



Registration 2008 / 2009 Player Registration Package

This year registration will require you to complete some forms on-line and to submit other necessary documents in person on Registration Day that will be held at the Maplewood Recreation Center on June 21st from 9am to 2pm on Dunnell Road across from the Maplewood Fire Department. A second registration will be held on June 25th at the Baird Center in South Orange from 6-9pm. The Baird Center is located at 5 Mead St.

The following forms should be completed on-line:

- | | |
|-------------------------------------|---|
| § Cougar Membership Form | Online (Note: Part of On-Line Registration) |
| § SAGE – Set A Good Example | Hard Copy |
| § Accept Tryout (Instructions How?) | On Line & Details listed below |

The following completed documentation should be submitted in person on Registration Day:

- § Birth Certificate – (Two Copies Required for all Girls & 1st time club registration for the boys teams)
- § Passport/wallet size Photos (Two – Required for both boys and girls)
- § **Boys Only:** US CLUB Soccer Medical Release
- § **Girls Only:** NJ Youth Soccer State Registration
- § **Girls Only:** US Youth Soccer Medical Release (This form must be notarized!)
- § Uniforms Order Form (Note – all girls players and new Boy Players that did not play in the 07/08 season.)

Payments should be made by credit card on-line as part of the registration process. The fees for the 2008-2009 Season will be as follows:

Boys: U9 – U10 Teams	\$575.00
Boys: U11- U14 Teams	\$650.00
Girls: U9-U14 Teams	\$595.00

Please print and fill out this package. The coaches and club management are here to answer any questions you might have. Please note-several of the items may have already been submitted. Thank you. However, all items may not be completed for registration.

We look forward to your playing this fall and spring season.



Derek Romanau
President
Cougar SC-Boys Travel

Jim Walker
President
Cougar United-Girls Travel

ACCEPTING TRYOUTS

P A R T I C I P A N T

http://www.bluesombrero.com/program/add_player.htm

Name : Cory Cougar			CLICK HERE
Tryout Acceptance			
Program Name	Details		
07 / 08 Cougar SC Boys Travel Program	Under 08 Year Olds - Travel & Rec		View Roster & Schedu

ACCEPTING TRYOUTS

Dear Cougar Parents,

You are receiving this e-mail because we need you to confirm your acceptance with in the club and on a team. Once you confirm your participation, your child will be placed on a roster.

To confirm your participation, please log on to your Cougar Soccer Club / Blue Sombrero account. Within your "My Account" page, please note the location of the "TRYOUT ACCEPTANCE" tab. Please click on this tab and complete the final registration questions. Please pay your registration fee by Credit Card.

If you have any questions, please respond to <mailto:tryouts@cougarsoccerclub.com>.

Thanks

Cougar SC



BOYS ONLY!!!!

716 8th Ave. North
Myrtle Beach, SC 29577
Phone: (843) 429-0006
Email:

YOUTH CLUB REGISTRATION CONFIRMATION

Club Name _____ City _____ State _____

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 _____
Street Address _____ City _____ State _____ Zip _____

Email Address _____

Father's Name _____ Home Phone () _____ Bus Phone () _____
Mother's Name _____ Home Phone () _____ Bus Phone () _____

In an emergency when parent/guardian cannot be reached, please contact the following:

Name _____ Home Phone () _____ Bus Phone () _____
Name _____ Home Phone () _____ Bus Phone () _____

Allergies _____
Other Medical Conditions _____

Physician _____ Home Phone () _____ Bus Phone () _____
Medical/Hospital Insurance Company _____ Phone () _____
Policy Holder's 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)



New Jersey Youth Soccer
PLAYER MEMBERSHIP FORM
(Type or Print Legibly)

Girls Only!!!!

First Name: _____ **Last Name:** _____

Address: _____

Town: _____ **State:** _____ **Zip:** _____

Date of Birth: _____ **Male:** _____ **Female:** _____ **X**
[Month/Day/Year]

League: Mid New Jersey Soccer Association **League #** 09

Club: Cougar United Soccer Club- Girls Soccer Club **Club #** 9052

Team # _____ **Player Pass # NJ9** _____ **Age: U-** _____

IMPORTANT

I, the parent/guardian of the below named player, a minor, agree that I and the player will abide by the rules and regulations of the USSF, USYS its affiliated organizations including NJYS and its sponsors. In consideration of the player's participation in the soccer programs intending to be legally bound, hereby release and indemnify the USSF, USYS, the owners and operators of the facilities used for the Programs and their respective directors, officers, employees, agents and representatives from and against all claims, liabilities, damages or causes of _____ arising out of or in connection with the player's participation in the Programs including, without limitation, player's transportation to/from any Program, which transportation is hereby authorized. I further grant the USSF, USYS, NJYS and their sponsors right to use the player's name, picture and/or likeness in printed, broadcast and other material concerning the Programs provided such use is related to the player's status as a participant of in the Programs.

Name: _____ **Player:** _____
Print Name of Parent/Guardian Print Player Name

Signature: _____ **Signature:** _____
Signature of Parent/Legal Guardian Signature of Player

Date: _____ **Date:** _____



Medical Release Form

Girls Only
(Must be notarized)

Function: _____

Player's Name: _____ Citizen Yes _____ No _____

Address: _____

City/State/Zip _____

Birthdate: _____ Sex: _____ Social Security Number _____

Parent's Phone (____) _____ Home (____) _____ Work _____

Emergency phone number other than parent/guardian

Name: _____ Phone: _____

Primary Medical Insurance Company _____

Policy Number _____

Known Allergies or other pertinent medical information _____

Recognizing the possibility of physical injury associated with soccer and in consideration for USYS/USS and its affiliates accepting the registrant for its soccer programs and activities (the "Programs") I hereby release, discharge and/or otherwise indemnify USYS/USS, its affiliated organizations and sponsors, their employees and associated personnel, including the owners of fields and facilities utilized for the Programs, against any claim by or on behalf of the registrant's participation in the programs and/or being transported to or from the same, which transportation I hereby authorize. My child has received a physical examination by a physician and has been found physically capable of participating in the Programs.

Therefore, I grant the coaches, trainers and representatives of the Cougar United Soccer Club permission to act as my surrogate for my child in the area of obtaining medical treatment by a doctor of medicine or dentistry. I also assume the financial responsibility for any medical treatment for my child.

Signature of Parent/Guardian: _____ Date: _____

Subscribed and sworn to me this _____ Day of _____ 19_____

Signature _____ My commission expires _____

Notary Public

Uniform order form

Note: Uniforms are for issued to players every two years.

Boys – new players only please complete

Girls – all players complete

Jersey

Number requested _____

Alternative number _____

Player Name _____

Home Phone _____

Team _____ Age _____ Sex: M or F

Coach _____ Mgr _____

Jersey size: _____

Youth: YS, YM, YL YXL

Adult: S, M, L, XL

Shorts size: _____

Youth: YS, YM, YL YXL

Adult: S, M, L, XL

Socks size _____

Youth, Junior, Adult

Warm-up size _____ (sizes run one size large)

Youth: YM, YL YXL

Adult: S, M, L, XL

YOUTH SOCCER
2008 / 2009 REGISTRATION
COUGAR BOYS SOCCER CLUB of Maplewood & South Orange
Membership Registration

Event #1
SATURDAY JUNE 21st 9:00AM – 2:00PM
MAPLEWOOD REC CENTER

Event #2
WEDNESDAY JUNE 25TH 6:00M – 9:00PM
BAIRD CENTER - SOUTH ORANGE

The **COUGAR SOCCER CLUB** (COUGAR SC) has affiliation with two soccer leagues in NJ. The Boys are members of the Northern Counties Soccer Association and the Girls teams are part of Mid NJ Soccer Association. The Club is a non-profit organization that is open to residents of Maplewood and South Orange. The club has provided youth soccer for over 40 years and is comprised of parent volunteers. The club promotes youth soccer that is geared to the players who wish to make a higher commitment to their personal soccer development and level of competition.

Program: Consistent with the club's mission statement, "To create an environment where each player can achieve their full soccer potential and to encourage the growth of the individual & community," the Club will offer membership for the 2008/2009 seasons to Maplewood & So. Orange residents. Professional trainers will train & develop each team. Practices are twice a week with 10 games played on weekends (Boys - Saturdays in the fall and 10 games on Sundays in the spring; Girls – Sundays in both the fall & spring. Half of the games are played at home, while the other half are played no more than 45-50 minutes away (on average about 30 minutes away.) Practice & games begin the first week in September. Each Cougar team will participate in the Annual Cougar Memorial Day Tournament at no additional expense. Dues pay for league registration, uniforms, club dues, trainers' expenses, pro-coached games and referee fees. The club will offer multiple levels of training based on age level and the amount of professional training a team receives. Installment Payment Plans will be provided and details will be provided at registration:

Spring Season Flex Schedule for the Boys Teams: **for the Boys U9-U14 teams the club will implement a reduced practice schedule to provide families and players the flexibility to participate in other spring sports activities. The objective of this FLEX SCHEDULING is to provide every opportunity for players to participate in other spring activities (sports, after school events, community groups, etc) while reducing the pressure to attend or miss soccer practices. The club supplements team training with clinics that focus on shooting, dribbling and goal keeping skills. Note: Girls teams will train twice per week in the spring.**

REGISTRATION PROCEDURES: The tryouts' objective is to form different level teams respecting the players' abilities. Soccer is an active participant sport. Trainers and coaches work on building an atmosphere that fosters teamwork, player development and social building skills, as well as an understanding of the game in a fun learning environment. Each player develops ball-handling skills, awareness of the game, physical level of play and commitment to the sport at his own level.

The tryout process thus attempts to align players with like skills for continued individual player development: U9-U16 players will be placed on teams based on the tryout results first & available spots second. ALL PLAYERS (EXISTING AND NEW) MUST PRE-REGISTER FOR TRYOUTS BY LOGGING INTO WWW.COUGARSOCUGARCLUB.COM.

Registration is scheduled for June 21ST at the Maplewood Recreation Center from 9:00am – 2:00pm. A second registration event will be held on June 25th at the Baird Center in South Orange from 6-9pm. Attendance at one of these registration events is mandatory if you wish to play for the Cougar SC in 08/09. The purpose of this meeting is to size uniforms (girls and new players) and submit paperwork required by the state of New Jersey and US Soccer Association.

Since 1965, over 10,000 children have played in the Cougar Soccer Club of Maplewood and South Orange. Hundreds of parents have volunteered during this same period. The Cougar SC priority is to provide a healthy atmosphere for each child's physical and social development. If you have questions contact us at: trvouts@cougarsoccerclub.com or log into the club website at www.cougarsoccerclub.com or phone the Cougar SC at 973-847-9400 ext 4. All you need to do is Register!

COUGAR SC

TRAVEL SOCCER: 08 / 09 SEASON

Frequently Asked Question's

How do I sign up for the Cougar SC?

All players must attend tryouts for their respective grade & age (see schedule on reverse side.) Players MUST PRE-REGISTER on the Cougar SC website: www.cougarsoccerclub.com.

How does the Cougar Soccer program differ from in-town recreation and other travel soccer programs in the area?

The in-town recreation programs offered by the townships are very good programs and the Cougar Soccer Club works closely with these programs in developing the overall soccer platform and offerings. The Cougar Soccer Club offers additional professional training that is geared towards players who would like to make a greater commitment to develop their skills to a higher level. Over a full season, teams within both programs offer the same amount of games, but Cougar SC trains twice per week and the recreation programs generally train once per week.

Is the Cougar Soccer club only about tough competition?

NO, not at all--The club's mission is *"To create an environment where each player can achieve their full soccer potential and to encourage the growth of the individual & community."* Members of the club participate in community service projects and develop social skills as members of a team and a program highly regarded throughout the state.

Why is the Cougar Soccer Club associated with two soccer associations in NJ (Boys-Northern Counties Soccer Association, NCSA & Girls – Mid New Jersey Soccer Association?)

The Cougar Boys SC is a charter member of the Northern Counties Soccer Association. The NCSA offers a well-rounded program that best suits the Cougar Soccer Club's requirements. Travel to away games is easily accessed from the major state thruways. The Cougar United Girls SC plays in central NJ with many of the teams in Warren, Hunterdon, Union, Middlesex, and Somerset and Mercer counties. Average time required to travel to away games is 30-45 minutes.

Where can I find out more about Cougar Soccer Club and the documents I need to sign up?

On the club website at www.cougarsoccerclub.com.

Program Details:

COUGAR SOCCER CLUB TEAM COMMITMENT

Program Details	Under 8 – 10 yr olds	Under 11 – 14 yr olds	Under 15 & 16 yr olds
Length of Season	Late Aug 07 – Early Jun '08	Late Aug 07 – Early Jun '08	Early Nov 07 – Early Jun '08
Cost:	\$ 575.00 Boys; \$595 Girls	\$ 650.00 Boys; \$595 Girls	TBD
Professional Training	Up to 6 pro-coached games	Up to 14 pro coached games	Up to 10 pro coached games
Indoor Winter Training:	Yes, Once Per week	Yes, Once Per week	Yes, Once Per week
# Games	10 Fall & 10 Spring	10 Fall & 10 Spring	10 Spring
# Training Sessions	44 Training Sessions Available	44 Training Sessions Available	22 Training Sessions Available
Outdoor Practices/Clinics:	Twice per week	Twice per week	Twice per week

Since the summer of 2005, the Executive Board has worked to uphold the club's mission, “ *to create an environment where each player can achieve their full soccer potential and to encourage the growth of the individual & community.*” A key component of this vision is to ensure players are being trained & developed to their full potential. In order to appropriately place each child at the level that will facilitate optimal training and development we hold tryouts.

For our U10 – U16 age levels Independent contracted assessors (soccer professionals) evaluated each player's ability to use his skills in the context of the game. The evaluation will be based on:

Technical development---passing, dribbling, tackling, first touch

Tactical development-----awareness, decision making, positional sense, communication

Physical development-----strength, speed, endurance, stamina

Psychological development—attitude, composure, desire

OBJECTIVE OF THE TRYOUTS: The tryouts objective is to form different level teams respecting the players' abilities. Soccer is an active participant sport. Trainers and coaches work on building an atmosphere that fosters teamwork, player development and social building skills, as well as an understanding of the game in a fun learning environment. Each player develops ball-handling skills, awareness of the game, physical level of play and commitment to the sport at his own level. The tryout process thus attempts to align players with like skills for continued individual player development.

Cougar SC is dedicated to forming and developing teams at each age and skill level. That being said, soccer requires a commitment regardless of your level of play. When your child is selected for a team, parents will need to assess the commitment level expected for this group. The coach will determine the commitment required and communicate these expectations. Because each level of play will require varied commitment, if your child is selected at a level that you are unable to make the required commitment please let us know and we will consider him at the next appropriate level.

Area	High Commitment	Average Commitment	Low Commitment
Practices(fall & spring)	3x per week	2x per week; extra as needed	2x per week
Outdoor Tournaments	Ave 2-3 per year	Ave 2 per year	1 per yr
Winter Training	Indoor at Soccer Palace*	Gym or Indoor at Soccer Palace*	Gym
Winter Tournaments	1-2 Tournaments & Leagues*	1 Tournament & League*	No Leagues

*Indicates that there would be an additional cost of \$100-\$150 per family.)



A Sportsmanship Program

This is a sample program. As a practical matter, it is impossible for most groups to initially implement more than one or two steps. We know most people act appropriately but to try to reach those who need help, the messages in the pledges must be repeated many times and in many ways. Any one part of this program is not enough for most groups, and as mentioned below, followup is a key.

Our Mission

To remind us that the game is for the kids, that respect for others is a lesson we can help teach, and that setting a good example is more important than winning.

1. Parents, coaches, and players sign a Sportsmanship Pledge form spelling out appropriate conduct and the reasons why good sportsmanship is so important. Two copies should be handed out, one returned and one kept by families. Inappropriate conduct includes yelling at players, coaches, refs and umpires and other spectators, and also giving instructions to players which are distracting, and often too late, inaccurate, or contradictory to the coach or manager's instructions.

2. Coaches attend mandatory preseason meetings that are used in part to reinforce this program.

3. Preseason parent meetings by team are held after the booklet *Build Your Child's Self-Esteem Through Sports* has been distributed to parents and coaches. The meeting includes a discussion of the booklet and the showing of our *Kids Come First*. These guides can be used each season (most of the material will be forgotten after the first meeting) with examples from the previous season. The sportsmanship pledges may also be used.

4. Parent representatives are chosen from each team who become visual reminders of the program at matches. They attend a league seminar on sportsmanship using our resources or others. They might then wear buttons, round discs with the sportsmanship program name or another message, or other identifier.

To avoid confrontations, the parent representatives should use a gentle approach. We are encouraging all adults who hear negative comments to NOT react quickly and/or emotionally. After a pause, no reaction or a pleasant "Relax and enjoy the game" or "Remember that we are trying to encourage respect for everyone" is often best. We do appreciate any parents and coaches who help by reporting disrespectful behavior, anonymously if desired, to their clubs for follow-up. Exaggeration should be avoided.

There must be followup. The potential consequences of inappropriate behavior must be written and distributed to parents and coaches before each season. Those in this paragraph are examples. Clubs, rec departments, or schools take whatever action on poor sportsmanship by parents, coaches, or players which they believe is necessary. This may include just a conversation with the offenders or mandating that they attend a sportsmanship seminar. They also may include, but are not limited to, suspension from attending games or the last thing any of us wants, mandating that a child will not be permitted to play. The league may or may not decide in advance on penalties for certain types of misconduct.

5. Signs for fields and brochures for distribution at two or so games per season.

6. An oral message occasionally just before game time by a sportsmanship representative, referee, or coach is very helpful.

7. A plan for rewards. Something as simple as helping an opposing player up after a fall can be worthy. Rebate of a portion of team fee if ref or opposing coach reports good sportsmanship (coach cannot vote for own team), tickets for semi-pro or pro games (if in your area) etc.

8. Establish rules to prevent lopsided scores. While losing by a big margin can help teach that this is a normal part of sports just as setbacks are part of life, we believe an established differential is enough. Teaching that kicking someone when they're down is inappropriate is an important life lesson. Removing the starting lineup and playing the subs will not harm the starters in any way and will give subs the playing time they crave, and therefore the confidence to improve if they have coaches/managers who praise their effort and improvements.

Parent Sportsmanship Pledge

Please read and sign this pledge as a condition of your child's participation in the program and as confirmation that you understand the potential consequences of disrespectful or abusive conduct.

1. It is often difficult for parents to see their children in situations where they are being evaluated, especially at a young age. But if we spend our time worrying too much about how they're doing, we are missing what should be a wonderful experience for us as well as them. If they're not good players, we'll love them anyway, find reasons to praise them for their accomplishments on the field or court, big or small, and know that they'll excel at other things.

2. The game is for the kids. We shouldn't let our egos (personal desire for glory) turn into angry yelling at the kids when they don't fulfill our expectations. Our expectations may be unrealistic. Pressure causes stress and they may not perform as well as they can. If they're having fun, gaining confidence by learning skills, and being coached by a person who is teaching without anger, that should satisfy us.



3. Winning is one goal but not the primary one. Studies have consistently shown that children rate the FUN of playing much higher than the final score. Winning too much means in most cases that the competition is weaker (your team has more skilled players).

4. We need to also remember that it is okay to lose because life is not just about winning. We all suffer setbacks. Learning to accept defeat gracefully and come back enthusiastically next time is an important lesson to teach. As long as children try their best, they are winners on another level even when they lose the game.

5. Coaches and game officials deserve RESPECT. They make mistakes as we all do but like us, they try their best and we have a responsibility to help teach RESPECT to our children. Yelling criticism at referees, umpires, or coaches is inappropriate and that behavior is subject to penalties, including suspension from attending matches or even barring a child from the league. Children often say they are embarrassed when their parents shout out criticism. Referees and umpires do not change their calls but many do decide to quit because of the abuse they take from parents, coaches and players. Yet we wonder why we don't have enough officials. Coaches are giving time and effort and if they are making it a positive FUN experience, we should RESPECT them.

6. When someone makes unsportsmanlike comments to other spectators, children, coaches, or referees, if you don't know them it is best to ignore them or calmly say, "Everyone relax and enjoy the game." When someone is angry, that's NOT the time to talk about sportsmanship. We should avoid confrontations at all costs. If they don't respond to a kind word, you and a friend or two report the conduct later to team, club, or league officials. Remember that you're doing this to provide a more supportive atmosphere for children that is more likely to keep them interested in continuing to play. Don't consider it tattletaling. The program should have a procedure for handling feedback. If not, you or a friend may know someone on the board. Call and provide your take on what happened.

7. Even if our child has outstanding ability, we shouldn't look too far into the future. Considering the higher number of good players coming into and out of high school, we need to be realistic about whether they will get a lot of playing time in high school or college.

8. Know the expected commitment and the playing time policy. Talk to the coach away from games.

9. The experience of watching children play youth sports is over all too soon. Why not relax and have fun simply knowing that if we let them play and don't get too involved, they will have FUN?

PRINT NAME _____

DATE _____


SIGN _____

DATE _____



Player Sportsmanship Pledge

Please read and sign this pledge as a condition of playing in our league. Disrespectful or abusive behavior may result in ejection from the game and suspension from one or more future games.

1. I should remember that along with everyone else, I play the game mostly because it's FUN.
2. Everyone wants to win. It adds to the fun. I should always try to help our team be successful but it's okay to lose. The FUN I have during the game is far more important than the score at the end. Losing teaches many valuable lessons just as winning does. All of us are sometimes not successful in other parts of our lives and losing in sports helps prepare us for that. I should come back and try my best the next time.
- 3. Winning most of my games often is more about playing weaker competition than it is about anything else. Skills improve most and carry over to future games when we play against teams of equal ability, not those who are much stronger or weaker.
4. It's okay if I am not a good player. Trying my best is all that can be expected of me.
5. I should not sound angry or frustrated if I give advice to my teammates. They will consider my suggestions seriously if I use a pleasant tone of voice. I can also help a teammate who is angry calm down to avoid being ejected from the game. Staying cool when an opposing player says or does something inappropriate prevents me from embarrassing myself and the team.
6. I must show RESPECT to my opponents, coaches, and spectators. I should also recognize that referees and umpires do the best they can, just as I am doing. *They make mistakes but so do I. I should not criticize their decisions. They don't change their calls but they do quit because of the abuse they take.* Yet many people wonder about the lack of referees. I must show the same RESPECT to them that I want for myself. My behavior influences younger kids.
7. By joining the team, I have made a commitment to attend practice and games and display good sportsmanship. I cannot expect as much playing time if I do not meet those commitments. As an example of good sportsmanship, ask opponents if they are hurt when they are down for more than a few seconds. Also, help an opponent get up even when there is no injury.
8. I can help my family by reminding them not to be angry and critical toward players, referees or coaches and to show RESPECT and good sportsmanship at all times.

PRINT NAME _____

DATE _____

SIGN _____

DATE _____



Coach-Mgr. Sportsmanship Pledge

Please read and sign this pledge as a condition of coaching and to demonstrate that you understand the potential consequences of disrespectful or other negative conduct. These consequences might include suspension or termination of your coaching privileges, or other penalties.

1. The main reason kids play is to have fun. Winning finishes much lower on the list. We need to keep it fun by meeting their needs, not ours. Ours are often about winning to fuel our egos and to get the parents to think we're a good coach. But you can lose a lot even if you're a good coach, depending on the strength of your opponents.

2. We can expect players only to try their best.

3. We can find reasons to praise each of our players often to help them feel good about themselves. If they learn new skills and show good sportsmanship, even if they're not great players, they should be complimented for their effort.

4. Participation is a key to players' enjoyment. Let parents know your group's policy on playing time. It should allow each player to play almost half of each game on average during the season up through eighth grade. If our young athletes don't play much, they won't gain the extra confidence which helps them improve.

5. Some of us get angry and critical when our players make mistakes. But we all make mistakes. We should be calm and offer suggestions in a friendly tone of voice. Too much criticism can reduce their enthusiasm. It also is embarrassing and adds pressure. Criticism can cause even very skilled players to quit. A goal of youth sports is to help kids enjoy the game and keep them participating.

Too much competitive spirit, frustrations in other parts of our lives, and the desire for glory by winning (ego) we already mentioned are major reasons why we are negative with kids when they don't fulfill our expectations. Our expectations may be unrealistic and based on what we want, not what our young athletes want.

6. Think about it: If we win most of our games consistently, it means more than anything else that we're not playing tough enough competition and therefore our kids cannot improve as much as they would. That's because having to play as hard as possible against equal or a little better competition is the best way to increase their focus and boost their skills which then carry over to future games.

7. Learning to accept losing is an important lesson in life that we along with parents and others can help teach. We all suffer setbacks. We need only to rebound and try again next time.

8. **RESPECT.** We should not criticize referees and umpires. They do the best they can. Sometimes they make mistakes as we all do. They almost never change their calls. Many quit because of the abuse they receive. Respect is a lesson we should help teach.

9. Do not discourage team members from playing other sports. If you do, it demonstrates that you're too concerned about winning. By playing other sports, the chances of burnout and overuse injuries are reduced and the skills learned probably complement those in your sport. Athletes like Cal Ripken, Jr. and Yogi Berra say playing multiple sports is a positive.

10. We should not worry about whether others view us as great teachers of the game. We are giving a lot of our time and doing our best. If we are treating the players well by teaching with fun in mind and without anger, we are fulfilling our mission.

PRINT NAME _____

DATE _____

SIGN _____

DATE _____