



Parent Handbook

Welcome to City SC! We hope this information packet clearly outlines the expectations we have set forth as a club for our members, and what our members can expect from us as Club and your experience with City SC. It should provide you with answers to many of your questions regarding the upcoming season. We look forward to having your family as part of our City SC family.

For more information we invite you to visit our website: CitySCSouthBay

Club Mission/Philosophy

We build great players and great people. With soccer programming for players of all ages, levels and aspirations, there is a place for everyone the South Bay and surrounding areas. We have both a plan and a pathway to guide each player to achieve their individual goals in soccer, however it is that they define success.

Our Why:

- To ignite a lifelong passion for the game of soccer
- Bring joy and fun to our community
- Leave a legacy that lasts forever

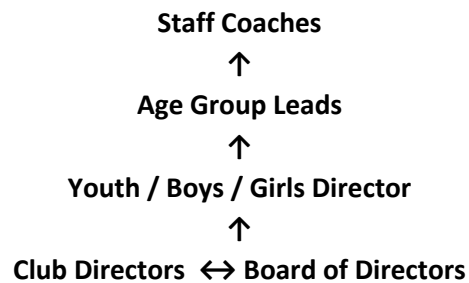
Our How:

- Create passion in an environment where players want to play
- To unite a connection between our families and the community in creating an unforgettable experience
- Developing better people, through teaching life lessons, through the means of soccer

- **COMMUNITY-** Making our city healthier, happier and safer. One club for all. Giving Back to our society
- **INNOVATION-** Empower each other to overcome roadblocks. Embrace creativity and new ideas. Think big, take risks, create solutions.
- **TEAM FIRST-** Develop a servant-leader's mindset. Do what's best for the team. Establish connection.
- **YOU-** We believe in you. We want the best for you. We expect the best from you.

Organizational Structure

Our club is comprised of a team of qualified coaches, administrators and dedicated volunteers. We are proud to have our committed professionally qualified coaches, while our directors of coaching work closely with our volunteer board of directors to make decisions that are in the best interest of the club and all of our members.



Age Group Leaders:

Each age group has a designated Age Group Leaders who acts as an extension of our program directors and directors of coaching to assist with player development and identification, enforce curriculum and act as a liaison between the coaches, directors, parents and players. We encourage a collaborative coaching environment within the club, and you may frequently see multiple coaches at your games or practices helping to direct and support teams and assess players.

Parent/Player/Coach Communication Policy

We encourage an open-door communication policy between parents, players, coaches, and our directors of coaching.

Topics we encourage you to discuss with your coach:

- 1) Ways to help your player improve
- 2) Short and long term goals for your player
- 3) Club philosophy and player pathway
- 4) Your player's mental, physical and emotional well being

Topics that are not up for discussion:

- 1) Playing time that falls within the Club guidelines
- 2) Team tactics and strategy
- 3) Any player other than your own child

Should you have any questions or concerns about your child or your team we ask that you follow the protocol below to address the issue:

24 Hour Rule: If you are upset about an incident that has occurred during a game or practice, do not approach your coach on the field immediately following the incident. Please allow 24 hours before contacting the coach to discuss the issue. After 24 hours have elapsed please address the issue through the following channels:

- 1) Schedule a time discuss the issue with the head coach. *If not resolved...*
- 2) Discuss the issue with the appropriate program director. *If not resolved...*
- 3) Discuss the issue with the appropriate Director of Coaching. *If not resolved...*
- 4) Discuss the issue with Club Directors

Club Communications and Parent Resources

The Club communicates general information to its members primarily through the Club website, email, social media. Members are strongly encouraged to check the website, social media and monitor emails for important information.

Specific information that affects your team such as training/game schedules and inclement weather announcements will be communicated directly through your coach and/or team manager.

The club provides all teams with our communication platform Sprocket. This platforms are to be used strictly for disseminating information. They are not to be used as a social platform for parents to air grievances and complaints. Concerns regarding your coach, team, or the club should be communicated via our Parent/Player/Coach Communication Policy outlined above.

Parent/Player Contract and Parent Player Code of Conduct

As part of the online registration process parents are required to review, complete and adhere to our City SC Parent/Player Contract.

Parents and players are also required to sign off on and adhere to our Parent/Player Code of Conduct.

The Role of the Parent: Parent Expectations

As a parent, your job is to support your child in their soccer goals and enjoy watching them play. We ask parents to adhere to our basic Parent Guidelines to help facilitate a positive experience for your player and your team.

As ADULTS on the sideline, we expect our parents and coaches to model professional and respectful behavior for our young players on the pitch. Each coach may have additional parent expectations, but as a club we demand that all parents abide by the following rules:

- 1) **No coaching from the sideline:** Let the coaches coach. Do not instruct or berate your child or anyone else's child at any time during games or practices. Anything you say should be positive and non-instructional.
- 2) **Respect Referees:** Under NO circumstances should parents ever berate or shout at referees.
- 3) **Respect opposing coaches, players and parents:** We expect City SC South Bay parents to do their part to de-escalate tense situations on the field by remaining in control of your own actions, words and emotions.
- 4) **Follow proper club communication protocol:** Should you have a complaint, please address it through the appropriate channels, starting with your coach and always respecting the 24 hour rule.
- 5) **Represent the club well in the community:** By enrolling your player in our program, as a parent you are also making a commitment to the program and are expected to represent the club in a positive light off the field. The club reserves the right to remove families from the club who do not comply with club expectations.

Player Expectations

We hold our players to the highest standard of conduct and expect them to represent the club in a positive light both on and off the soccer field. Playing competitive sports is a privilege and should be treated as such. As a member of City SC South Bay players are expected to adhere to the following standards:

- Attend all games and practices and arrive on time
- Abide by all team rules and standards set forth by the coach and the Club
- Demonstrate a positive attitude and focused effort to individual player development
- Be respectful of coaches, teammates, parents, referees, and opponents at all times
- Respect the opportunity to play
- Exhibit good sportsmanship at all times
- Wear City SC South Bay training jersey to all practices and games
- Consult your coach before guesting or training with other teams
- Demonstrate good judgment away from the field while at school and in the community

Club Curriculum and Player Pathway

We rely on our Player Development Curriculum to standardize learning throughout the Club. Our coaches, and DOC's work together to ensure players receive the same level of education and training, regardless of which team they are placed on within a specific age-group.

The curriculum is structured in 10-week training cycles in the Spring and Fall and covers the fundamental techniques and tactical principles relative to each age group. It ensures that we are focused on long term development and preparing players for the next step on the player pathway. It means we do not bypass learning the fundamental technical elements of the game in an attempt to win more games at the younger ages. Throughout the season, players may be invited to participate in games/practices with other teams as part of the pathway.

Tryouts and Team Selection

Each year our coaches work together to evaluate players and place them on the team that will be the best fit for their development. City SC South Bay will determine team placement based upon player ability. We ask that all parents respect the tryout process and recommend keeping a good distance away from the fields to avoid becoming a distraction to the players.

Prior to each tryout, we recommend parents review our [tips for preparing your child for a positive tryout experience](#).

Player Movement

All players develop at their own rate and player development is not always a straight line.

Per our commitment to individual player development, our goal is to ensure players are in the right environment to foster their development and love of the game.

If at any point during the season the coach feels that a move to another team within the club would be in the best interest of a player's individual development, the coach will engage the parents in that conversation and will look to move the player if all are in agreement that is the best fit.

Players may also be offered a "hybrid" model that allows for training and participation in games with other teams if the coach feels this will help the player on their individual development pathway.

Season Timelines and Commitment Expectations

Please keep in mind that schedules may vary depending on the age and level of the team and the league in which they play.

As a member of City SC we expect you to commit to your team as your first priority for extracurricular activities during the season. Players are expected to complete the season with their team including all post-season tournaments.

Training Policies

- During the regular season there will be a minimum of two training sessions per week
- Players should arrive at training with a ball, cleats, shin guards and water
- Wear City SC practice jersey to all training sessions
- If you are unable to make a practice you must contact the coach at least 24 hours prior to the session
- Training with other City SC teams is permitted with prior agreement from your coach

We strive to create a professional training environment in which our players can be fully engaged with their team and the instruction provided by our professional coaches. Parents are to remain outside the practice field and should avoid sitting on the sidelines at practice to prevent distractions and allow the players to focus.

Practice Schedules and Locations

Your coach will work with the directors of coaching to determine your training schedule throughout the season, this includes the days, times, and locations of your team training sessions.

From time-to-time your practice location and time may change based on field availability. Any changes to your training schedule will be communicated through your coach with as much notice as possible.

League Play

City SC teams all participate in one of the following leagues for the regular league season:

- SoCal League
- Girls Academy Aspire League (GA)
- Elite Academy League (EA)

The Club will place teams in the leagues which we believe will provide the most appropriate and balanced level of competition, allowing the players to compete and develop in an environment that is challenging but still allows them the opportunity to experience success.

SOCAL League General Information

The SOCAL Season runs from the weekend after Labor Day through mid-November. Teams will play 10-12 league games. Games may be scheduled on Saturdays or Sundays. Home games are played in the Manhattan Beach / Hermosa Beach area and away games are played at various locations locally.

SOCAL League players may also be offered the opportunity to exercise the Club Pass option and participate in games with other City SC SOCAL League teams throughout the course of the season at their coach's discretion and within the SOCAL League rules.

EA/GA Aspire League Play General Information

For National league platforms, regular league games typically span 8-10 months between September and May

League conferences are regionally based and may require out of state travel depending on the conference alignment. The number of league games will vary based on the makeup of the conference. Teams will play a home and away fixture against each team in their respective league.

Tournaments, Showcases and Playoff Events

SOCAL League Teams

SOCAL league teams typically play in a 2/3 tournaments over the summer, and a Spring and Winter tournament in addition to including State Cup.

Your tournament schedule will be communicated by your coach. Tournament costs are split evenly between all players on the roster.

EA/GA Aspire /League Teams

Teams participating in these leagues play in sanctioned Showcase events which may require out of state travel, as well as local tournaments determined by the club and your coach.

Should your team qualify for playoffs all players are expected to participate. The team is responsible for covering all fees associated with the playoff event. Exact dates will be communicated by your coach in advance.

Players are expected to commit to participating in all Showcase events, tournaments and playoffs with their teams, and are required to share equally in the cost and pay 100% of their share regardless of if they are participating or not.

Guesting and Training with Other Teams

The club does not allow City SC players to guest or train with teams from competing clubs.

The Club does allow players to train and guest with other City SC teams with approval from all coaches involved. ALL guest play must be approved by your coach in advance.

Playing Time Philosophy

Playing time is not guaranteed and will be allocated at the coach's discretion. There are many factors that contribute to playing time beyond performance on the field. Players are expected to earn their playing time through consistent practice attendance, work ethic in games and practices, attitude, and improvement throughout the season. If you have questions about how your child can earn playing time, please speak directly with your coach.

SOCAL League Playing Time Policy

So long as players are compliant in attending all practices and games, adhering to club and team standards and demonstrating a positive attitude and work ethic, SoCal League coaches are encouraged to deliver a minimum of 50% playing time throughout the course of the fall league season. Please

understand there will be some games where your child will play more and some games where your child will play less.

When representing the Club at State Cup and elite level tournaments coaches have full discretion to allocate playing time on an as needed basis. While coaches are encouraged to try and play every player at some point in each game, there may be times where your player does not play at all based on the demands of that specific game.

MLS NEXT/EA/GA/DPL Playing Time Policy

Playing time is not guaranteed at EA/GA/ levels and is allocated at the coach's discretion based on the demands of each match.

Player Evaluations

Each player 2 in person evaluations from their coach during the season. Parents are encouraged to review evaluations with their player and contact the coach with any questions.

Additional Camps, Clinics and Private Lessons

Throughout the season City SC South Bay offers a variety of optional camps and clinics.

Players are also welcome to participate in additional camps, fitness training, skills clinics and private lessons at the player's own expense. Information and registration links for additional camps and clinics will be released during the season on the Website, Sprocket and Social Media platforms.

Tournament/Game Day Procedures

Game day procedures and expectations will be determined by your coach. Most coaches require that players arrive at the field at least 45 minutes prior to their game to allow ample time for warm up.

Players are expected to wear their City SC South Bay training jersey to the game for warm up.

Please keep in mind that what your player eats prior to the game will impact their performance. It is recommended that players eat a small meal including complex carbohydrates and protein 2.5-3 hours prior to the game. Pack a snack such as an energy bar, banana or almonds if needed closer to game time.

In Between Games:

- 1) Take off shoes, socks, and shin-guards. Wear sandals or slip on shoes.
- 2) Change out of game jersey to training shirt
- 3) Eat light and drink plenty of water. No fast food, fried food or soda!

- 4) Get out of the sun and heat. Find an air conditioned place or stay in the shade.
- 5) Stay off your feet and relax

Inclement Weather

On training days your team coach will contact you if practice is canceled due to inclement weather. Likewise, your coach or team manager will inform you if a league or tournament game is canceled or postponed. Field closures for league games and tournaments will be communicated to team administrators via the respective leagues/events.

Costs and Fees

Registration fees vary by age group and team level.

Team Fees are collected separately via Sprocket these include,

- Tournament Fees : Tournament fees are divided equally between all players. All players are responsible for paying their share regardless of if they will participate in the tournament.
- Coach Travel Fees : If your team attends out of town tournaments, or travels out of town for league games, this will cover coach travel expenses which may include mileage, hotel, and daily per diem.
- State Cup Ref Fees: Should your team participate in State Cup your team manager will be provided Ref fees
- Uniforms and City SC Gear: Uniforms and City SC gear are NOT included with registration fees.

Delinquent Payments

Club Registration Fees:

- Players will receive multiple notices via our registration system if a payment fails and is past due.
- Any player whose CLUB REGISTRATION FEES are 15 days past due will have their player card revoked and will not be permitted to play in any games or participate in practices with their team until their fees are brought current or other arrangements are made with the Club.

Team Fees:

- Any player whose TEAM FEES are unpaid or past due will have their player card revoked and will not be permitted to play in any games with their team until their fees are brought current or other arrangements are made with the team officials (team manager, treasurer, and/or coach).

Uniforms

Required Uniform: All City SC players are required to purchase a complete uniform kit including home and away socks, home and away shorts, home and away jerseys, training jersey, warm up jacket and backpack. Goalkeepers are required to purchase a full goalkeeper kit which includes goalkeeper jersey, goalkeeper shorts, socks, training jersey, warm up jacket and backpack. Full time goalkeepers do not need to purchase a field player kit, only a GK kit.

Uniform Cycles: The duration of each uniform cycle is two years. Every two years, all players, new and returning, are required to purchase an updated kit.

Jersey Number Policies:

The club assigns jersey numbers to all players prior to ordering uniforms. Numbers are assigned to ensure that no two players in the same age group have the same number. This allows for seamless guest play and player movement throughout the season. Returning players keep their jersey number from the prior season. New players are assigned a jersey number based on number availability.

Fan Gear and City SC Branded Merchandise

Official City SC Fan Gear can be purchased EDDIE. For orders or more information contact eddie@cityscsouthbay.com

Social Media Guidelines

Our City SC South Bay social media accounts is Instagram, The handle for all accounts is CitySCSouthBay

Teams are prohibited from setting up their own social media accounts using the club logo/branding and referencing the club name in their title/handle.

The quickest and easiest way to get media promoted is to post it to your Instagram “story” and tag “CitySCSouthBay”. We will then share your media on the official CitySCSouthBay story feed.

Images/Videos of team bonding events, pre/postgame team pics, “buddy”/teammate poses, goal/game highlights, skills, and tricks should be posted to Instagram.

Images/Videos of more notable moments such as community engagement, tournament championships, etc should be sent to info@citysouthbay.com - with a short description.

Volunteer Requirements and Club Fundraisers

Team Volunteer Roles

Team Managers:

Each competitive team must have one or more volunteers perform the role of team manager. The primary role of the team manager is to act as the team communicator. As a parent volunteer, it is not the manager's job to answer questions about coaching related issues such as playing time or positions. Coaching related questions should always be directed to the coach.

Additional Volunteer Roles:

Common team volunteer roles include:

- **Social Coordinator**- Coordinates team social events and get-togethers
- **Social Media Coordinator/Team Photographer**- Submit content to club for social media posts
- **Team Canopy**- Brings team canopy to all games (some teams rotate this with parents)
- **Team Bench**- Brings team bench to all games (some teams rotate this with parents)
- **Trace Co-Ordinator** - set up trace and games and make sure games are uploaded

Yearly Schedule

Here's a general overview of the season (specific dates and locations will be uploaded to Sprocket):

- **December:** Tryouts
- **December 17 – January 5:** Winter Break
- **January:** Winter Tournament / Scrimmages
- **January – February:** State Cup
- **March:** Spring League / Scrimmages
- **May–June:** Summer Tournaments
- **July:** Summer Break July 1 – July 31
- **August:** Summer Tournament
- **September–November:** League Season

- **September–May:** EA/GA League Seasons

Club Events

- **March:** Spring Fiesta
- **May** Graduation Event
- **May/June:** Coaches Game (Scholarship Fundraiser)
- **September:** Fall League Kick-off Event
- **October:** Halloween Fest
- **December:** Club Showcase Event