

Dear Parent/Guardian,

Thank you for your interest in the Macedonia Recreation Soccer League. Depending on your child's birth year, he or she will be placed into a particular age division (See the reverse side for Divisions Soccer Age Chart). U7 & U8 leagues play in-house while U9, U11, U13, & U15 divisions will travel to area communities of the Suburban Recreation Soccer League ([www.srslonline.org](http://www.srslonline.org)). The Suburban Rec Soccer League is a recreation league comprised of communities unable to have in-house play. The soccer program is tentatively to start in August and end in October. Most games will be played on Saturdays, although teams may have weekday game(s). Most practices are held on weekday evenings at Longwood Park. Typically U7 & U8 practice once a week while U9 and above may practice 1 to 3 times a week. U7 & U8 game start times are between 9:00am & 12:00pm while teams of the SRSL may have games scattered throughout the day. A child who plays on any other soccer team (travel/club) is ineligible to play in the SRS during the same season. If you think your child's skills exceed the competition, please think about moving the child up a division. More information about the age divisions, please contact Alan at (330) 468-8376.

Our program relies on the volunteerism of individuals that put forth a great amount of time to coach your child(s). A head coach's primary responsibility is to communicate information to parents and manage practices/games. Coaches have the option of picking practice day(s) and times. Please think about becoming a head coach. Individuals always can co-coach a team. If coaching is not for you, it is very helpful when one can assist the head coach. Our soccer season will not start until each team has a coach. All head coaches receive background checks, but it is recommended that parents/guardians maintain visual contact with their children. Per Ohio law, all coaches must complete concussion awareness training prior to the first practice. The free online video can be accessed at National Federation of State High School Association's website: <http://nfhslearn.com/courses/61037>. We encourage all parents/guardians to view the video as well. Thank you for your interest in being a volunteer coach.

Our league requires each player to wear shin guards. Socks should cover the whole shin guard. Soccer cleats are recommended. Shin guards, soccer socks, and cleats can be purchased at local sporting goods stores. Macedonia Rec. provides players with one uniform shirt to wear at each game. The uniform shirt will be distributed to players by the coach sometime before the first game. If a child is switched from a team or signs up late, the uniform shirt may not be ready. Additional shirts can be purchased.

In the event of inclement weather on game days, please use Macedonia Rec. Center weather hotline, (330) 468-8369. This hotline will be updated only on game days. Macedonia Rec. Center will only home cancel games in the event of severe weather or field related issues; practices are cancelled by the coach. The hotline will be updated 1 hour before game time for U7 & U8 leagues. All other divisions, the hotline will be updated 1½ hours before game. The hotline affects games only at Longwood Park for that day. Please listen to the message carefully, not all games may be cancelled for that day. If your team plays outside of Macedonia, don't assume the game is cancelled. Your coach will contact you in the event of a cancellation. If weather becomes inclement within 1 hour before game time, please show up at the scheduled game time and coaches and the referee will make a decision.

We recommend that parents attend all soccer games and practices. It is a great way to learn the game. However, in an effort to make this an enjoyable experience for you and your child there are a few rules we ask you to observe when attending. Encourage your child, but do not shout instructions to him/her. Cheer for your child and teammates and refrain from negative remarks. Respect the referee's judgment and accept their decisions. The referee has the power to stop the game and remove anyone from the crowd or end the game entirely. Support all volunteer coaches; they give many hours of their time to your child. Any disagreements you may have with your child's coach decisions should be discussed with the Macedonia Parks & Rec. staff. Be positive and compliment good plays and don't dwell on mistakes. Aggressive or intimidating behavior and profanity will not be tolerated. Report any problems to the Rec. Center.

Please expect a phone call or email from your child's coach or the Macedonia Recreation Center near in mid-August. If you have not received a phone call, please contact the Recreation Center at (330) 468-8370. Should you have any questions or comments in the meantime, please contact Alan at (330) 468-8376 or [ahamski@macedonia.oh.us](mailto:ahamski@macedonia.oh.us)

Let's have a great season!



## **Macedonia Rec. Spring Soccer**

Registration: Now ó August 7

With help of the Nordonia High School Soccer Coaches, the Macedonia Parks and Recreation has made some changes to its soccer program to better develop a program for the whole community while combining resources of the YMCA and Nordonia Hills Soccer Association and following organizational models of other cities. Emphasis on developing a well-rounded athlete, establishing a streamline top to bottom operation (club (CVCA), travel (NHSA), recreation (YMCA & Macedonia Rec.)), player development curriculum, and coach training, each club of the partnership will focus on a certain age range or level of play. The Nordonia YMCA will be offering 3-5 year old soccer program, the Macedonia Rec. Center offering a 6-15 year old recreational soccer program, and Nordonia Hills Soccer Association offering a competitive travel soccer program for ages 8-14. With the partnership and combined resources, we are hoping to offer more soccer training opportunities throughout the year and build a stronger soccer community. Register at the Macedonia Rec Center for recreation soccer ages 6-14 yrs or for more info please contact, Alan Hamski at [ahamski@macedonia.oh.us](mailto:ahamski@macedonia.oh.us) or (330) 468-8376.

### **Recreation Season Details**

• Practices begin August 21 (weather dependent)

• Practices day(s)/time determined by coach

• Game schedules release early Sept.

• Games dates are mostly Saturdays and times may vary

### **Player Equipment**

• Shinguards are required; soccer cleats are optional

• Each player will be given a uniform t-shirt or jersey to wear for games during the second week of the team's practice

• No jewelry, watches, etc. can be worn for games and practices

• Sport protective eyewear is suggested

### **Age Categories**

Division base on the child's birth year. Children wishing to play up a division, please contact the Rec. Dept. (330) 468-8376.

<b><u>Birth Year</u></b>	<b><u>Division</u></b>	<b><u>League</u></b>
2011	U7 Coed	In House
2010	U8 Coed	In House
2009	U9 Girls / U9 Boys	SRSL
2008	U11 Girls / U11 Boys	SRSL
2007	U11 Girls / U11 Boys	SRSL
2006	U13 Girls / U13 Boys	SRSL
2005	U13 Girls / U13 Boys	SRSL
2004	U15 Girls / U15 Boys	SRSL
2003	U15 Girls / U15 Boys	SRSL

SRSL (Suburban Recreation Soccer League; [www.srslonline.org](http://www.srslonline.org)) is comprised of communities that are unable to form recreational leagues in their own communities. Games played mostly on Saturdays.

### **Registration Fee**

Fall 2017 Season only: \$60

Fall 2017 & Spring 2018: \$100

## **Macedonia Youth Sports Concussion Policy and Procedure**

Per Ohio law, all coaches and officials must present evidence to the Parks and Recreation Department that they have successfully completed, within the previous 3 years, an online training program in recognizing the symptoms of concussions and head injuries prior to coaching or officiating.

All parents or guardians registering their child to participate in a youth sport for the City of Macedonia will receive a copy of the Ohio Department of Health's Concussion and head injury information sheet.

### **Guidelines for coaches and officials when dealing with a potential concussion during a game or practice.**

Any player exhibiting signs, symptoms, or behaviors consistent with having sustained a concussion or head injury must be removed from practice or competition by the coach, referee or by a league official.

After the player is removed, the coach, referee, or official who removed the player is prohibited from allowing the player to return to that practice or game. (refer to Return to Play Policy)

### **The following situations indicate a medical emergency and require activation of the Emergency Medical System (911):**

Any athlete with a witnessed loss of consciousness (LOC) of any duration should be spine boarded and transported immediately to nearest emergency department via emergency vehicle.

Any athlete who has symptoms of a concussion, and who is not stable (i.e., condition is worsening), is to be transported immediately to the nearest emergency department via emergency vehicle.

An athlete who exhibits any of the following symptoms should be transported immediately to the nearest emergency department via emergency vehicle.

- deterioration of neurological function
- decreasing level of consciousness
- decrease or irregularity in respirations
- any signs or symptoms of associated injuries, spine or skull fracture, or bleeding
- mental status changes: lethargy, difficulty maintaining arousal, confusion or agitation
- seizure activity

An athlete who is symptomatic but stable, may be transported by his or her parents. The parents should be advised to contact the athlete's primary care provider, or seek care at the nearest emergency department, on the day of the injury.

### **Returning to Play**

The player removed from a practice or game for a suspected concussion or head injury is prohibited from returning to play until BOTH of the following conditions have been met:

- A. The player is assessed by a physician
- B. The player receives written clearance that it is safe for him or her to return to practice or games and returns the written clearance to the Macedonia Parks and Recreation Dept. located at the Macedonia Rec. Center