



AYSO Region 127 2014 CALENDAR



Phone :

The Region has a voice mail box that provides general announcements and allows you to leave messages as needed. The number is:
1-877-233-2976 en español: 1-760-761-5000



Website

The Region has a website which has all the information in this handbook, schedule information for both the players and referees, special events such as picture day, closing ceremonies and the play-offs. Visit us at: www.sanmarcosayso.org



DEAR PARENTS & PLAYERS:

WELCOME TO THE TEAM!!

The **AYSO team** consists of four groups of people: the **Parents**, the **Coaches** and the **Referees** together form a team whose goals are to support and encourage the **Players**... our children. AYSO is made up strictly of volunteers, and they are ones that make AYSO work. The strength of the AYSO team is evident when we work together.

PARENTS can **encourage and cheer** for their players. They can help set up fields before games, bring snack to games, become the team parent, help find team sponsors, assist on photo day or become a member of the Board. Our Board is completely parent based.

COACHES teach our players the sport, but also **teach "expected" behavior**. Coaches have the ability to shape the players' opinion of themselves, other players and the referees. Our region is committed to providing trained coaches at all levels.

REFEREES work hard to make soccer an **enjoyable sport** for the players, coaches and spectators. They do this by learning the Laws of the Game, learning about how teams function on the field, staying fit to keep up with play, and by being fair and unbiased. Our trained referees keep the game **fun, fair and safe**.

You **ARE** a member of the team whether you are a parent, a coach or a referee.

As the Regional Commissioner, I personally welcome you to the TEAM!!

Joanne Shannon, Regional Commissioner



**Core Values
Guiding AYSO**

- Fun for all
- Education for all
- Ethics for all
- Accessible to all

Character Counts

AYSO is a coalition member of the Josephson Institute of Ethics, and is committed to supporting the Character Counts program.

Its Six Pillars of Character are:

Trustworthiness	Respect	Responsibility
Fairness	Caring	Citizenship

SIX PHILOSOPHIES

**Everyone Plays, Balanced Teams, Open Registration,
Positive Coaching, Good sportsmanship, Player Development**



Mail:

All mailings to Regional staff are to be directed to the individual through the post office box:

San Marcos AYSO Region 127
(name or title of individual here)
PO Box 333
San Marcos, CA 92079

Alert!

*By entering a Kids zone,
you agree to the
following:*

- *Kids are #1*
- *Fun – not winning – is everything*
- *Fans only cheer, and only coaches coach*
- *No yelling in anger*
- *Respect the volunteer referees*
- *No swearing*
- *No smoking*
- *Leave no trash behind*
- *Set a proper example for our children*
- *No pets*

If you can agree to the above, we welcome you.

AYSO
It's for the kids!

REGIONAL BOARD RESPONSIBILITIES

Each of our board members devotes long hours to insure your child has a first-class experience in AYSO soccer. As an all volunteer organization, we can always use more help. If you have questions regarding a specific aspect of AYSO soccer, please call or email the appropriate board member. Email addresses of Board members are on page 4.

AYSO is a non-profit corporation run by an Executive Director and a national office staff under the direction of a Board of Directors. There are over 1000 individual regions throughout the country.

Region 127 is administered by a Regional Board appointed by the Regional Commissioner. The Regional Board, chaired by the Regional Commissioner, consists of a Treasurer, Secretary, Regional Coach Administrator, Regional Referee Administrator, Safety Director, and any other positions as the Regional Board deems desirable including but not limited to Assistant Regional Commissioner, Registrars, Publicity Director, Equipment Manager and Sponsor Coordinator. The Board is responsible to the Regional Commissioner for operations within the region. Like the Regional Commissioner, the Regional Board members serve in a volunteer capacity. The Regional Board generally meets the 1st Thursday of each month. The meetings are open to AYSO parents. Please call the message phone 1-877-233-2976 or en espanol 1-760-761-5000 to find out the place and time of the meetings.



PARENT/ GUARDIAN RESPONSIBILITIES

1. Positively encourage your child and be supportive of her or his best efforts.
2. Assist the volunteers who bring the AYSO program to your child and be supportive of their efforts.
3. Assist your daughter or son in arriving at practices and games on time and to notify the coach when your child will be unable to attend a practice or game.
4. Arrange for your child's safe journey home after practices and games and to remember that AYSO is not a baby-sitting service.
5. Assist your child's coach by participating in any team activities or meetings where parent help is needed and by providing game refreshments and other support as necessary.
6. Help to keep the fields neat, clean and safe by disposing of all trash properly.
7. Assure that all children, not just players, are properly supervised and that they are not allowed to get themselves into dangerous situations by climbing on soccer goals and nets or wandering onto the fields while games are in progress.
8. Assure no alcoholic beverages are consumed on or around the playing fields at any time.
9. Adhere to the no tobacco and alcohol rule.
10. Keep bikes in safe, out-of-the-way places and not between the fields.
11. Leave dogs at home, they are not allowed on or around playing fields.
12. Promote, by your conduct and example, good sportsmanship, fair play, and fun for all players and their families.

TEAM INFORMATION

Team Name: _____

Head Coach Name: _____ Head Coach Phone: _____

Assistant Coach Name: _____ Assistant Coach Phone: _____

Team Parent Name: _____ TeamParentPhone: _____

Team Field setup/teardown date: _____

Snack Bar Volunteer Date/Time: _____

Notes:



EVENTS SCHEDULE

AUGUST 11 - FRIDAY
Fields open for practice

AUGUST 2 - SATURDAY
8:00 AM **Coaches Training**
San Elijo Rec Center
Basic Referee Class

AUGUST 9 -
U-8 Referee Class

AUGUST 11 - MONDAY
6:00PM **Team Parent meeting/ uniform handout**
Walnut Grove Park South (**Red Barn**)

AUGUST 16 - SATURDAY
8:00AM **On-line Companion Class**
U10 Scrimmage/ refereefest

AUGUST 23 - SATURDAY
Matrix, VIP and Jamboree picture day (bring signed forms and check the website for the time slot for your team . Please show up 30 minutes prior your time.)

GAME 1 for all other teams

AUGUST 30 - SATURDAY
Labor Day Weekend
NO GAMES



SEPTEMBER 6 - SATURDAY
GAME 2

SEPTEMBER 13 - SATURDAY
PICTURE DAY (bring signed forms and check the website for the time slot for your team . Please show up 30 minutes prior your time.)

Gift Basket Raffle (during picture day)

NO GAMES

SEPTEMBER 20 - SATURDAY
GAME 3

SEPTEMBER 27 - SATURDAY
GAME 4

OCTOBER 4 - SATURDAY
GAME 5

OCTOBER 11 - SATURDAY
GAME 6

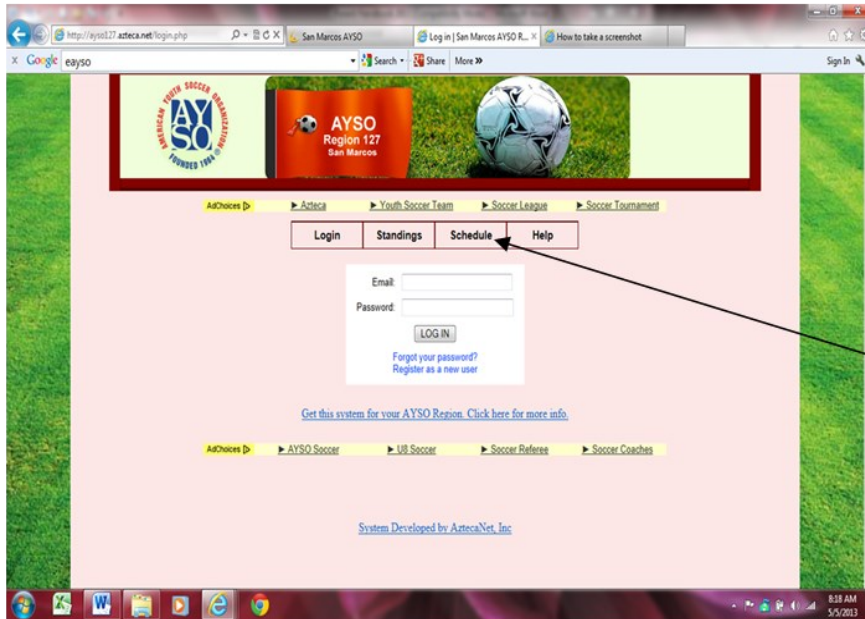
OCTOBER 18 - SATURDAY
GAME 7

OCTOBER 25 - SATURDAY
GAME 8

NOVEMBER 1 - SATURDAY
Regional Tournament

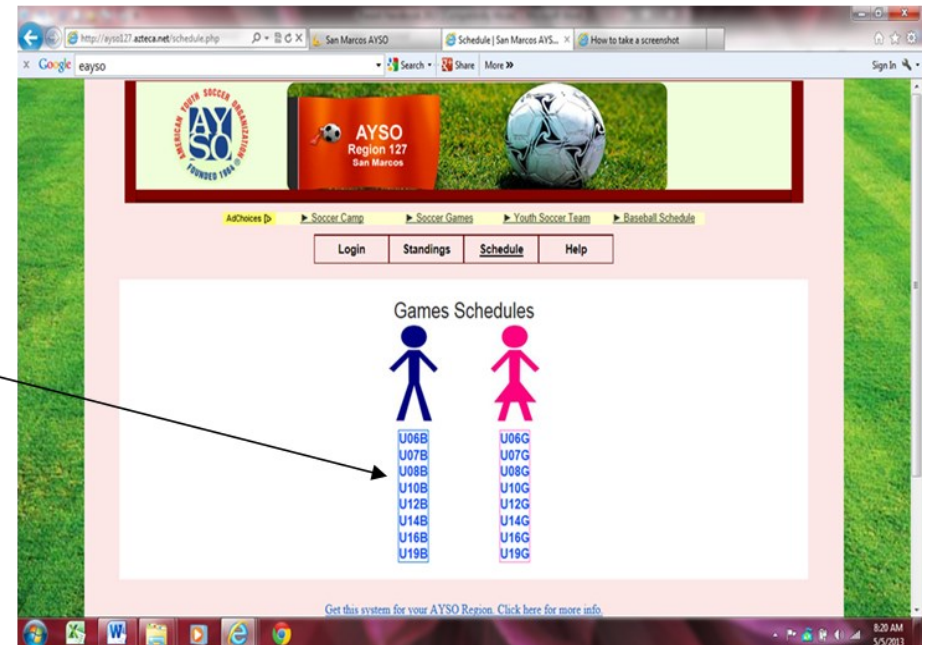
TO FIND YOUR TEAM'S GAME SCHEDULE:

From your computer log onto: <http://ayso127.azteca.net/login.php>



Click on "schedule" no need to "log in"

Choose your child's division



Click on name for a full schedule (make sure you have the correct month)

REGULAR SEASON

The season begins for most teams on August 23th and ends on *October 25th*. U10, U12 and U14 divisions will have opportunities for post -season play in November.

PLAYER PARTICIPATION AND ATTENDANCE

All players are expected to demonstrate proper respect for other players, coaches, referees and other league officials at all times. Each player is strongly urged to attend every practice and game and expected to advise their coach when attendance is not possible. All players in Divisions U-6 through U-19 shall be entitled to play at least three quarters of every game, before a player plays four quarters.

Moreover, it is the policy of this region to strongly encourage each coach to equalize the play of each player and, when practical, permit players to play different positions throughout the season. Any player who misses practice regularly may have their playing time in the game limited to one half as approved by the Regional Coach Administrator. Players arriving late to games shall be substituted as follows:

1. If the player arrives during the first quarter, the player must play a minimum of two of the remaining three quarters.
2. If the player arrives during the second or third quarter, the player must play a minimum of one quarter.

PRACTICES

Team training sessions will be held at the coach's discretion, typically on weekdays. It is important that players attend practices as this is where game skills and strategy are taught. Coaches should be notified in advance if a player must miss a practice or game. Parents are reminded that it is their responsibility to see that players get home safely after practices and games. This is not the coach's responsibility. In addition, we must keep a ratio of 1 adult per 8 players with no less than 2 adults. One adult should be the same gender as the players. Parents are asked to be at practice to maintain these ratios.

TEAM STANDINGS

No team standings or win-loss records are kept during the regular season for the U5 through U8 divisions. U10 through U14 division team standings are listed on the San Marcos AYSO website under " Team Center" drop-down box.

Total Game Length		
DIVISION	# Players	TIME
U-6	3 v 3	25 minutes
U-8	5 v 5	40 minutes
U-10	7 v 7	50 minutes
U-12	9 v 9	60 minutes
U-14	11 v 11	60 minutes
U-16	8 v 8	80 minutes
U-19	11 v 11	90 minutes

UNIFORMS

The region shall supply each player with shirt, shorts and socks which are to be worn during the season at games and AYSO functions only. *Do not iron uniform!*

The player keeps the uniform at season's end. (Uniform belongs to AYSO until that time.) Each player provides his own shoes and shin guards. No markings, other than the AYSO registered trademark and uniform number will be placed on the uniform. *(no player names!)*

Shoes can be any type except those having metal cleats or toe-area cleats. Soccer-type shoes are highly recommended.

Shin guards must be worn under the socks at all games and must be worn at practice.

No earrings, bracelets, watches, casts, splints or other potentially injurious objects can be worn during games or practices.

SOCCKER BALL: Each player should bring an appropriately-sized soccer ball to each practice.

Division U-6 & U-8 - FIFA Size 3

Division U-10 & U-12 - FIFA Size 4

Division U-14 & up - FIFA Size 5

SOCCER ACCIDENT INSURANCE PLAN (SAI)

Soccer has a low injury rate and is generally considered to be a safe sport. However, participants in any athletic activity may suffer injury. You should be aware of the steps to take if your child sustains an injury.

1. If a player is injured at practice or at a game, notify the coach and the referee (if present) immediately. Fill out an accident report regardless.
2. If it looks as if the injured player should see a doctor, seek medical care immediately.
3. AYSO has an Soccer Accident Insurance (SAI) (*formerly called Accident Reimbursement Plan (ARP)*) that covers each registered player for injuries incurred while participating in scheduled games. SAI has a deductible and pays only for those eligible expenses not covered by your public, group or individual medical insurance. If you do not have a SAI brochure, please ask your coach to get a copy for you.
4. In order to make an SAI claim, you must first make a claim for payment with your family's and/or your employer's group medical plan.
5. As all claims must be submitted to the National Office within 90 days of the injury, it is imperative that accidents be reported to our Regional Safety Director immediately.
6. Coaches and referees will report any injury to the Safety Director. Our Safety Director will assist the parents or guardians in making the claim.

FIELD DESCRIPTION

The field is divided into halves. A center circle is used for kickoffs. A goal area and a penalty area are located at each end of the field. The four corners of the field are marked with flags and three-foot arcs (used for corner kicks).

PLAYER POSITIONS

Goalkeeper (Keeper):

Responsible for guarding their team's goal, starting the attack and preventing the other team from scoring, the goalkeeper is the only player allowed to use hands, and only within the penalty area.

Defenders (Fullbacks):

Primary duty is to prevent the opposing team from having a good shot at the goal, as well as work to gain possession of the ball and pass it to a teammate to start an offensive attack. Some defensive formations include a sweeper, the last defensive player playing in the center, and a stopper, a defensive player in the center of the field in front of the sweeper.

Midfielders (Halfbacks):

Play a "transitional" game from defense to offense and vice versa; because they back up both the defense and offense, they are the most active players on the field.

Forwards (Strikers):

Primary responsibility is to score, also assist the midfielders in shifting play from defense to offense. Forwards playing in the center of the field are known as strikers; those on the outside are wings or wingers.

It's important to remember that any player on a team may score a goal regardless of position. Also, physical size is not an important factor in becoming a skilled and successful player. Because of the game's pace, every child participates in the action.

FORFIETS AND CANCELLED GAMES

NEVER ASSUME GAMES ARE CANCELED BECAUSE IT'S RAINING OR IT HAS RAINED!

While soccer worldwide is generally played rain or shine, AYSO Region 127 has made certain commitments concerning the use of fields. If it rains the day of or day before, the city of San Marcos will update the city sports field condition hotline (760) 744-9494 ext. 2 by 3pm (Mon - Fri) and by 9am on weekends. This link will also be updated whenever possible to inform all organizations of specific field closures. It is the responsibility of the coaches to call the Hotline for field status reports and then contact their team when necessary. Because of the many considerations involved, we ask that players plan to be at all scheduled games unless notified by their coaches or parents that the game has been canceled. We realize that this is inconvenient, but conditions change from hour to hour and may be different from field to field.

A game is forfeit at 10 minutes past the scheduled starting time, if the field is ready for play and one team is present but the other is not. The officiating referee may cancel a game at any time for adverse weather conditions after a game starts.

Regular season canceled games are never rescheduled without the consent of the Regional Coach Administrator, the Regional Referee Administrator, and the Regional Commissioner.

GENERAL CONDUCT

All players, parents, spectators, coaches, referees, and other people attending an AYSO function will conduct themselves in a civilized manner.

Remember, it's only a game and it's for the kids....

Possible areas of concern/discipline:

- Any unsportsmanlike conduct.
- A player consistently missing practice.
- A player causing recurring team problems.
- A parent consistently interfering with a coach at practices or games.
- A parent consistently failing to pick up children after practices or games.
- An individual who has adopted the "winning is everything" attitude.
- An individual who insults, humiliates or in any way degrades another person.
- Any dispute which threatens to harm the well-being or philosophy of the region.

DICIPLINE

If a player is ejected from a game (receives a red card), he shall not finish the game. His team will play short the remainder of the game.

Although the player should continue to practice with his team, he will not play the next game.

Coaches are responsible for children, parent and fan conduct. Coaches will receive a yellow/red card for children, parent and fan conduct. If a Coach receives a red card, he must leave the vicinity of the field of play. He may continue to practice with his team, however he will not coach at the next game.

Spectators must stay on their team side of the field on the sideline. No one may sit behind the goals. Unruly behavior by spectators can result in termination of the game.

AYSO TEAMS

Each team needs a volunteer coach, assistant coach and team parent. The coach is ultimately responsible for the team. The assistant coach helps the coach at practices and substitutes when the coach is unable to make games. The team parent coordinates snack schedule, creation of team banner, finding a sponsor & end of season party. The more parent involvement the coach receives, the more attention the coach is able to devote to developing the players and building the team; this is the coach's primary responsibility.



Like us on Facebook
"AYSO San Marcos 127"



PARENT MEETING

After the team rosters are distributed, each coach should hold a parent meeting. The purpose of this meeting is for parents to meet the coach, discuss the practice schedule, AYSO philosophy and parent guidelines. This is an opportunity for the coach to answer any questions the parents might have and to organize the team parent volunteers.



SHUTTERFLY ON-LINE TEAM SITE

What is a Shutterfly Team Share site?

A Team Share site is a customizable website that makes it easy for coaches and team parents to communicate with parents and stay organized. Team Share Sites are a hub for all team information. Parents can access the site at any time to get the most up to date team news and schedules. Parents can also privately share pictures with the rest of the team.

How will AYSO team sites be created?

A private, Shutterfly AYSO team site will automatically be created for each team that is formed in eAYSO. As the primary team contact, the coach will be notified via email when the site becomes available.

Are Team Share sites open to the public?

No. AYSO team sites are only viewable by members of each site, and are not open to the general public.

Is AYSO selling my personal information, like my E-mail address, to Shutterfly?

No. The limited information that pre-populates your team's site is only available to your coach and team members.

What happens to the team site once the season is over?

AYSO team sites continue to live on Shutterfly, free of charge, as an archive of the season's memories. Members will continue to be able to log in to the site, to view or save pictures and videos of the season, order prints or create photo books or other keepsakes. The sites remain private and Shutterfly has a strict policy against deleting its members' photos, so the team's memories will be kept safe on its team site into the future.

SHARE YOUR SOCCER PICTURES!

You can E-mail any game or team photos you take during this season to our Yearbook Coordinator at yearbook@sanmarcosayso.org and they will be considered for this year's yearbook.

VOLUNTEER INFORMATION

Q. What is a volunteer?

A. A person who gives freely of his or her time and talent to a worthwhile group or cause. Someone who believes that people make a difference and is willing to prove it.

Q. What is an AYSO volunteer?

A. A coach, a referee, a registrar, a fundraiser, a field marker, a publicist, a treasurer, -- many people, all contributing their time and efforts to make AYSO a great program for our soccer-playing kids.

Q. Why does AYSO need volunteers?

A. AYSO needs volunteers because people power is what runs the AYSO programs. Volunteers strengthen AYSO by giving their time and energy, their ideas and ideals. Volunteers make AYSO happen.

Q. Who can be an AYSO volunteer?

A. Almost anyone can volunteer. Moms, dads, sisters, brothers, grandparents, friends. We need women and men, young, middle-aged and older people. AYSO wants people who want to help make our soccer program a fun experience for kids. Everyone plays in AYSO, and everyone has something special to contribute to the program.

They contribute a special skill or ability.

They contribute their time.

They contribute their energy.

They contribute themselves.



Q. What do AYSO volunteers do?

A. They do what is needed to make the program work.

They coach the teams and they stuff envelopes.

They referee games and they write checks.

They line the field and they work in the snack bar.

They put up goals and they take down nets.

They take registrations and they raise funds.

They bandage knees and they schedule games.

They put up posters and they take pictures.

They buy equipment and they go to meetings.

They call meetings and they run computer programs.

They make decisions and

They make a difference.

Q. How do AYSO volunteers help themselves?

A. AYSO volunteers gain satisfaction and growth from their experiences.

They make new friends.

They learn new skills.

They develop creativity.

They investigate new careers.

They enrich their lives.

Q. How do you become an AYSO volunteer?

A. It's easy. Talk to your child's coach, call your Regional Commissioner or any of the Region's board members.

They will be most happy to find just the right job for you.

VOLUNTEER SELF SCHEDULING WEBSITE

<http://AYSO127.azteca.net>

To set up an account:

- 1) From home screen select “Register as a new user”
- 2) Fill out for and select “Submit” (All information is private and not used by anyone other than AYSO 127)

When setting up your personal settings:

- 1) Competition should be set for: Fall 2014
- 2) Region: 127
- 3) Main team: the team you want to receive your volunteer points automatically (if you select another team when you schedule your volunteer time then your points will go to that team.
- 4) Referee: currently you must select “Regional: if you are not a referee, in the future “none” will be an option OR) Coach: let us know what level training you have taken, if applicable. OR) Volunteer: Select any of the job jobs to receive updates if there is new. You will be able to sign up for any job even if you do not select a role.

Select a team to receive your points:

- 1) Select “My Account”
 - 2) Select “Profile” from dropdown menu
 - 3) Select “Manage Teams
- Then) add any team to your profile you would like.

Schedule to Ref a game:

- 1) Select “Referee”
- 2) Select “ Select Scheduler” from the drop down menu
- 3) Select a week you want to volunteer (notice the week ends on Sunday so the week will be one day later than the game)
- 4) Push “Search games” button
- 5) Select a team in your profile to receive the points for your volunteer work.
- 6) Select an open dot for anything you want to schedule
- 7) Select “Submit”.

You will notice the position becomes “pending” until the administrator logs in and locks you in. Until then you may remove yourself by selecting the remove request. Volunteer times are locked in on Thursdays or Fridays.

VOLUNTEER POINTS

The teams (1 boys, 1 girls) from each division who acquire the most volunteer points by October 18th will receive a ***\$100.00 restaurant gift card*** to use for their end of the season party.

To earn volunteer points for your favorite team volunteer for one of the positions below.

Each team needs a coach, team parent, and hopefully an assistant coach. No experience is necessary, there are free coaching classes and a team parent meeting to prepare you. Each of these positions **receive 10 volunteer points**.

To be eligible to play in the Regional Tournament each all teams U10 and above need 2 referees per game. Every game you referee as a **center ref** will receive **3 volunteer points** and **1 point** for **side referees**. You must complete free AYSO training and 12 years or older to become a referee.

Our league needs people to work in the snack bar, picking up the fields at the end of the day and work on special events (Picture day, playoffs etc.)

See your team parent for more ways to earn volunteer points.

• Completing the Volunteer Process •

Now that you've decided to volunteer, there are a few things you'll need to do:

Online Volunteer Registration - Register at <http://www.eayso.org>

Mail Paperwork - Print out 2 copies of the completed application and sign each copy. Send these 2 copies and a copy of your driver's license to:

San Marcos AYSO
PO Box 333
San Marcos, CA 92079
Attn: CVPA

Online Training - Once your paperwork is processed, the AYSO ID # (found on your completed application) will be activated. This will allow you to access the online training at <http://www.aysotraining.org>. Take the mandatory "Safe Haven Certification" course.



MUSCLE CRAMPS

Have the person lie down in a shady, cool spot with feet raised.

1. Loosen clothing.
2. Cool the victim with cool, wet cloths or a fan.
3. Have the person sip water to which a pinch of salt has been added.
4. Recovery us usually rapid. However, if symptoms persist consult a physician.



INJURIES

If a player is injured, the referee decides whether to stop the game and whether coach assistance is needed.

No coach, parent or spectator is allowed on the field until the referee's permission is given.

The Coach may elect, if the player leaves the field, to keep the game going though there are not enough players left on the team, thereby allowing the player to return to the game during the same quarter that he was injured.

In the event of an injured player leaving the field and not leaving the team short, he then may NOT return until the next quarter.

If serious injury occurs, the Coach must immediately file an accident report with the Safety Director. The player will be required to provide a medical release before resuming participation.

HEAT EXHAUSTION

Heat exhaustion happens when the body becomes overheated. The body's methods of cooling itself fail. When the weather is hot and someone begins acting strangely or feels faint and nauseous, suspect heat exhaustion. Look for these signs:

- Body temperature above 98.6 degrees F, but below 102 degrees F
- Skin pale and clammy
- Heavy sweating
- Dizziness and fainting
- Tiredness and weakness
- Nausea and tiredness
- Headache



HEAT CRAMPS

These are painful muscle spasms caused by loss of salt from the body, brought on by sweating and heat stress. While they are the least serious of heat exposure problems, muscle cramps can be a painful problem for people who work or do strenuous exercise in hot surroundings. Heavy sweating and painful muscle cramping in arms, legs, and belly are the symptoms. Heat cramps may be associated with heat exhaustion. Move the victim to a cool place and give sips of salted drinking water (1 teaspoon salt to 1 quart water). Apply firm pressure or gently massage to help relieve the muscle spasms.

HEATSTROKE (SUNSTROKE)

Less common than heat exhaustion, heatstroke is much more serious. It occurs when extremely high temperatures overwhelm the body's heat controls system. The body's cooling mechanisms become so overworked they simply stop working. As a result, the victim's temperature soars, becoming life-threatening. Heatstroke pushes the body temperature to 102 degrees F or higher – usually higher than 105 degrees F. Signs include:

- Skin red, hot, and dry
- No sweating
- Pulse extremely rapid
- Confusion or disorientation
- Fainting or unconsciousness
- Convulsions

CALL 911. You must cool the victim immediately. Take the following steps:

1. Move to a cool, shaded spot
2. Place the victim face up with head and shoulders raised
3. Cool body temperature as quickly as you can. Take off the victim's outer clothing. Sponge bare skin with cold water; drape bare skin with wet cloths; apply cold packs; use a fan; place victim in a tub of cold water. Dry the skin after the body temperature drops to a safe level (101 degrees F).
4. When the victim is able to drink, give all the water wanted.
5. Treat for shock and obtain medical help immediately!

Parent/Athlete Concussion Information

A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by bump, blow, or jolt to the head or body that causes the head and brain to move rapidly back and forth. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the

WHAT ARE THE SIGNS AND SYMPTOMS OF 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 an athlete reports one or more symptoms of concussion listed below after a bump, blow, or jolt to the head or body, s/he should be kept out of play the day of the injury

SIGNS OBSERVED BY COACHING STAFF

Appears dazed or stunned
Is confused about assignment or position
Forgets an instruction
Is unsure of game, score, or opponent
Moves clumsily
Answers questions slowly
Loses consciousness (**even briefly**)
Shows mood, behavior, or personality changes
Can't recall events prior to hit or fall

SYMPTOMS REPORTED BY ATHLETES

Headache or “pressure” in head
Nausea or vomiting
Balance problems or dizziness
Double or blurry vision
Sensitivity to light
Sensitivity to noise
Feeling sluggish, hazy, foggy, or groggy
Concentration or memory problems
Confusion

CONCUSSION DANGER SIGNS

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. An athlete should receive immediate medical attention if after a bump, blow, or jolt to the head or body s/he exhibits any of the following danger signs:

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that not only does not diminish, but gets worse
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people or places
- Becomes increasingly confused, restless, or agitated
- Has unusual behavior
- Loses consciousness (**even a brief loss of consciousness should be taken seriously**)

It's better to miss one game than the whole season. For more information on concussions, visit: www.cdc.gov/Concussion.

LAWS OF THE GAME (simplified)

We encourage parents to acquaint themselves with soccer laws. Please don't misuse your knowledge by harassing the referee. Referees are volunteers. They study the laws, attend clinics, pass written tests and are certified as Junior or Regional Referees. Referees need game experience to become proficient. Respect their willingness to serve. Additional information can be found in *The Rules of Soccer Simplified*, by Maisner & Mason. Your child's coach will have a copy of this booklet available, or you may purchase them through Youth Sports Publishing.

Laws of the Game

A score occurs if the ball passes under the crossbar, between the goal posts and completely over the goal line.

A player is in offside position if he/she is ahead of the ball, AND he/she is in the opponent's half of the field, AND there are fewer than two opponents between him/her and the goal.

A player in an offside position is not committing an offside infraction unless he/she participates in the play.

If he/she is in offside position, the instant the ball is kicked toward him/her the infraction occurs, otherwise there is no infraction .

Direct Free Kick

A direct free kick is awarded at the point of infraction for serious, intentional fouls:

- Kicking or trying to kick an opponent
- Tripping an opponent (even if no fall)
- Jumping at an opponent (even if no contact)
- Charging violently or dangerously
- Holding an opponent
- Pushing an opponent
- Hitting, trying to hit or spitting at opponent
- Charging from behind (an opponent who screens the ball in playing distance may charge shoulder to shoulder)
- Handling the ball (shoulder to fingertip) with intent to control, except goalie in penalty area.

On a direct free kick, the ball may be kicked straight into the goal. On an indirect free kick, the ball must touch another player before going into the goal.

A direct-free-kick-type foul draws a penalty kick if the foul occurs in the penalty area. The kicker and goalie are alone in the penalty area. The ball is placed on the penalty spot. The goalie stands motionless on the goal line (not moving his/her feet) until the ball is kicked. The kicker must wait for the referee's whistle before kicking.

Indirect Free Kick

An indirect free kick is awarded from the point of infraction for these fouls:

- Playing in a dangerous manner
- Impeding the progress of an opponent (i.e. obstruction)
- Preventing the goalkeeper from releasing the ball from their hands
- Goalie taking more than six seconds while playing ball with hands or otherwise wasting time.
- Goalkeeper playing the ball with his/her hands on any occasion when it is deliberately kicked (i.e. played with the foot or feet) or thrown by a teammate to the goalie.
-

LAWS OF THE GAME (continued)

Cautions and Ejections of Players

A caution (yellow card) may be given for:

- Unsporting behavior
- Showing dissent by word or action
- Persistently infringing on the Laws of the Game
- Purposely delaying the restart of the game
- Failing to respect distances for Corner and Free Kicks
- Entering, reentering or leaving field without referee's permission

Ejection from the game (red card) will be given for:

- Serious foul play
- Violent Conduct
- Spitting at an opponent or any other person.
- Use of offensive, insulting or, abusive language.
- Denying an opponent a goal by stopping a ball with a hand ball (excludes goal keepers)
- Denying an opponent an obvious goal scoring opportunity by any foul that is punishable by a free kick or penalty kick.

Time wasting

- If the ball is kicked away or carried away with the hands after a free kick has been given against a player, the guilty player must be cautioned and shown the yellow card.
- Any player or players encroaching from the defensive wall must be cautioned and shown the yellow card.
- A player who stands in front of the ball when a free kick has been given against his/her team, in order to waste time so that a defensive wall can be organized, must be cautioned and shown the yellow card.

By the advantage clause, the referee allows play to go on if the fouled team is benefitted by continuing (they are about to score a goal).

If the ball goes entirely past the outside edge of the touch line, the out-of-play ball results in a throw-in. As the ball leaves the hands, some part of both feet must be on the ground, on or outside the touch line. If the ball is thrown in wrong, the other team is given the throw-in.

If the ball goes out of bounds past the goal line and was last touched by an attacking player, a goal kick is awarded. Goal kicks and free kicks by the defending team within its own goal area may be taken from anywhere within the goal area.

Opposing players must leave the penalty box. The ball must leave the penalty area before being touched by another player.

If the ball goes out of bounds past the goal line and was last touched by a defending player, a corner kick is taken. An attacking player kicks the ball from the corner arc.

NOTE: This is not an all-inclusive list of The Laws of the Game and their updates. Your coach will have updated Laws available should you choose to review them. Referees make the calls



Our Regional Board Members

Regional Commissioner - Joanne Shannon
commissioner@sanmarcosayso.org

Presides over AYSO Board and is the primary coordinator of the Region's activities.

Assistant Regional Commissioner - Paul Van Es
asstcommissioner@sanmarcosayso.org

Assists the Regional Commissioner and assumes their duties in their absence.

Regional Safety Director - Jason Gibbons
safetydirector@sanmarcosayso.org

Coordinates the regional AYSO Soccer Accident Insurance program.

Child and Volunteer Protection Advocate - Michelle Morgan
cvpa@sanmarcosayso.org

Children's representative to the Board and provides information, encouragement and support to team parents and other regional volunteers.

Regional Referee Administrator - Jason Whitmore
refereedirector@sanmarcosayso.org

Solicits and selects the Region's referees

Referee Instructor - Paul Van Es
refinstructor@sanmarcosayso.org

Trains the Region's referees and linesmen

Regional Coaching Administrator - Vasillis Dalacus
coachingadmin@sanmarcosayso.org

Supports, encourages coaches and assistants

Coaching Director - Mike Williams
coachdirector@sanmarcosayso.org
Solicits and supports all coaches

Spanish Outreach Coordinator—Rosa Garcia
espanolinfo@sanmarcosayso.org

Liaison between Spanish speaking community and the region

Regional Registrar - Jennie Gutierrez
registrar@sanmarcosayso.org

Organizes and coordinates player registration & maintains player rosters

Regional Treasurer - OPEN

treasurer@sanmarcosayso.org

Keeps Regional books and disburses all funds.

Regional Fields Director - Jason Gibbons

fielddirector@sanmarcosayso.org

Coordinates all field & equipment maintenance activities.

Concessions Director - Nicole Shelby

concessions@sanmarcosayso.org

Coordinates supplies, locations and volunteers for concessions

Regional Sponsorship Coordinator - Rosa Garcia

sponsorship@sanmarcosayso.org

Solicits and acts as a liaison to all sponsors.

Matrix Director - Bob Crain

matrixdirector@sanmarcosayso.org

Coordination of all Matrix activities for the region.

Extra Director- -Herman Castillo

extradirector@sanmarcosayso.org

Coordination of all Extra activities for our region.

Team Parent Coordinator - Carrie Massie

teamparentcoordinator@sanmarcosayso.org

Coordination of team parents for the region.

Webmaster—Mike Williams
webmaster@sanmarcosayso.org

VIP Director - OPEN

vipdirector@sanmarcosayso.org

Coordination of all VIP activities for the region.

Yearbook Coordinator - OPEN

yearbook@sanmarcosayso.org

Special Projects Director - Nanette Van Es

Communications, Text and Newsletters Director-Ben Todd

Volunteer Coordinator - Wendy Brown

Jamboree Director - U5 Division - OPEN

Coach Instructor - OPEN

Purchasing Director - Norman Massie

Records Director - OPEN

Spring Recreational Division Director - OPEN

Spring Select Division Director - OPEN

Assistant Treasurer - OPEN

Advertising Director - OPEN

Social Media Director - OPEN

Youth Referee Administrator - OPEN

If you are in doubt about who to contact, all board members can direct you to the right volunteer.

If you are interested in any of the open positions please contact Joanne Shannon - Commissioner

OUR SPONSORS

The Regional board would like to take this opportunity to let you know who sponsored our soccer programs in Region 127 this past season. Please take the opportunity to patronize these sponsors whenever possible. We're appreciative of their past support!

Kleene & Green

Premier Barricades, Inc.

Lee's Lock & Safe

Invasion Lazer Tag

Poseidon Media Group

Aquatic Technologies Inc.

Escalante Chiropractic

Elephant Bar San Marcos

United Realty and Loans

Provident Auto Sales

San Diego County Deputy Sheriff's Foundation

Duvera Financial dba Easy Pay Finance

Heather Williams Marriage & Family Therapy

San Marcos Family Restaurant

Prudential CA Realty, Donna Davis

Menchie's San Marcos Grand Plaza

Martinez & Associates, Inc

Pacific Manufactured Homes

Diamond Environmental

Killer Pizza from Mars

Easy Turf, Inc.

Javi's Auto Care

Mr. Taco 2

DT Autobody

Anchor Audio

Briteside of Life

Allen's Wrench

Felicita Cleaners

Angela M. Villicana

Off Road Warehouse

Because the registration fee covers only part of each player's expenses, we encourage team sponsorships by businesses, organizations and individuals. Each team sponsor's tax-deductible \$200.00 donation entitles the business to be appropriately recognized on our regional website and a plaque of appreciation given at the end of the season.

Permission must be granted by the Board before the sponsor may provide additional equipment to the team sponsored.

Please contact the regional Sponsor Representative for additional information.

Rosa Garcia - sponsorship@sanmarcosayso.org



2014 Season

Team Sponsorship Information:

With around 100 teams, it is impossible for one person to find enough sponsors to cover every team. I appreciate the hard work that you do to find your team a sponsor.

Sponsorship is \$200 and goes to the Region to help keep the cost of registration down. It also helps to cover all the other costs of our Region including the cost of uniforms and equipment. We provide our local businesses with advertisement on the team banner, on our website, and in the yearbook on the page of the team they sponsored. At the end of the season they will receive a plaque of appreciation with a picture of the team they sponsored. The \$200 donation is tax deductible and they will receive a tax ID letter for their files.

It would be very helpful to me if you could please contact me regarding your pending sponsors. It helps me know what to be watching for in the mail. If you are not able to find a sponsor, please do not wait until the day before Picture Day to let me know. It is really too late by that time.

I need forms and money before Picture Day, September 14th. If for some reason you are unable to turn it in before then, please let me know and I'll make arrangements to get it from you on Picture Day.

Thank you for volunteering your time to help make this a fun year for our kids.

Team Sponsors

Treasurer, San Marcos Region 127

Fundraising & Sponsorship

AYSO – is a 501.c 3 non-profit organization
PO Box 333
San Marcos, CA 92079-0333



SPONSORSHIP/SCHOLARSHIP APPLICATION
AYSO-American Youth Soccer Organization
REGION 127 SAN MARCOS

COMPANY / DONOR NAME: _____
ADDRESS: _____
CITY: _____ STATE: _____ ZIP: _____
PHONE: _____
CONTACT PERSON: _____
E-MAIL: _____

WEB ADDRESS: _____
WEBSITE CONTACT (WEBMASTER): _____
WEBMASTER E-MAIL ADDRESS: _____

SPONSORSHIP

WE WISH TO SPONSOR THE FOLLOWING AT **\$200** OR MORE PER TEAM:

BOYS TEAM _____ GIRLS TEAM _____ NO PREFERENCE _____
SPECIFIC TEAM / PLAYER / COACH: _____

TOTAL SPONSORSHIP DONATION: \$ _____

SCHOLARSHIP

This program is for the less fortunate children in our community whom, without this program, would not be able to play soccer.

WE WISH TO DONATE \$ _____ TO THE SCHOLARSHIP PROGRAM.

NAME OF SPECIFIC PLAYER IF APPLICABLE _____

TOTAL SCHOLARSHIP DONATION: \$ _____

TOTAL DONATION: \$ _____

In order to ensure proper advertisement of your company with AYSO-San Marcos return this application, your contribution, and **three business cards** before September 14th to:

American Youth Soccer Organization

Attention: Sponsorship/Scholarship

PO Box 333

San Marcos, CA 92079-0333