

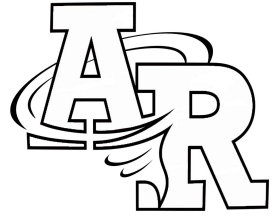


2010 Northern Lights Soccer Club

(Member of Anoka Ramsey Athletic Association)

-- Summer Recreational Soccer Information --

HOTLINE 763-422-9555 Mailbox #61 ~ Recreational Soccer
Recreational Director: Josh Christoff: recsoccer@arsports.org
Website: www.arsports.org



Games & Practices

- Games will be played at Central Park in Ramsey.**
- The primary form of communication between the club and our membership will be email, please insure that the email address listed in "email 1" of your household is up to date and also insure your home phone number is correct as this is how coaches will contact you. To verify and/or make corrections, login to your household in our online registration system at <http://www.arsports.org/Registration> and select option #4. Also, by logging in to your household you can find out who your child's coach is to obtain first practice information. Every effort will be made to have this information on our website by Monday, 4/19. Coaches will notify players of their practice and game schedule during this week.
- Back for 2010** – Due to popularity of this camp we have increased it from a two day camp to three days. This soccer camp is for ages U8 thru U12, and will be coached by the Northern Lights Soccer Clubs U19 Premier team players and NLS alumni players many of which were members of the Anoka High School 2007 State Championship Team and are currently playing college soccer. Camp will be held on 6/16, 6/17, & 6/18 9am-noon @ Central Park, cost is \$75 and you can register online at <http://www.arsports.org/soccer/playerdevelopment> About 2 or 3 weeks prior to camp you will receive an additional reminder notice with more details.
- U4 Coed** season begins 5/16 and they play on Sunday evenings (5:00 or 6:15pm); season will end on 7/10.
- U6/U8/U10 Boys** season begins on 4/26 and they play on Mondays & Wednesdays (6:15 or 7:30pm). You will practice twice per week for two weeks and then games will begin on Monday 5/10.
- U6/U8/U10 Girls** season begins on 4/27 and they play on Tuesdays & Thursdays (6:15 or 7:30pm). You will practice twice per week for two weeks and then games will begin on Tuesday 5/11.
- U12 Coed** season begins on 4/25 and they play on Sundays (5:00 and/or 6:15). You will practice once per week for two weeks (5:00 or 6:15) and then have either a game AND a practice or two games each Sunday (5:00 and 6:15). Depending on number of players on the team and number of teams, U12s could rotate field sizes between U6/U8/U10 fields.
- No games or practices on 5/30-6/1. Games and practices resume on Wednesday, 6/2.
- No games or practices 6/30 thru 7/6 due to Independence Day holiday. Games and practices resume on Wednesday, 7/7.
- Super Soccer Saturday will be 7/10 for U4 thru U12; U4 will be scheduled to play 2 shortened games and U6/U8/U10/U12 will be scheduled to play 3 shortened games.

Coach Information

- Coaches' Meeting (U4/U6)** – Saturday, 4/17 at Central Park. Classroom meeting will be at 9:00am followed by a field training session at 10:30am. Please wear tennis shoes and comfortable clothes as we will be outdoors for field training. If it is necessary for you to bring your children to this meeting, NO PROBLEM...we will have high school soccer players (boys and girls) in attendance to entertain your kids outdoors!
- Coaches' Meeting (U8/U10/U12)** – Saturday, 4/17 at Central Park. Field training session will at 9:00am followed by classroom training at 10:30am. Please wear tennis shoes and comfortable clothes as we will be outdoors for field training. If it is necessary for you to bring your children to this meeting, NO PROBLEM...we will have high school soccer players (boys and girls) in attendance to entertain your kids outdoors!
- Respect the call/decision of the Referees at all times whether you think he/she is right or wrong. You may ask questions respectfully after the game or at halftime if necessary. Please empower these young adults to make decisions and DO NOT be confrontational. Contact a club official if you have problems with a referee, it's the only way things will get fixed.
- Every team should have a team parent. Team parents organize treat schedules & help coaches with misc. paperwork and administrative duties.

Parent/Player Information

- Contact your coach if your child will be missing a game.
- U4 will be given a jersey to keep. U6/U8/U10/U12 will be given a complete uniform (jersey, shorts and socks) to keep. All players are required to wear shin pads, soccer cleats or regular gym shoes (cleats preferred). Cleats must not have a toe cleat present; if your shoes have one the referee will ask you to cut it off or change your shoes. For his or her own safety, no player will be allowed to play with a toe cleat present. Shin pads are to be covered by the socks, and shirts must be tucked in.
- All players are required to bring their own soccer ball, U4/U6/U8 use a size #3 and U10/U12 uses size #4. Make sure names are on all personal items.
- Players are required to wear all equipment and appropriate clothing to all soccer activities. For everybody's safety, jeans and other clothing with zippers or sharp objects attached to them are NOT allowed.
- You will be asked to remove earrings from your child's pierced ears for the duration of the game or practice, even if they are newly pierced. This is absolutely mandatory for legal reasons and cannot be debated.**
- Jewelry, watches and non-prescription glasses cannot be worn on the playing field. Prescription glasses must have a tether if worn on the field.
- Please refrain from coaching on the sidelines. This is a distraction to the coach as well as the players.
- Positive parents and positive coaches make the soccer experience very enjoyable, regardless of the score. Please encourage all kids.
- The number one goal for individual soccer players is learning to play as a TEAM as they advance their individual technical skills. If you feel the need to offer incentives to your son/daughter, make it based on aspects of teamwork and sportsmanship.
- Please use the website and email as a means to get information; this will be faster than leaving voicemails on our hotline.
- Respect the call/decision of the Referees at all times right or wrong. Do not argue or voice your opinion. You may respectfully direct questions to your coach if you do not understand the call made. Violators may be subject to suspension from all AYAA soccer activities until review by the soccer committee for disciplinary action. Repeat offenders will be terminated from the ARAA soccer program.**
- Have fun!

Miscellaneous Information

- Cancellations** – as much as we try to get the most current information on our voicemail system at (763) 422-9555 (Mailbox #61) regarding game cancellations due to weather, things can change quite rapidly. If you have not heard from your coach and the hotline is not updated, please go to the fields where the referees, field marshals, or other club officials will make the decision to cancel or not. Soccer will be played in the rain; the referee will suspend games if lightning or more severe weather is in the area. ARAA's weather policy is available at www.arsports.org; we will follow this policy. **The decision to play/not play during weather situations is not a coach's decision.**