

# 2009 Travel Coaches Guide

Each Coach has their own unique coaching style that reflects their personality. However, all Waltham Youth Soccer coaches should be enthusiastic, encouraging and **POSITIVE** during practice and games. Teach your team to use good sportsmanship at all times. It is NOT about winning or losing. Be a Positive example! Waltham Youth Soccer will be adhering to a ZERO TOLERANCE policy. Any outbursts or incidents that lead to any action taken by the Middlesex league will be an automatic 2 game suspension by WYS. The second time you will be banned from coaching for 1 year!

1. TREAT THE REFEREES WITH RESPECT. You should NEVER shout at or criticize a ref during a game. Teach your team that they should NEVER question a referee's call. The referees are learning too. Always THANK the Referee after any game. Lead by example!!!! If you have ANY questions or complaints regarding the referees, or if you or your team are involved in ANY incident (red card, asked to leave the game, fight, etc.) please fill out the Ref evaluation form AND send a note to Ken Kimker ([kjkimker@verizon.net](mailto:kjkimker@verizon.net)) and Ray Hallaren ([wysref@msn.com](mailto:wysref@msn.com)) ASAP. They will take the appropriate action.
2. Take pride in your team's appearance. Make sure your team is wearing their proper uniform- proper color shorts and socks (Red Shirt, black shorts, and black socks) shirts always tucked in, cleats or sneakers, and shin guards, and NO JEWELRY (starter earrings' MUST come out!) All coaches should be wearing a Waltham Youth Soccer coach's shirt.
3. Take care of the fields! Have your team PICK UP ALL TRASH AFTER PRACTICE AND GAMES! Before practice and especially before games- check the field and the nets. Make sure the sandbags are on the back of the nets. Make sure the corner flags are properly placed and secure. If you see something that needs fixing- nets, goals, general field conditions, etc. call Mike Guzzi (cell phone 781-727-2096), Craig Schubert (339-368-2311), or Ray Hallaran (781-389-5259)
4. All the Schedules, standings, field locations, and coaches phone numbers are now on-line on Sportsmanager- <http://www.sportsmanager.us/links/MYSL/Schedule.asp>
5. Before the Season Starts AND prior to each week's game, contact the opposing coaches, by phone or e-mail, to CONFIRM FIELD TIMES AND LOCATIONS! The Middlesex League/Sportsmanager website is pretty up to date but changes do happen. Save yourself the hassle of going to the wrong field at the wrong time..  
Trying to reschedule a game because your team will be missing players due to (dance recital, baseball game, play, etc.) is NOT ACCEPTABLE. The ONLY reasons to reschedule a game are school function (field trip) or a religious holiday.

6. NEW THIS YEAR!!! Games will NOT be canceled league wide this year; it is up to the individual towns to decide if their fields are playable.
  - a. If the weather is bad, and you have an away game, call the opposing coach FIRST before heading to their town.
  - b. If the weather is bad and you are playing at Veterans, your game will be ON (unless it is lightening or torrential downpours- in that case, any Waltham field cancellations will be posted on the WYS website [www.walthamyouthsoccer.org](http://www.walthamyouthsoccer.org) by 7am).
6. Make-up Games- if your away game does get cancelled, here is what you need to do.
  - a. Contact the opposing coach; they should give you 3 choices of dates and times. Understand- No weekday games before 6pm, No Sunday make-up games.
  - b. Once a date is agreed upon, inform your Age Director. At U12 and above, the AD and the league need to assign refs. At U10 home games, Ray assigns the Refs so you need to contact him. At U10 away games, the home team is responsible for getting a referee.
  - c. Once you have gotten confirmation from your Age Director, confirmed a date and a ref; that game time is then official and you must play at that time.
7. Scoring Games- Each Head coach will receive an e-mail with the scoring link (usually about 12-24 hours after the game) Follow the link and score the game. If you make a mistake- please e-mail your Age Director. They are the only ones who can change a score. If you do NOT get the e-mail, the other coach has already scored the game. Go to Sportsmanager and confirm the score. If you feel it was scored incorrectly, contact your Age Director.
8. Rosters- You will need 2 copies of an “approved” roster AND (for U12 and up) the player ID cards for EVERY GAME! No ID cards and roster, NO GAME! An approved roster will be given to you at the Middlesex Coaches meeting. Make copies of it and keep some in your soccer bag, your car, and give some to your assistant coach. It will say “approved” in the background. It will not have a stamp. You will give the ID cards to the ref before the game and get them back after the game. You are responsible for the ID cards! Put them in a Ziploc bag to keep them clean and dry.  
If you have any changes to your roster, get all the information needed (picture for U12 and up) and E-MAIL Allison Coates ([alobo@comcast.net](mailto:alobo@comcast.net)) to set-up a time to get her the information (DO NOT GO TO HER HOUSE!). Once we get that information to the league, we will provide you with a new approved roster.  
**ALL CHANGES WILL PROBABLY TAKE 1 WEEK TO PROCESS!**

All coaches are asked to attend at least 1 Board Meeting/season. The Board meets the first Monday of every month at Falzone Shack- 7:30pm. (check the website) The only way we can improve WYS is to get more people involved. We need and welcome feedback

QUESTIONS regarding Travel Soccer? E-mail Ken Kimker at [kjkimker@verizon.net](mailto:kjkimker@verizon.net) or call 617-281-2401

# The Middlesex League

## Coach's Guide to a Great Experience

**Soccer, like all other youth sports is meant to provide your children with an opportunity to have fun in a group environment. Learning how to love and enjoy an activity like Soccer is the key to progress. The role of the coach is critical in this process.**

**Here are some basic tips on how a Coach can have a positive influence on the development of his or her players:**

Set the tone with the parents:

- Think of your team as a class and the practice as a classroom.
- At the classes, the only teachers are the coaches.
- Parents need to be supportive of the children by supporting you as the teacher. There cannot be one or two coaches at practice and twenty on game day.
- Too many people directing and yelling from the sidelines only confuses the players and is detrimental to a positive learning environment.
- Address these issues early with all of the adults and challenge them to adhere to your team rules to benefit the players.
- Hold a team meeting before the start of the season to review rules, expectations for player and team support by parents, sideline behavior, respect of referees and coaches and respect of opposing players

Lead by Example:

- In many ways, the team will reflect your individual personality traits. If you are calm, the team will be calm. If you are positive, so will the players.
- If you are negative or reactionary, the team will act similarly. Be aware of your influence on the children.

Focus on growth and not the game results:

- The most important measuring device for a coach is in the team's ability to progress as both individuals and as a team collectively.
- If there is a continued focus on the development and progression of the team and children, the wins and results will take of themselves.

Let your players dictate their level of competition:

- Create opportunities where players can dictate their willingness to compete.
- Build time into practice where players can play without constant, structure and instruction.

Be respectful to the referees:

- As the lead educator in the game, players and their parents will respond to the way you deal with referees.
- Take time to address the entire group on this subject and hold yourself to a high standard.
- Many referees at the youth level are learning and need positive reinforcement to maintain their interest in the sport.