



# TEAM MANAGER WORKSHOP

FREMONT YOUTH SOCCER CLUB



# WELCOME

**THANK YOU FOR ATTENDING TODAY'S WORKSHOP. WE GREATLY APPRECIATE THE HELP AND SUPPORT OUR MANAGERS PROVIDE TO THE PROGRAM, MAKING THE YOUTH SPORTS EXPERIENCE ONE FOR ALL PLAYERS TO REMEMBER POSITIVELY. WE LOOK FORWARD TO WORKING WITH YOU FOR MANY SEASONS, AND TOGETHER WE CAN PROVIDE A PROGRAM WITH AN OPPORTUNITY FOR ALL INVOLVED IN TO RECEIVE FURTHER EDUCATION ON OUR PHILOSOPHY OF LONG TERM PLAYER DEVELOPMENT**



# ROLE OF THE MANAGER

**TODAYS WORKSHOP WILL ASSIST WITH UNDERSTANDING THE ROLE OF THE MANAGER, COMPLETING THE TEAM BINDER, AND BRINGING AWARENESS TO RECENT CHANGES BY NORCAL AND FREMONT YSC.**

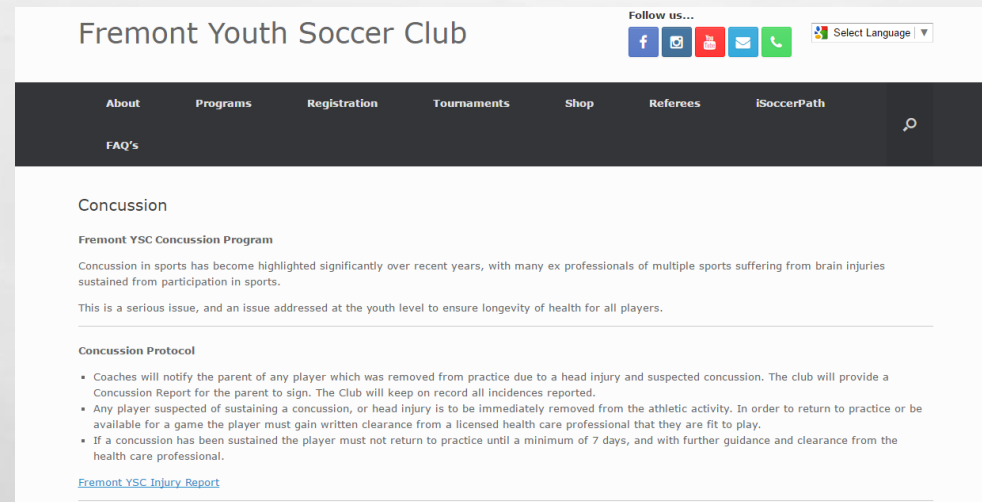
- **NORCAL**
  - **CONCUSSION**
    - **DOCUMENTS AND PROTOCOL**
- **FREMONT YSC**
  - **CLUB BRANDING**
  - **TEAM SNAP**
  - **CODES OF CONDUCT**
  - **CLEAR PLAYER PATHWAY INCLUDING ISOCERPETH EXPOSURE**



# NOR CAL - CONCUSSION

**THE CONCUSSION PROTOCOL CAN BE FOUND ON OUR WEBSITE -**

**[HTTPS://WWW.FREMONTYOUTHSOCCER.COM/CONCUSSION/](https://www.fremontyouthsoccer.com/concussion/)**



The screenshot shows the website for Fremont Youth Soccer Club. At the top, the club's name is displayed. To the right, there are social media icons for Facebook, Instagram, YouTube, Email, and WhatsApp, along with a language selection dropdown. Below this is a navigation menu with links for About, Programs, Registration, Tournaments, Shop, Referees, and iSoccerPath. A search icon is also present. The main content area is titled "Concussion" and includes the following text:

**Fremont YSC Concussion Program**

Concussion in sports has become highlighted significantly over recent years, with many ex professionals of multiple sports suffering from brain injuries sustained from participation in sports.

This is a serious issue, and an issue addressed at the youth level to ensure longevity of health for all players.

**Concussion Protocol**

- Coaches will notify the parent of any player which was removed from practice due to a head injury and suspected concussion. The club will provide a Concussion Report for the parent to sign. The Club will keep on record all incidences reported.
- Any player suspected of sustaining a concussion, or head injury is to be immediately removed from the athletic activity. In order to return to practice or be available for a game the player must gain written clearance from a licensed health care professional that they are fit to play.
- If a concussion has been sustained the player must not return to practice until a minimum of 7 days, and with further guidance and clearance from the health care professional.

[Fremont YSC Injury Report](#)



# FREMONT YSC

**ALREADY IN 2017 WE HAVE ADDED AND INTRODUCED SOME EXCELLENT PROGRAMS TO BETTER SERVE THE NEEDS OF THE MEMBERSHIP.**

- **TEAM SNAP – IMPROVED COMMUNICATION AND SCHEDULING PLATFORM FOR IMMEDIATE ACCESS FOR PLAYERS AND PARENTS**
- **ISOCCKERPATH – THE COLLEGE ID PROGRAM FOR THE INDIVIDUAL PLAYER NO MATTER THE LEVEL OF THE INDIVIDUAL OR THE TEAM**



teamsnap



iSOCCERPATH




# FREMONT YSC

- **IMPROVED CLUB BRANDING – ALL TEAMS WILL BE PROVIDED WITH A FREMONT YSC CANOPY FOR PLAYERS DURING GAMES. THESE WILL ALSO BE USED DURING CLUB EVENTS ACROSS THE CITY**
- **CLEAR PLAYER DEVELOPMENT PATHWAY – A DIRECTION FOR ALL PLAYERS WITH GREATER EXPOSURE TO HIGHER LEVEL PLAYING OPPORTUNITIES IF APPROPRIATE FOR THE PLAYER**

[HTTPS://WWW.FREMONTYOUTHSOCCER.COM/FREMONT-LONG-TERM-DEVELOPMENT-PLAN/](https://www.fremontyouthsoccer.com/fremont-long-term-development-plan/)



# FORMS



## YOUTH PLAYER REGISTRATION FORM

This form must be retained by the club for at least five (5) years or until the player's 18<sup>th</sup> birthday, whichever occurs last.

Club Name: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_  
 League Name: \_\_\_\_\_

I hereby consent to the above-named club registering me with US Club Soccer. I understand that I may be registered to only one US Club Soccer member club at any time. **(Note: It will not be necessary to complete this form again as long as the player is with this club, which will hold this form unless requested by US Club Soccer.)**

Player's Signature \_\_\_\_\_ Date \_\_\_\_\_ Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

**PLAYER'S MEDICAL INFORMATION**

Player's Name: \_\_\_\_\_ Birth Date: \_\_\_\_\_ Gender:  Female  Male  
 Street Address: \_\_\_\_\_ City: \_\_\_\_\_  
 State: \_\_\_\_\_ Zip: \_\_\_\_\_ Email Address: \_\_\_\_\_

Parent Name: \_\_\_\_\_ Home Phone: ( ) \_\_\_\_\_ Bus Phone: ( ) \_\_\_\_\_  
 Email Address: \_\_\_\_\_ Cell Phone: ( ) \_\_\_\_\_ Receive text?  Yes  No  
 Parent Name: \_\_\_\_\_ Home Phone: ( ) \_\_\_\_\_ Bus Phone: ( ) \_\_\_\_\_  
 Email Address: \_\_\_\_\_ Cell Phone: ( ) \_\_\_\_\_ Receive text?  Yes  No

In an emergency when parent/guardian cannot be reached, please contact the following:  
 Name: \_\_\_\_\_ Phone 1: ( ) \_\_\_\_\_ Phone 2: ( ) \_\_\_\_\_  
 Name: \_\_\_\_\_ Phone 1: ( ) \_\_\_\_\_ Phone 2: ( ) \_\_\_\_\_

Please list player allergies: \_\_\_\_\_  
 Please list other medical conditions: \_\_\_\_\_


Physician: \_\_\_\_\_ Phone 1: ( ) \_\_\_\_\_ Phone 2: ( ) \_\_\_\_\_  
 Medication/Injury Company: \_\_\_\_\_ Phone: ( ) \_\_\_\_\_  
 Policy Insurer Name: \_\_\_\_\_ Policy Number: \_\_\_\_\_

**MEDICAL TREATMENT AUTHORIZATION AND LIABILITY WAIVER**

I hereby give my consent to have an athletic trainer, coach, team manager, emergency medical technician, nurse, medical treatment facility, and/or doctor of medicine or dentistry or associated personnel provide the applicant/participant with medical assistance and/or treatment and agree to be financially responsible for the cost of such assistance and/or treatment. I understand treatment for injury will be based on information provided herein. I hereby authorize emergency transportation of the applicant/participant to a medical treatment facility should an individual listed above consider it to be warranted. I recognize the possibility of physical injury associated with soccer, and hereby release, discharge, and otherwise indemnify the club, US Club Soccer, their sponsors, the USSF and its affiliated organizations, and the employees and associated personnel of these organizations, against any claim by or on behalf of the soccer player named above as a result of that player's participation in US Club Soccer programs and/or being transported to or from the same, which transportation I hereby authorize.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_ Relation to player:  Father  Mother  Guardian

Form #1982-Y - 9/2012



## A FACT SHEET FOR ATHLETES

**WHAT IS A CONCUSSION?**

**A concussion is a brain injury.**

- Caused by a bump or blow to the head
- Can range from very mild to very severe
- Can occur during practice or games in any sport
- Can happen even if you haven't been knocked out
- Can be serious even if you've just been "knocked"

**HOW CAN I PREVENT A CONCUSSION?**

**Every sport is different, but there are steps you can take to protect yourself for success.**


- Follow your coach's rules for safety and the rules of the sport
- Practice good sportsmanship at all times

**WHAT ARE THE SYMPTOMS OF A CONCUSSION?**

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Behavioral change
- Irritability or moodiness
- Feeling sluggish, fuzzy or groggy
- Difficulty paying attention
- Memory problems
- Confusion
- Disoriented "out of it"

**WHAT SHOULD I DO IF I THINK I'VE HAD A CONCUSSION?**

- 1** Tell your coaches, parents and athletic trainer. Never ignore a bump or blow to the head even if you feel fine. Also, tell your coach if one of your teammates might have a concussion.
- 2** Get a medical check up. A doctor or health care professional with concussion management can tell you if you have a concussion and when you are OK to return to play.
- 3** Give yourself time to get better. If you've had a concussion, your brain needs time to heal. Will your brain be all right again, or will it take more time to heal or need a second checkup? Be sure to wear your seat belt and please don't drink or use alcohol to help you get better.





## A FACT SHEET FOR PARENTS

**WHAT IS A CONCUSSION?**

A concussion is a brain injury. Concussions are caused by a bump or blow to the head, from a "ding" (getting your belt caught) or what seems to be an invisible blow to the head that has occurred. You can't see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child has any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

**HOW CAN YOU HELP YOUR CHILD PREVENT A CONCUSSION?**

Be a good role model, but there are things your child can take to protect themselves from concussion.

- Ensure that they follow their coach's rules for safety and the rules of the sport
- Encourage them to practice good sportsmanship at all times

**WHAT ARE THE SIGNS AND SYMPTOMS OF A CONCUSSION?**

**Signs Observed by Parents or Guardians:**

If your child has been involved in a bump or blow to the head during a game or practice, look for any of the following signs and symptoms of a concussion:

- Appears dazed or stunned
- Difficulty about assignment or position
- Forgetful of instructions
- Loss of consciousness
- Loss of awareness of current situation
- Inappropriate behavior
- Cannot recall events before, during or after the incident
- Cannot recall events after hit or fall


**Symptoms Reported by Athlete:**

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Irritability or moodiness
- Feeling sluggish, fuzzy or groggy
- Difficulty paying attention
- Memory problems
- Confusion
- Disoriented "out of it"

**WHAT SHOULD YOU DO IF YOU THINK YOUR CHILD HAS A CONCUSSION?**

- 1** Seek medical attention right away. A health care professional with knowledge in concussion management will be able to decide how serious the concussion is and what it would be best for your child to return to sports.
- 2** Keep your child out of play. Concussions take time to heal. Don't let your child return to play on the same day the injury occurred and until a health care professional says it's OK. Do not let your child play too soon after the brain is still healing, as a greater chance of having a second concussion. Second or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.
- 3** Tell your child's coach about any recent concussions. Coaches should know your child had a recent concussion in ANY sport. Your child's coach may not know about a concussion your child received in another sport or activity unless you tell the coach.





## FREMONT YSC

### CODE OF CONDUCT

PARENTS – RELATIVES – SUPPORTERS

## ARE YOU ONSIDE?

At Fremont Youth Soccer Club...

We all have a responsibility to ensure that everyone involved in soccer finds it to be a fun, safe and positive experience.

As a parent/relative/supporter, please play your part in the development of the youth player and get inside with long term development; show your support for the player and the team by reading and agreeing to the Fremont YSC Code of Conduct. By signing the below declaration, you are demonstrating your understanding and willingness to abide by the following:

- Support and motivate all players, including the opposition and encourage my child to do the same. There is to be no coaching from the sideline, and support will be through clapping good play and sportsmanship
- Encourage my child to play by the laws of the game and teach them that they can only do their best.
- Never publicly criticize or ridicule my child or another player
- Not to place my child under pressure or push them into unwanted activities, supporting the process of development rather than the outcome of a game
- Not to make inappropriate comments about another player, coach, official, spectator or volunteer on any websites or social networking sites which may bring the game into disrepute.
- Not to interfere with the coach's instructions and not to confuse the players by telling them what to do

Any breaches or concerns will be dealt with by the Directors of Coaching, and Executive Director, actions including:

- Verbal warning
- Asked to leave the site/site
- Summoned to a meeting with the Club
- Requested to not attend future games
- Requested to leave the club, regrettably along with any other dependents
- Subject to a fine and/or suspension from the playing league

Name \_\_\_\_\_  
 Parent of \_\_\_\_\_  
 Signature \_\_\_\_\_  
 Date \_\_\_\_\_

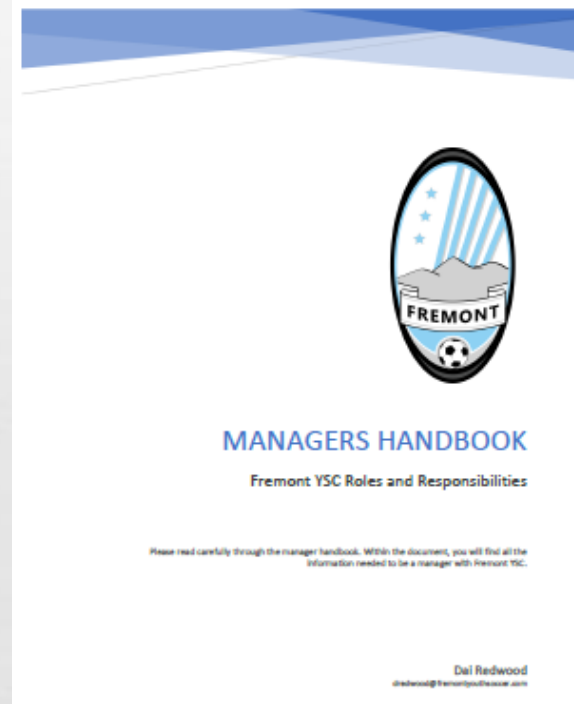
THANK YOU FOR YOUR SUPPORT

www.fremontyouthsoccer.com



# MANAGERS MANUAL

**THE MANAGERS MANUAL HAS  
ALL THE INFORMATION NEEDED  
TO COMPLETE THE MANAGER  
TASKS.**







# THANK YOU

**WE LOOK FORWARD TO WORKING WITH YOU  
ALL FOR MANY SEASONS TO COME, AND THANK  
YOU FOR YOUR TIME AND EFFORT FOR YOUTH  
SOCCER AND FREMONT YOUTH SOCCER CLUB.**