



The Kicker

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We've Registered... Now What?

Below are answers to some Frequently Asked Questions that should help prepare you for the upcoming fall season:

What else does my child need? The only mandatory equipment not provided by the Region is shin guards and shoes. Soccer shoes (cleats without a toe cleat) are recommended for better traction on the grass. Also recommended are a water bottle and a soccer ball. (see below for size guidelines)

What size ball is used by my child's team? U6 and U8 players use size No. 3. U10 and U12 players use size No. 4. U14, U16 and U19 players use size No. 5.

What do all those "U"s mean? The "U" in U10, U12, etc. stands for "Under". Players in the U10 division are UNDER age 10 as of July 31, 2008.

When do the players get called? Teams may begin practice on August 1, 2008. The coaches will usually call the players in the U19 to U10 divisions within a few days of the player drafts to advise them of practice times and locations. Players in the U8 and U6 divisions will begin to receive calls from coaches around August 20, 2008.

It is after August 1 and my child has not been called. What do I do? Please do not panic if you see teams practicing and your child has not been called. Not all teams begin practice at the same time. U8 and U6 teams typically begin practice around August 15th. Some coaches may be out of town on vacation. If your child is playing in the U19-U10 divisions and has not received a call by August 12th, you may leave a message on our hotline at (760) 927-9097.

How when and often are practices held? Practices are held once or twice per week, depending on division. Practice times and locations are determined by the coach.

How often are games held? Games are normally held once per week, at Hook Park on Saturdays; however, please understand that depending on the number of teams and field space, some games may be held on week nights, Sundays or a Saturday double-header. Teams in the U19 and U16 divisions are inter-Area teams that travel to cities within Area D for games. Their season is different from the rest of the divisions to ensure that all games are completed prior to the commencement of high school soccer.

Does the Region need any help? YES! We're ALWAYS looking for volunteers. Register at www.eAYSO.com.



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The Five Philosophies of AYSO

Region 665 adheres to the five tenets of AYSO. They are:

- Everyone Plays - Our Region's goal is for kids to play soccer - so we mandate that every player on every team must play at least half of every game.
- Balanced Teams - Each year we form new teams as evenly balanced as possible - because it is fair and more

fun when teams of equal ability play.

- Positive Coaching - Kids win when they are built up, not when they are torn down! We train and encourage our coaches to make the extra effort to understand and offer positive help to our players, rather than negative criticism.
- Open Registration - Our program is open to all chil-

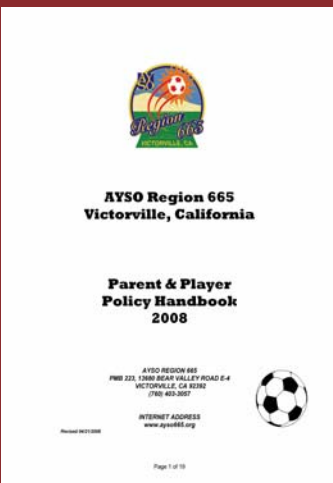
dren between 4 and 18 years of age who want to register and play soccer. Interest and enthusiasm are the only criteria for playing.

- Good Sportsmanship - We strive to create a positive environment based on mutual respect, rather than a win-at-all-costs attitude, and our program is designed to instill good sportsmanship in every facet of AYSO.



Jordan H. keeping hydrated after a competitive game.

“If you have ever attended a Safe Haven class, you have met the requirement.”



Keeping Kids Hydrated

From AYSO's National web site

A number of factors place young athletes at an increased risk for dehydration and various heat illnesses. First, the higher energy expenditure of young athletes means that they produce more metabolic heat. In addition, young athletes don't sweat as efficiently as older athletes and thus cannot cool their bodies as effectively.

Finally, young athletes are not as diligent about drinking fluids and their body core temperature during dehydration tends to increase faster. For these reasons it is essential that young athletes be encouraged to drink frequently

even when they are not thirsty.

Research studies have shown that providing a cooled and flavored beverage produces greater fluid consumption among children and helps prevent dehydration. Parents should make sure that athletes arrive at practice sessions, games or competitions fully hydrated.

Coaches should enforce drink “pauses” every 15-20 minutes even when athletes do not feel thirsty. Parents, coaches and the athletes themselves should watch for the “warning signs of dehydration”:

- Thirst

- Irritability
- Headache
- Weakness
- Dizziness
- Cramps
- Nausea
- Decreased performance

The American College of Sports Medicine (ACSM) provides the following guidelines for the maintenance of optimal hydration:

Before Exercise: 16 - 20 full ounces within the 2 hour period prior to exercise

During Exercise: 4 - 6 full ounces

Volunteer Certification

Safe Haven is required for all Coaches, Referees and Team Managers, as well as every other volunteer in Region 665. If you have ever attended a Safe Haven class (either Coach or Referee), you have met the requirement. Anyone may

take the Safe Haven class online by doing the following:

- Obtain your AYSO ID number (see Cinnamon Olivarez, our CVPA, if you don't know your number)

- Go to: <http://www.aysotraining.org/index.htm>
- Take the course, allowing about 20-30 minutes to complete
- Ta-Da! You are Safe Haven certified!

Parent & Player Handbook

Region 665 has an incredibly comprehensive Parent & Player Policy Handbook available on the Region's web site.

The handbook contains information about the well-balanced program offered by the Region, as well as information on our National Organization's policies.

For families that are new to soccer, we've included an overview of the game, complete with positions, skills, and elements of play. We even have an explanation of that elusive foul called “offsides”! Our FAQ (Frequently Asked Questions) section is a parent favorite, offering up answers for those inquiries

that are asked by most parents.

Another helpful tool is a map of Hook Park, with field numbers marked for easy reference.

Get your copy from our web site at:

http://www.ayso665.org/General_Info.html

Regional Board Members



| | | | |
|------------------------------------|--------------------|---|-------------------------------|
| Commissioner | Robert Olivarez | Sunshine Coordinator | Lindsay Saruwatari |
| Assistant Commissioner | Greg Stanfill | Spanish Interpreter | Lisa Flores |
| Assistant Commissioner | Al Jimenez | Assistant Registrar | Martha Munoz |
| Coach Administrator | Sean Hemstedt | Data Entry | Kristen Huff |
| Referee Administrator | Chevelle Brewer | Webmaster | Karen Williams |
| Registrar | Trinity Hemstedt | Chief Division Coordinator | OPEN |
| Treasurer | Karen Williams | Division Coordinators: | All positions open at present |
| CVPA | Cinnamon Olivarez | U19/U16 | |
| Safety Director | Vince Rubio | BU14 | |
| Secretary | Rachel Valentin | GU14 | |
| Auditor | Lindsay Saruwatari | BU12 | |
| Assistant Coach Administrator | Scott Keams | GU12 | |
| Assistant Coach Administrator | Anthony Munoz | BU10 | |
| Assistant Referee Administrator | Bill Griffith | GU10 | |
| Assistant Referee Administrator | Roger Suders | BU8 First 1/2 teams | |
| U19/U16 Area Coordinator | Jack Cheney | BU8 Second 1/2 teams | |
| Fundraising & Sponsorship Chairman | Angela Brewer | GU8 First 1/2 teams | |
| Concessions | Jennifer Stanfill | GU8 Second 1/2 teams | |
| Fundraising Coordinator | Maria Ramirez | BU6 First 1/2 teams | |
| Fundraising Coordinator | Sal Ramirez | BU6 Second 1/2 teams | |
| Team Manager Coordinator | Marcie Campos | GU6 First 1/2 teams | |
| VIP Program Coordinator | Regina Jimenez | GU6 Second 1/2 teams | |
| KidsZone Coordinator | Jackie Macan | Uniform/Equipment Recycling Coordinator | OPEN |
| Equipment Coordinator | Anthony Munoz | Sportsmanship Program Coordinator | OPEN |
| Photo Day Coordinator | Deborah Keams | Coch Trainers | Sean Hemstedt, Greg Stanfill |
| Uniform Coordinator | Stephanie Williams | Referee Trainer | Jack Cheney |

AYSO Soccer Camp Offered

The AYSO Camp curriculum has been developed by AYSO in conjunction with some of the highest-level camp trainers in the USA, and is fully approved by the AYSO National Coach.

From fun introductory sessions for the youngest players, to intensive technical and tactical sessions for advanced

players, all players are grouped by age and ability to ensure the optimal balance of fun, challenge and skill development.

All camp sessions prioritize individual ball skills as well as fun games to put those skills to practice and develop teamwork. Players are encouraged to express themselves in or-

der to develop confidence and creativity on the field

Region 665 will again host an AYSO Soccer Camp. Dates are July 21—July 25, with special clinics on July 26.

Sign up at our registration events or online at:

<http://www.aysosoccercamps.org/>





AYSO Region 665

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IMPORTANT DATES

| | |
|--------------|---|
| May 10 | Registration—save \$10 |
| May 11 | Booth at SBC Fairgrounds |
| May 12 | Board meeting, 6:30, 15428 Civic Dr, Ste 150 |
| June 11 | Board meeting, 6:30, 15428 Civic Dr, Ste 150 |
| June 14 | Registration 10:00—1:00PM |
| June 21 | Beginning Coach Class |
| July 28 | Regional Referee Class |
| July 12 | Registration 10:00—1:00PM |
| July 16 | Board meeting, 6:30, 15428 Civic Dr, Ste 150 |
| July 19 | Beginning Coach Class |
| July 20 | Regional Referee Class |
| July 21-25 | AYSO Soccer Camp— sign up online at www.aysosocccercamps.org |
| July 26 | Draft for U12-19 |
| August 1 | Season officially begins - Practices may start |
| August 3 | Regional Referee Class |
| August 16 | Team Manager Meeting |
| September 20 | VIP Day / Coaches' Cup / AYSO Galaxy Night |

Mark Your Calendar!

The Parent Pledge... or, What Did that Form I Signed Say???

I pledge to be on time or early when dropping off my child for a practice or game. I understand that it is embarrassing for my child to be late to a game or practice and that I am putting him/her at physical risk by not providing adequate time for warm up. I understand the importance of picking up my child on time for all games and practices. This shows respect for the coach, who has other time commitments, and it tells my child that he or she is my top priority.

I understand that the top three reasons kids play sports are to have fun, make new friends and learn new skills. I understand that the game is for the kids, and that I will encourage my child to have fun and keep sport in its proper perspective. I understand that athletes do their best when they are emotionally healthy, so I will be positive and supportive.

I will redefine what it is to be a "Winner" in my conversations with my child. A Winner is someone who

makes maximum effort, continues to learn and improve, and does not let mistakes, or fear of making mistakes, stop them. I understand that mistakes are an inevitable part of any game and that people learn from their mistakes. I understand that all children are born with different abilities and that the true measure is not how my child compares to others but how he/she is doing in comparison to his/her best self.

I will "Honor the Game." I understand the importance of setting a good example of sportsmanship to my child. No matter what others may do, I will show respect for all involved in the game including coaches, players, opponents, opposing fans, and referees. I understand that officials, coaches, and players make mistakes. If the referee makes a "questionable" call, I will continue to respect the individual and be silent!

I understand that games can be exciting times for my child who is try-

ing to deal with the fast-paced action of the game, respond to opponents, referees, teammates and listen to coaches. I will not add confusion by yelling out instructions. During the game, I will limit my comments to encouraging my child and other players for both teams.

I will not make negative comments about the game, coaches, referees or teammates in my child's presence. I understand that this plants a seed, which can negatively influence my child's motivation and overall experience.

I have received the Parent & Player Handbook, which is the Region's guide for families. Further information is available in the Standard Regional Guidelines, posted on the Region's website at www.ayso665.org and accessible at the snack bar and board tent on Saturdays during the season.

