

EastSide FC

Recreation & Metro Coaches Meeting
Fall 2017



Agenda

Directors & Divisions

Important Dates

Uniforms

Risk Management

Concussion Awareness

Sportsmanship and Fair Play

Referees & Fees

Fields

Conflict Resolution

Website & Social Media

Questions



www.eastfc.org

Directors & Divisions

U5-U7 Recreation Director: Eric Hermann

recdirector2@eastfc.org 810-459-0013

U8-U10 Recreation Director: Don Rosati

recdirector@eastfc.org 313-475-0737

U12-U14 Metro Director: Michael Bojarczyk

metro@eastfc.org 313-549-3936



www.eastfc.org

Other Board Members

- President – Ty Clutterbuck
- V.P./Secretary – Steve Bonasso
- Treasurer – Ty Clutterbuck
- Equipment – John Ostrowski
- Referee Director – Tom Corsentino
- Registrar – Tracy Guzman
- Marketing – Joe Parent
- Programs – Marcia Taylor



www.eastfc.org

Important Dates

Season Starts: September 9, 2017

Season Ends: November 5, 2017

Picture Day

Saturday, September 16 8:15am - 1:30pm

Location: Ghesquiere Park, 20025 Mack Ave.

Rain Date: September 23rd

Provider: Jewell Photo



www.eastfc.org

Uniforms

Now on Sale at El's Boutique

17110 Kercheval Ave, Grosse Pointe, MI 48230

Required

(1) ESFC reversible jersey
black shorts, black socks, shin guards.

Uniform Questions?

Contact: Jon Ostrowski, Equipment Director
equipment@eastfc.org



www.eastfc.org

Risk Management

Required by MSYSA
(Michigan State Youth Soccer Association)

Required for All ESFC volunteers
coaches | assistant coaches | board members

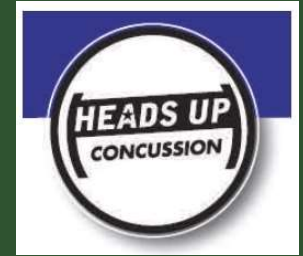
Apply / Renew via GotSoccer.com
(see handout in coaches packet)

RM Questions?
Contact: Tracy Guzman, Club Registrar
registrar@eastfc.org | 313-458-8661



www.eastfc.org

Concussion Awareness



Required by US CDC

(United States Center for Disease Control and Prevention)

All coaches, employees, volunteers, and other adults involved with a youth athletic activity must complete an online concussion awareness training course and submit completed certificate to ESFC prior to first practice. Link also located on club website.

CDC "Heads Up" Concussion In Youth Sports:

<http://www.cdc.gov/concussion/HeadsUp/Training/index.html>

Parents/Athletes: Each must sign the Concussion Information Sheet
Coaches must submit Certificate & Concussion Form to club Registrar



www.eastfc.org

Sportsmanship & Fair Play

Remember...these are OUR kids!

DO

Foster a POSITIVE environment | Lead by Example
Encourage peer support: “Nice pass! Great save!”
Care & clean up of fields | Have FUN !!

DON'T

No unregistered players
No running up the score | No taunting or “trash” talking
No transferring players without permission
No referee or player intimidation - *Zero Tolerance Policy*



www.eastfc.org

Referees & Fees

Referees younger than 14 years need supervision

Home team coaches must supervise our referees

Make sure they leave the field safely

Remember...these are kids!



Checks will be issued ASAP

Home team pays the Referee prior to start of game

Fee schedule by age group

(included in coaches packet)



www.eastfc.org

Game Fields

Assigned by Age Group

U5-U6 – Barnes-Small | U7 – Ghesquire East
U8 – Ghesquire West | U9/U10 – GP North Back (by football)
Metro U12 – Ferry | Metro U14 - Barnes Side

Field closures are posted on the ESFC web site & emails are sent

If closed due to weather - DO NOT PLAY
(this means all fields and adjacent areas)

Field Maintenance?

Contact: Bill Simonson, Director of Field Maintenance
fields@eastfc.org



www.eastfc.org

Practice Fields

Assigned by Age Group

U5-U6 – Barnes-Small | U7 – Ghesquire East

U8 – Ghesquire West | U9/U10 – Elworthy

Metro U12 – Ferry | Metro U14 – Elworthy

Most elementary fields are good place to practice. You don't need a soccer field or goals to run a good practice.

High School fields are off limits.

High School teams and select soccer teams have first right to all fields. If they are willing to share that is fine.

Contact: Bill Simonson, Director of Field Maintenance
fields@eastfc.org



www.eastfc.org

Practices

1. The three L's. No Lines, No Laps and No Lectures
2. Keep it fun
3. Every Kid has a ball and Keep the kids moving
4. Keep it fun
5. Water breaks
6. Keep it fun
7. Age appropriate games
8. Keep it fun

DOC Martyn Thomas: thomas@eastfc.org

DOC Ryan McConville: mconville@eastfc.org

REC Coach Director: Charlie Hawkins: Hawkins@eastfc.org



www.eastfc.org

U5/U6 Game Day

1. Two 3v3 games played at once. This is why you need an assistant coach. (see field and goals setup)
2. Sub every 5-7 minutes.
3. Try to make the teams even.
4. Make subs sit together in one area...not off playing in nets or sitting on parents laps.
5. No throw ins. Have the player put the ball down on the side line and kick it in as quick as possible. We want to keep the game moving.
6. As the season progress's try to stay off the field and just let the kids play.



www.eastfc.org

Conflict Resolution

EastSide FC has a very good process
please follow the process and instruct parents to do the same

Coach 1st

Division Directors 2nd

Commissioner 3rd

Board of Directors 4th



www.eastfc.org

What to do Next?

1. Once we post the rosters reach out to your team to let them know you are coaching and what to expect. The sooner you do this the less emails we will receive!
2. Get your risk management cards.
3. Choose a practice day, time and location.
4. Find an assistant coach ASAP. Especially U5/U6 teams you will need someone to run one of the games for you.
5. Most important: Make a snack list (no nuts)



Club Website

www.eastfc.org

Online Registration | Payments | Schedules | Field Status
Contact Info | Program Details | Uniform Ordering
Camp Information | Club News

Social Media

Like Us on Facebook

www.facebook.com/eastsidemi



Follow Us on Twitter

www.twitter.com/eastsidemi



www.eastfc.org

Questions

This is your meeting...Speak Up!



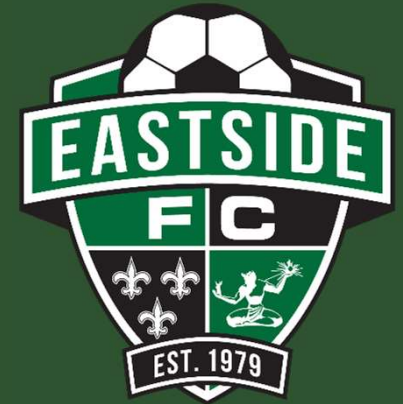
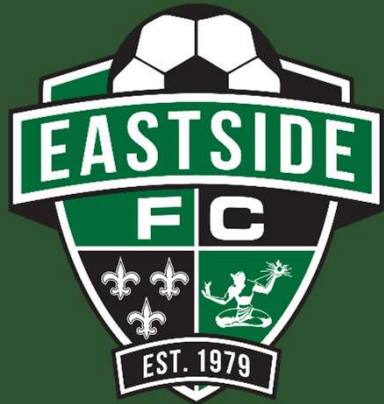
www.eastfc.org

Thank You!

We couldn't do it without you!

Have Fun!

Good Luck this season!



www.eastfc.org