



2010 Northern Lights Soccer Club

(Member of Anoka Ramsey Athletic Association)

-- Summer Traveling Soccer Information --

HOTLINE 763-422-9555 Mailbox #62 ~ Traveling Soccer
Director of Operations: Kelley Casey soccer@arsports.org
Website: www.arsports.org



Games & Practices

- Traveling practices begin the week of 4/19 (*weather permitting*). Coaches will notify players of the practice schedule.
- Traveling coaches will be notified of your individual teams schedule for professional trainer coaching sessions.
- Traveling League games begin the week of 5/3.
- Traveling League games end 7/12 for all ages.
- Traveling U9/U10 jamboree is 6/12 – *Included in your registration fee.*
- Traveling U11 and up District playoffs will be 7/15 thru 7/19, single elimination. – *Included in your registration fee.*
- Traveling U11 and up Regional playoffs will be 7/20 thru 7/23, single elimination (if team qualifies). – *Included in your registration fee.*
- Traveling MYSA State Tournament will be 7/24 thru 7/30 (if team qualifies) – *Included in your registration fee.*
- Traveling Pictures will be the week of 5/3 – 5/7 or Sunday 5/16.

Coach Information

- 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.
- Every team should have a team parent. Team parents organize treat schedules & help coaches with miscellaneous duties such as organizing tournaments and fundraisers.
- Register early for tournaments as they fill up fast. Tournament listing can be found at <http://www.mnyouthsoccer.org/tourneys/sanctioned.cfm>
- Please leave the field/park cleaner than when you found it to help keep our costs down and our parks beautiful. Bring your trash home with you or deposit it in the nearest trash container.

Parent/Player Information

- Contact your coach if your child will be missing a game.
- The players will be given a complete uniform. The shirts, shorts and socks are theirs 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, U9 thru U12 size #4, U13 and older use size #5. 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.
- Respect the call/decision of the Referees at all times whether you think he/she is right or wrong. Do not argue or voice your opinion. You may respectfully direct questions to your coach after the game if you do not understand the call made.
- Please refrain from coaching on the sidelines. This is a distraction to the coach as well as the players.
- Please encourage the children to play as a team. Positive parents and positive coaches make the soccer experience very enjoyable, regardless of the score.
- PLEASE, PLEASE, PLEASE**, do not offer your son/daughter bribes for scoring goals. This is an extremely destructive practice that goes against everything a coach tries to teach the players. The number one goal for individual soccer players is learning to play as a **TEAM**. If you feel the need to offer incentives to your son/daughter, make it based on aspects of teamwork and sportsmanship.
- Please leave the field/park cleaner than when you found it to help keep our costs down and our parks beautiful. Bring your trash home with you or deposit it in the nearest trash container.
- Jewelry, watches and non-prescription glasses cannot be worn on the playing field. Prescription glasses must have a tether if worn on the field.
- 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.**
- Respect the call/decision of the Referees at all times whether you think he/she is right or wrong. Do not argue or voice your opinion. You may direct all questions to your coach when you get an opportunity.
- Please leave the field/park cleaner than when you found it to help keep our costs down and our parks beautiful. Bring your trash home with you or deposit it in the nearest trash container.
- Have fun!

Miscellaneous Information

- By registering with ARAA and Northern Lights Soccer Club, you agree to abide by and be accountable for the behavior of yourself and your child as outlined in the club policies and procedures manual. Failure to do so may result in disciplinary sanctions by ARAA and/or Minnesota Youth Soccer Association.
- Unsportsman like conduct **WILL NOT** be tolerated! You may be asked to leave the game by referees and/or coaches if unsporting behavior persists. In the event this happens, your team will forfeit the game and you will be asked to serve a one game suspension as a spectator or player. If this does not remedy the problems, you will be asked to not return to the field for the remainder of the season. Any violence occurring on or off the field will result in immediate ejection from the game. The Player/Parent or Coach will be suspended from all further NLS activities until the board of directors reviews the incident, and takes the appropriate disciplinary action. Teams may be fined and/or terminated from the league for unsportsman like conduct.
- Cancellations** - call your coach for weather related game and practice cancellations. Games will be played in the rain and you will practice in the rain. Assume your game will be played unless you hear from the coach, director or soccer commissioner. If there is lightning present games will be suspended for ½ hour, it will then be the referees' decision to terminate or resume play. MYSA district directors will determine if a game will be re-played or if the game will be considered a "complete" game.