



CENTRAL VIRGINIA UNITED

RECREATIONAL  
SOCCER

Parents,

Welcome to the Central Virginia United family! We are excited to have you as part of the premier soccer club in the Central Virginia region. Central Virginia United (CVU) provides multiple levels for the growth and development of the beautiful game of soccer. Apart from our Recreation Program, we also offer an Academy Program, Travel Program, and we recently added the facilitation of an Adult Soccer League.

Our Recreation Program is the grassroots program of our club and is intended to teach basic soccer skills, encourage participation, promote FUN, and good sportsmanship.

Please take a look through this handbook as it will guide you through some expectations and questions you may come across throughout the season. If this handbook doesn't provide an answer to a question, feel free to contact us (contact information is on the last page) and we would be happy to help you. We look forward to seeing all of you out there this season!

Best regards,

Central Virginia United



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## Registration

All registration is done via our website, [www.centralvirginiaunited.com](http://www.centralvirginiaunited.com). You will need to create an account and register you player(s) here. The creation of the account is a one-time event, and you will be presented with a listing of age-appropriate programs for all of you registered participants. Please contact us if you have any difficulty, and we'll be happy to walk you through the process.

- Season Cost: \$85.00 + \$20 uniform deposit (discussed later)

Note that there are discounts for early registration!

## Team Formation

Teams are formed based on the following.

- Parent Request (can be written on registration)
- Practice Day Availability
- Gender (for balance on coed teams)
- Random selection

You will be notified of your team placement at least one week prior to the first practice.

## Uniform Policy

All players are issued a jersey at the beginning of the season. A previously mentioned, \$20 of the registration fee is a uniform deposit. This deposit will be returned at the end of the season if you jersey is returned in good condition. Note that jerseys that are not returned by the deadline, are ripped, are heavily stained, or are deemed too dirty to be returned may result in the forfeiture of you deposit. As well, if you choose to keep the uniform, you will forfeit your deposit.

Other items (short, socks, shin guards, etc.) are the responsibility of the player.

## Age Groups

Age groups are determined by participant's birth date and begin August 1st of each year and end July 31st. Please contact us if there are any questions about age groups. U6 and U8 age groups play "in-house," and the U10, U12 and U15 age groups participate in the Central Virginia Regional Soccer Association (CVRSA). The CVRSA is comprised of recreational soccer organizations around Lynchburg, Bedford, and surrounding areas. U10, U12, & U15 teams will play teams from CVRSA member organizations, which means you may have some away games. Field directions and cancellations for away matches can be found on the CVRSA website, [www.cvrssa.org](http://www.cvrssa.org).



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U6 - Coed  
U8 - Coed

U10 - Boys  
U10 - Girls

U12 - Boys  
U12 - Girls

U15 - Coed

## Coaches

All of our Recreation coaches are volunteers. We provide a coaching education course for all coaches, as well as equipment to use throughout the season. Coaches are responsible for contacting the team, running practice, and coaching games. Volunteer assistant coaches and/or volunteer team managers are encouraged to help with communication, organizing snacks, and/or assisting with coaching duties. All coaches are subject to a background check.

## Games

Age Group	Schedule
<b>U6</b>	All games will be played at CVRSC or Peaks View Park on Saturdays at 9:00am, unless notified otherwise.
<b>U8</b>	All games will be played at CVRSC or Peaks View Park on Saturdays at 10:00am, unless notified otherwise.
<b>U10</b>	All home games will be played at CVRSC or Peaks View Park. Away games depend on CVU opponent.*
<b>U12</b>	All home games will be played at CVRSC or Peaks View Park. Away games depend on CVU opponent.*
<b>U15</b>	All home games will be played at CVRSC or Peaks View Park. Away games depend on CVU opponent.*

\*Whenever possible, CVRSA games are scheduled for Saturday morning or early afternoon.

Many players see game play as the “reward” for time spent in practice sessions, and coaches usually consider a game to be the “exam” for what was taught during practice sessions. Note that the games may not look like the games of older players. The focus will be on fun and development, not the results of individual games. We will do our best to ensure equitable playing time, and winning will be secondary to teaching soccer and sportsmanship.

Coaches for U6, U8, & U10 are responsible for managing the flow of games. No referees are provided, and coaches are meant to call any fouls that may occur. Referees will be provided for U12 & U15 matches.



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## Practices

All recreation teams are allotted one practice day. Teams may practice more than one day, depending on field availability. Normal practice times are 5:30pm – 6:30pm; however practice time is at the discretion of the coach. The practice schedule, as well as field directions can be found on our website. All practice fields are located in the City of Lynchburg, unless special permission is granted elsewhere.

If a player cannot attend a game or a practice, please let the coach know in advance. Players should show up at the field with ample time to prepare and be on the field before the scheduled practice or game time. Player equipment expected includes proper attire, proper footwear, adequate chilled water, shin guards and a soccer ball. Please label everything with the player's name.

Everyone should remember that soccer is a contact sport, and this becomes more obvious as the players get older. We will do our best to see that the game is safe and does not get out of hand, but bumps and bruises are inevitable.

## Cancellations

There may be times practice or games may be cancelled due to inclement weather or field closures. If there is a cancellation, CVU will notify you in 3 ways.

1. Cancellation Hotline: 434-846-6544
2. Website: [www.centralvirginiaunited.com](http://www.centralvirginiaunited.com)
3. Via email

Please check at least one before heading out to practice or games in case of a possible cancellation.

## Expectations, Behaviors & Responsibilities

CVU seeks to foster good sportsmanship and a welcoming attitude toward visiting teams, coaches and spectators. All CVU teams at all levels should greet their opponents and regard all visitors as honored guests. CVU may (and will) expel from the program any coach, player, parent or spectator whose conduct is deemed unacceptable.

- All CVU players and coaches are required to shake hands with their opponents following every game.
- CVU will not tolerate physical or verbal unsportsmanlike conduct by players, coaches, parents or spectators.
  - Abusive conduct by towards a coach of any team (including opponents) or referee, at any time, will not be tolerated. Abusive conduct includes, but is not limited to, verbal or physical abuse.



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- CVU abides by VYSA guidelines regarding referee abuse and assault.
- Use of tobacco, alcoholic beverages or illegal substances at field areas is forbidden and subject to city ordinances and/or school policies.

## Players

- Play the game for the game's sake and have fun
- Always be fair and honest
- Learn and follow the Laws of The Game
- Work for the good of your team
- Accept the decisions of coaches and referees
- Conduct yourself with honor and pride
- Show respect for teammates, coaches, opposition and parents
- Show up at practices and games with the proper equipment and ready to participate

## Parents

- Become knowledgeable about the game
- Encourage fair play
- Be supportive – be sure that the player attends practice and games
- Be respectful and positive at games
- Support the coach's and referee's decisions
- Try not to coach from the sidelines
- Attempt to relieve the pressure of competition – not increase it
- Do not openly criticize your child
- Be a gracious winner and a good loser
- Pick your child up on time after practices or games
- Inform your coach if your child will be leaving with an alternate ride

## Coaches

- Be a positive role model
- Strive to maintain integrity within our sport
- Do not make offensive remarks at any time
- Know and follow all rules and policies set forth by clubs, leagues, state, and national associations
- Teach skills and fair tactics & discourage unfair gamesmanship
- Work in the spirit of cooperation with officials, administrators, coaches and spectators to provide the participants with the maximum opportunity to develop



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- Concentrate on coaching, rather than on the accuracy of referee's decisions
- Set the standard for sportsmanship with opponents, referees, administrators and spectators
- Encourage moral and social responsibility
- Allow all players to have the opportunity to participate and succeed in all activities
- Attend ongoing coaching education classes

## Contact Us

Address:  
Central Virginia United  
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Lynchburg, VA 24502

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