25
- NATIONAL TEAM PLAYERS = 21
- VYSA HALL OF FAME MEMBERS = 6
- VYSA STATE CHAMPIONSHIPS = MULTIPLE
- 2005 GATORADE VA GIRLS PLAYER OF THE YEAR
- 2011 GATORADE NAT'L BOYS PLAYER OF THE YR
- 2022 GATORADE VA BOYS PLAYER OF THE YEAR

PLAYER EXPECTATIONS—TRAINING & GAMES

- ◆ **ATTITUDE:** Arrive to practice and games with a positive attitude, greet your coach and teammates, be ready to put all your focus and energy into learning and competing.
- ◆ **TEAMMATE:** Be a good teammate by building relationships with ALL your teammates. Strive to push yourself and your teammates to be the best players you can be. Players will not use inflammatory language or use derogatory remarks regarding gender, race, religion or country of origin. Good teammates build each other up!
- ◆ **COMMITMENT:** Players should strive to be at 100% of practices and games. You have chosen to be an athlete on a travel team and, as such, have made a commitment to put your team above other activities.
- ◆ **ACCOUNTABILITY:** Players (not parents) should be learning to contact (Futures) or be contacting (Classic/Elite) the appropriate director and coach in a **timely manner** when/if an absence is going to occur. **FAILURE TO CALL THE APPROPRIATE DIRECTOR TO REPORT AN ABSENCE AND MARK ATTENDANCE IN PLAY METRICS WILL IMPACT PLAYING TIME.**
- ◆ **DRIVING SAFETY—OLDER PLAYERS:** Players who are of driving age should NEVER drive to/from away games or tournaments even if a parent is in the car. Players should be resting and focusing on their upcoming match.
- ◆ **PERSONAL RESPONSIBILITY:** Arrive to training approximately 10-15 minutes early, and to games 45 minutes early, to change into cleats and get in the right mindset. Players should wear slides or flat soled shoes to and from training and games. **DO NOT wear soccer shoes to or from training and games. Players will change into cleats at the field prior to and at the conclusion of training and games.**
- ◆ **TEAM RESPONSIBILITY:** Each team is issued a bag of training balls, and an equipment bag with cones. Players will take turns sharing the responsibility of bringing the equipment bag to training each week. The next player (jersey number sequence) takes the balls after the weekend game. Players should launder pinnies and have the balls pumped up before each practice and game. Personal soccer balls are not needed.
- ◆ **PREPARATION:** Players should begin preparing for a match two days prior. Proper diet, hydration, and sleep habits are essential for optimal performances. A good habit is to check the weather as this may impact your preparations. **PACK YOUR OWN BAG** (not mom or dad). Check to make sure you have all your uniform pieces, make sure your bag has a small first aid kit and a plastic trash bag in case of rain. Check your shoes and shoelaces - clean shoes if needed.

PARENT EXPECTATIONS

- ❖ May observe training sessions during pre-season training—all training prior to Labor Day. **After Labor Day, players should be dropped off** at the field approximately 10-15 minutes prior to training and parents should leave the training area. This is to set up a training environment with as few distractions as possible so we can get the highest level of focus from our players. Similar to a school classroom where a teacher creates a focused environment, we are creating the same environment for our training sessions.
- ❖ When the team bag comes home with your child, help make sure the balls are properly inflated in the bag and wash the pinnies AND the pinnie bag prior to returning them to the next training session or game. **Your child should carry the team bag to and from the field themselves.**
- ❖ **Please be prompt in picking up your child.** If you have an emergency and cannot pick up your child, SEND A MESSAGE THROUGH PLAY METRICS TO YOUR TEAM MANAGER. If you are unsuccessful, call Kris at 823-9191 x1 for Elite Teams or Beth at 823-9191 x2 for Classic & Futures Teams. If there is no answer, leave a detailed message.
- ❖ **Cheer good play** by all players and both teams.
- ❖ **Please refrain from giving instructions** to individual players and to the team. This is considered coaching. This confuses players as to who they should listen too. Often parents are unaware of the tactics being taught and used throughout a match and why.
- ❖ **There is no verbally abusing referees in any way.** There is a referee shortage at the moment and for good reason. Referees WILL make mistakes. While no one likes it, it is a part of the game and we're teaching players to be resilient and not allow outside influences to impact our concentration or efforts.
- ❖ **Stay on the spectator side** before and during the game and meet your player by the parking lot after the game.
- ❖ **Never go onto the field in the event of an injury.** Let the coach and medical staff do their job. The staff will either get the info to you through the manager or call you over, depending on the severity.
- ❖ **After games, allow your child some space.** They will talk to you when ready. Giving them feedback when they are not ready or willing to hear it can be detrimental to their overall enjoyment of the game and have a negative impact on their overall development.

TRAINING & GAMES

Players should bring/wear the following to all training & games:

- ❑ **Navy training uniform** - worn to all sessions: training shirt/shorts, navy training/game socks. Training uniform should be in good condition (replace overly worn items). Players should look neat and professional at all times.
- ❑ **Slides or flat soled shoes** – worn to all practice sessions and games. Players should change into their cleats at the field with their team and change out with their team afterwards.
- ❑ **Sports Bag** – In each player's bag they should have: personal first aid items: band aids, athletic tape; a hand towel; hand sanitizer; a trash bag (to keep bag dry during rainy weather); soccer shoes. Game day: ALL uniform pieces (both Sky & Navy) should be brought to ALL games. Bags should be lined up neatly on the sideline.
- ❑ **Water jug** - *should be at least 1.5 –2 quarts in size. NO SHARING. No Disposable water bottles.*
- ❑ **Shin guards** – with sock straps (to keep socks up and just below knee)
- ❑ **Cold weather gear** – pack or wear FCR training jacket/pants when weather is cold (optional rain or winter jacket). Athletic gloves/hat. For games players may wear a long sleeve (WHITE ONLY) performance shirt. Leggings can be worn in games in extreme weather conditions only.

GAME UNIFORM EXPECTATIONS

Players are expected to bring both sets of uniforms to ALL games. We try to know what color were wearing on the day, but sometimes there are changes and players must be prepared. Players who do not have their proper uniform will not play.

Soccer shoes: (cleats) worn during training and games may be ANY brand but must be at least 80% BLACK. We believe cleats are part of a player's uniform and should look the same and professional. Players should be recognized because of their play and not their equipment. Players should dazzle on the field but not with their cleats. Many of the top youth academies in the world share our philosophy including Manchester United, Manchester City and Everton FC. Cleats should be correctly sized—usually 1/2 shoe size smaller than running shoes to allow for accurate touch on the ball.

Bottoms of socks should not be cut out with an under sock underneath. Proper uniform socks ONLY!

For safety and modesty reasons, do not wear boxer shorts to training or games.

COLD WEATHER GEAR: When appropriate, players may wear a **WHITE** (*only white*) long sleeve performance shirt under their jersey. Players may wear black cold weather sports performance gloves and/or a black cold weather sports performance hat.

PLAYER IMAGE: Players should look neat and professional. Hair should be out of players' eyes - cut above the eyebrows OR a head band must be worn at all times. Shoes should be clean.

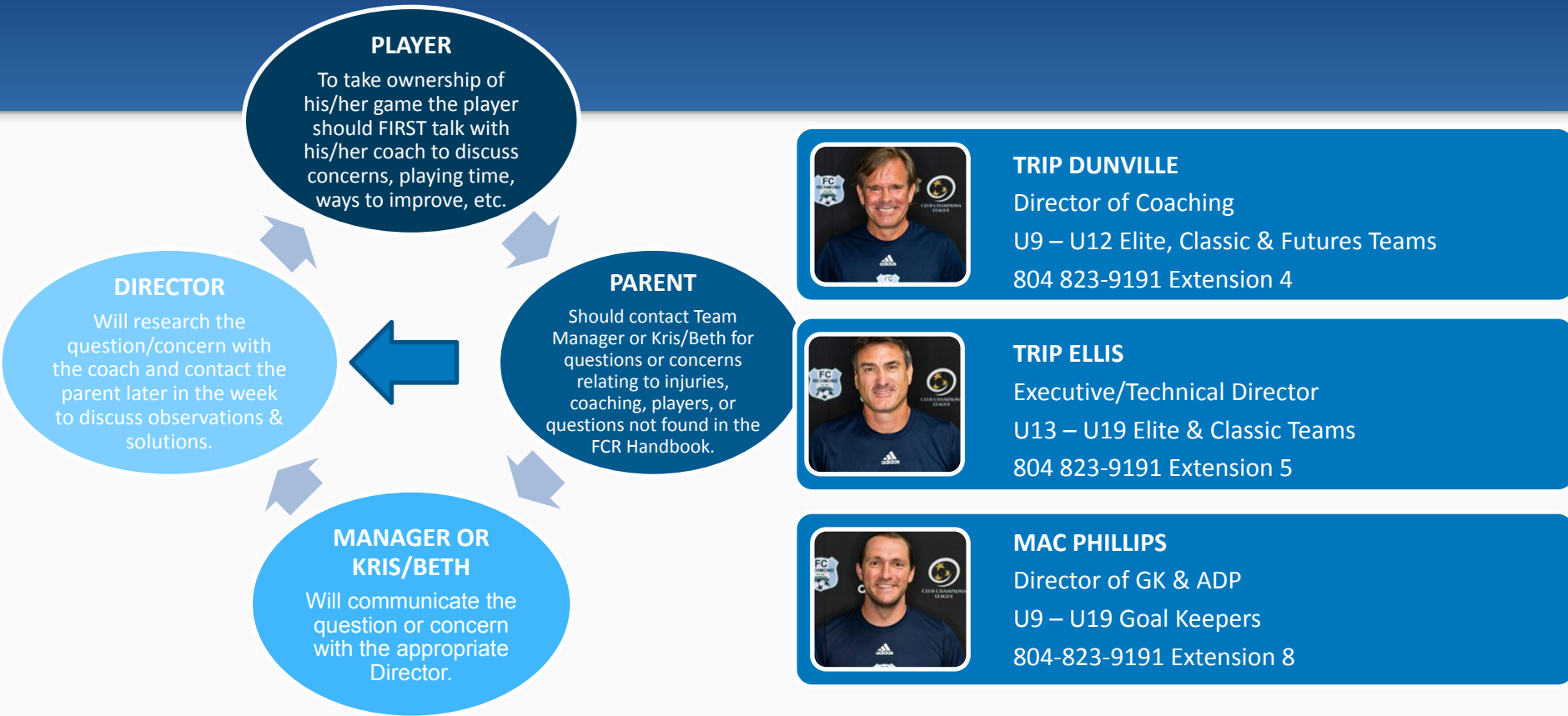
AWAY TOURNAMENT HOTEL EXPECTATIONS

When FC Richmond families travel out of town to games that require an overnight stay, our coordinators try to keep our teams together in the same hotel. Staff, parents and players being together allows for great “Beyond the Game” social moments, and interactions that we may not get during our normal game environments. Most tournaments we travel to have a “stay and play” policy, meaning it is required to stay in the team hotel unless staying with friends or family. Teams can be disqualified if families stay in a different hotel. Players’ proper behavior is expected during these hotel stays. *Please keep in mind that improper behavior reflects poorly on FC Richmond and could impact playing time.*

Please remember:

- No running in the halls or lobby
- No balls of any kind in rooms, hallways or lobby
- No skateboards, hoverboards, etc at any time
- No yelling in rooms, hallways or lobby (Be respectful of other guests)
- Pool time is limited to 30 minutes and must occur after the last game of the day
- No hot tub is allowed at any time
- Curfew for players is 10:00pm. Players outside of their rooms after curfew could result in loss of playing time.

COMMUNICATION PROCESS



PLAYER ABSENCES

MAGIC/MYSTX ELITE & CLASSIC TEAMS

MAGIC & MYSTX ELITE AND CLASSIC TEAMS U11-U19

As we begin to teach and maintain personal responsibility, **PLAYERS**, not the parent, should **CALL** the Director listed below for their age group if they are unable to attend an FC Richmond event (training sessions, game, etc.) If the Director does not answer, the player should leave the following information on the voice mail:



U11 – U12 Elite & Classic Teams
Trip Dunville – 823-9191 Extension 4

U13 – U19 Elite & Classic Teams
Trip Ellis – 823-9191 Extension 5

NEW IN 2023—ATTENDANCE SHOULD ALSO BE MARKED IN

PLAYMETRICS. Parents/players can mark their attendance in PlayMetrics. Coaches will also be marking attendance in PlayMetrics.

At times, and depending on the situation, we may need to find a guest player/s if a player is missing a game. Please notify us well in advance so arrangements can be made if needed.

Reasons for missing FC Richmond events will be deemed as excused or unexcused absences by the Directors of Coaching. **Unexcused absences will result in loss of playing time and will be communicated by your coach or by one of the Directors.**

PLAYER ABSENCES

U9 & U10 FUTURES TEAMS

U9 & U10 MAGIC & MYSTX FUTURES TEAMS

To develop personal responsibility, ultimately, we want the player to learn to call in their absences over time, but at these ages, we understand if parents make the call. Please have player present if possible. If he/she is going to miss any FC Richmond event (training session, game, tournament, etc), ***please notify the club as soon as possible so we can plan accordingly and include the following information.***



U9 – U10 Futures Teams
Trip Dunville – 823-9191 Extension 4

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At times, and depending on the situation, we may need to find a guest player/s if a player is missing a game. Please notify us well in advance so arrangements can be made if needed.

Reasons for missing FC Richmond events will be deemed as excused or unexcused absences by the Directors of Coaching. Unexcused absences will result in loss of playing time and will be communicated by your coach or by one of the Directors.

EXPECTED PARENT CONDUCT

Once families become part of FC Richmond they are expected to conduct themselves properly at all times on and off the soccer field. Inflammatory language, profane remarks or gestures, derogatory remarks regarding gender, race, religion or country of origin directed to anyone will not be tolerated. The player's participation in any/all FC Richmond activities may be impacted by undesirable behavior of their parents.

- Please be patient and understand that players, coaches and referees (like everyone else) strive for perfection, but mistakes will and should happen. Do not criticize your child, other children, or other parents
- Do not approach coaches before or after a game to discuss team/player/game topics (This is not the time or method to address concerns)
- Do not communicate concerns/issues etc to the entire team. Concerns should be brought to the team manager's attention. The manager will contact a Director about your concern. The Directors will assess and discuss your concern and respond to you by Thursday. Do not "reply all" to email messages to the team with concerns, use the communication procedure above.
- **Yelling at players, parents, coaches or referees will not be tolerated at any time!** Please respect the game. If you can't control your emotions, please leave the field! (*Please see the FC Richmond Reference Assault and Abuse Policy.*)
- Abuse of these policies will be handled by the Board of Directors and may result in the suspension or involuntary release of the parent/player. No refund of fees paid will be offered for involuntary release.
- **FC Richmond's Directors are more than happy to speak with parents. If you need to discuss issues related to the safety or well being of your player please feel free to contact the appropriate Director directly.**

FC RICHMOND REFEREE ASSAULT & ABUSE POLICY

FC Richmond does not support, promote, encourage or condone verbal abuse and/or physical assault of referees. The responsibility for appropriate behavior on and off the field rests with the individual player, coach or spectator.

- Many leagues and governing bodies have severe penalties for referee abuse/assault by a player, coach or spectator ranging from \$500 to several thousand dollars.
- The player, coach or spectator affiliated with FC Richmond ***will be responsible*** for any/all fines and/or expenses incurred as a result of their behavior toward the referee.
- If FC Richmond is required to pay fines/expenses incurred because of the abuse/assault of a referee by a player, coach or parent, that individual must reimburse FC Richmond in full for these fines or expenses.
- FC Richmond reserves the right to suspend/release a player/parent for referee abuse.

Approved by the Board of Directors

MEDICAL INFORMATION AND PARTNERSHIP

Athletic trainers are at all home ELITE matches and all home CLASSIC full match days. The trainer is located at Huguenot. If an injury occurs at Greenfield the player can go to Huguenot for evaluation by the trainer.

FC Richmond has a partnership with Dr. Rich Linkonis of and Central Virginia Physical Therapy (CVPT). Dr. Linkonis is a physical therapist and he and his practice are “open access” meaning a doctor’s prescription is not needed. Dr. Linkonis is equipped to provide an initial assessment of most sports injuries including possible concussions. He will recommend treatment in his clinic or can refer to a sports medicine orthopedic doctor if appropriate. Dr. Linkonis has committed to getting our athletes in to be seen in his clinic within 24 hours if the injury occurs during the week, or on Monday if the injury occurs over the weekend. Parents can email or call Dr. Linkonis directly at richlinkonis@gmail.com or (804)523-4634.



THANK YOU AND WE LOOK FORWARD
TO A GREAT YEAR



Beyond the game