

NORTH MISSISSAUGA SOCCER CLUB

Recreational

House League Handbook

2018



Welcome to the 2018 Outdoor season! To all our returning players and parents, thank you for continuing to make North Mississauga Soccer Club your club of choice. And we would like to extend a very warm welcome to NMSC and our soccer community. Thank you for depositing your trust on us, we will do our very best to show that you made the right choice when you decided to join this vibrant club!

This year we will continue to offer world-class programs and we will continue to provide you with qualified guidance from our award-winning technical team. Our commitment to provide you with an exceptional soccer experience is stronger than ever. The outdoor season runs for 14 weeks.

Some changes have been implemented to our House League program based on feedback received from the OS Grassroots visit, as well as our commitment to fully implement the Canadian Soccer Association's Long Term Player Development program - LTPD. The NMSC follow the recreational matrix outlined by the OS. Our intention is to strive for continuous improvement on what we offer to our members. Please let us know how we are doing.

https://cdn4.sportngin.com/attachments/document/0112/8095/Recreational_MATRIX_Outdoor_Feb232018.pdf

On the table below we have listed the 2018 House League format based on OSA grassroots recommendations.

| LTPD | Age | Game Duration | Recommended Practice Duration | Ball Size | Min. # players to start | Playing Format | Max. players per team | Play with a Goalkeeper | Assigned referee | League Standings | Throw-in Or Kick-in | Offside |
|--|-----|---------------|-------------------------------|-----------|---|----------------|-----------------------|------------------------|---|------------------|---------------------|---------|
| Active Start | U4 | N/A | 30 mins | 3 | N/A | 3v3 | Parent and Child | N/A | N/A | NO | N/A | NO |
| | U5 | N/A | 30 mins | 3 | N/A | 4v4 | 8 | N/A | N/A | NO | N/A | NO |
| Coach Ratio: 1 Coach/Parent Coach per Team | | | | | Coaches & Parents must allow players to be creative and empower them to make their own decisions in a friendly/fun environment. | | | | Equal playing time must apply to each player at all times | | | |
| FUNdamentals | U6 | 30 mins | 30 mins | 3 | NONE | 4v4 | 8 | NO | Game Leader | NO | Kick-in | NO |
| | U7 | 2x20 mins | 30 mins | 3 | 3 | 5v5 | 10 | Rotation | Game Leader | NO | Kick-in | NO |
| | U8 | 2x20 mins | 30 mins | 3 | 3 | 5v5 | 10 | Rotation | Game Leader | NO | Kick-in | NO |
| Coach Ratio: 1 Coach/Parent Coach per Team | | | | | Coaches & Parents must allow players to be creative and empower them to make their own decisions in a friendly/fun environment. | | | | Equal playing time must apply to each player at all times | | | |
| Learn To Train | U9 | 2x25 mins | 30 mins | 4 | 4 | 7v7 | 12 | Rotation | YES | NO | Kick-in | NO |
| | U10 | 2x25 mins | 30 mins | 4 | 4 | 7v7 | 12 | Rotation | YES | NO | Kick-in | NO |
| | U11 | 2x35 mins | 30 mins | 4 | 6 | 9v9 | 14 | Rotation | YES | NO | Throw-in | YES |
| | U12 | 2x35 mins | 30 mins | 4 | 6 | 9v9 | 14 | Rotation | YES | NO | Throw-in | YES |
| Coach Ratio: 1 Coach/Parent Coach per Team | | | | | Coaches & Parents must allow players to be creative and empower them to make their own decisions in a friendly/fun environment. | | | | Equal playing time must apply to each player at all times | | | |
| Soccer For Life | U14 | 2x40 mins | 80 mins | 5 | 7 | 11v11 | 18 | YES | YES | YES | Throw-in | YES |
| | U16 | 2x45 min | 90 mins | 5 | 7 | 11v11 | 18 | YES | YES | YES | Throw-in | YES |
| | U19 | 2x45 mins | 90 mins | 5 | 7 | 11v11 | 18 | YES | YES | YES | Throw-in | YES |

* NMSC reserves the right to over roster depending on registration numbers and field/coach availability

IMPORTANT INFORMATION

– **Retreat Line:** Please see Ontario Soccer attachment for more information

https://cdn2.sportnqin.com/attachments/document/0112/8206/Retreat_Line_Extra_Information_August_30__2017.pdf

– **Game Leader Program for U6–U8 Players**

We are excited to inform the rollout of the new Long Term Player Development (LTPD) Technical program being delivered by the OS. The objective of the Game Leader Program is to allow for an improved, child-friendly approach to supervising small sided games for children U6–U8 and creating more opportunities for parents to get involved. The Game Leader Program has been designed by OS Grassroots, Referee and Coaching departments. It is supported and endorsed by the Canadian Soccer Association.

The Game Leader will be trained to achieve a few objectives on the field:

1. Enable children to have a fun and rewarding experience while competing in small sided games.
2. Ensure player safety.
3. Implement simplified rules while keeping the game moving, thus limiting stoppages and assisting the young players with all restarts.

Game Leader Training Course:

Completing the Game Leader training is very simple. The online process consists of watching the video, completing the quiz, printing your Game Leader Certificate and Booklet. Furthermore, it should take no longer than 35 minutes to complete. It is mandatory for all coaches in U6–U8 age groups and it is a cost free tool. Please sign in the link below and use the Club's code: "panthers2018" – Your HL Convenor will guide you through the process.

<http://www.coachcentre.ca/default.aspx>

– **Respect in Sport Course**

All coaches for U13 – U19 age groups must take the Respect in Sport online course this year.

<https://ontariosoccer.respectgroupinc.com/>

– **Practice Plan and Curriculum: See some samples**

Visit this link to get some friendly sessions for Grassroots (Active start, FUNdamentals, L2T, S4L).

<http://www.ontariosoccer.net/grassroots-practices>

<https://www.ontariosoccer.net/grassroots-player-development-model>

– Practice/Game Times:

Weeknights: U4–U6 divisions: Practice at 7pm with the scrimmage/game starting at 7:30pm

Week nights: U7+ divisions: Regular season games start at 7pm (Coach dependent practice starts at 6:30pm)

After the long weekend in August, all U9+ games will start at 6:30pm (practices start at 6pm). Saturday games for the U4 & U5/6 age groups begin at 10am. U7/8 age groups may have their Coach dependent practice at 9:30am with a 10am game. League Cup games (U13–U16) will now take place over the last weekend of August. All teams will play in the League Cup.

– Field sizes/Nets Sizes: https://www.ontariosoccer.net/news_article/show/744883?referrer_id=3069015

Following the OS Recreational and Development MATRIX, NMSC is placing the players in the correct fields/nets based on the stage of development and the playing format. The city of Mississauga has been upgrading the majority of the fields and nets. All fields and nets will be correct by 2019.

– Picture Weekend & Fun-Day/League Cup Finals

Pictures will be taken at Marco Muzzo Sr. Park on June 16th & 17th.

Times for your team will be announced closer to the day on your family Calendar in the registration system.

The Fun Day (U4–U16) and League Cup Finals (U14–U16) will take place on August 25th & 26th. Schedule to follow.

Please note that U19 Boys & Girls League Cup is on August 18th.

– Zero Tolerance for Abuse or Harassment

Parents and players are reminded that recreational soccer is about FUN. The club has a Zero Tolerance Policy for abuse and harassment of referees, coaches, players and spectators. Please see our website for more details.

http://nmsc.net/wp-content/uploads/2016/11/zero_tolerance_policy.pdf

– Inclement Weather

All games for all ages are played rain or shine. If a heavy rainfall occurs, the City of Mississauga may close the fields we play on. If fields are closed by the City, games will be cancelled and only rescheduled if part of a division (U13+) played their games. If fields are being closed, the City will give us notice by **4 pm** each day.

We will post field status on our website at our website.

For thunderstorms, we will strictly observe the 30/30 rule. If the “flash to bang” is less than 30 seconds, play will be suspended for 30 minutes timed from the last flash observation. If the game can then not be completed within the available daylight, the game will be considered complete if play had already commenced in the second half.

In U9+ divisions, the referee decides the course of action in consultation with both coaches. Parents may of course at any time take any reasonable action they deem appropriate for the safety of their child.

- Team Balancing

While every effort has been made to put balanced teams onto the field at the start of season re-balancing may occur up to 4 games into the season. Players involved in any re-balancing will be asked to 'swap' jerseys.

- Team Matching Rule

If a team has a shortage of players, summer rules apply. For U14 and older, the game may be played if both teams have at least 7 players. Both teams will play with equally reduced numbers up to 11 players. For U7 - U10, 5 players are required and both teams will play with equal numbers from 5 to 7 players. For U11-U12, 7 players are required and both teams will play with equal numbers from 7-9.

https://www.nmsc.net/wp-content/uploads/2016/11/nmsc_rules_regs.pdf

- Equal Time Policy

All players are entitled to their fair share of playing time. We have a policy of "equal" time for all, subject to the practical considerations of the timing of substitution opportunities, player fitness and other factors. Coaches are simply not to play or favour some players more than others nor are they to "stack" their lineup or "shorten their bench" to gain a competitive advantage over the teams they are playing. Our program is about participation and having fun and while winning is always "nice", it's not to be at the cost of excluding any player. Teams that engage in inappropriate behaviour may be penalized in the season's standings or tournament results.

https://www.nmsc.net/wp-content/uploads/2016/11/nmsc_rules_regs.pdf

- Player Uniforms

Uniforms are supplied by Macron. All players will receive, as part of their registration fees, a team jersey, a pair of shorts, a pair of socks and a soccer ball. Each player must also wear shin pads and cleats to all games and practices. As uniforms are ordered without knowing the players, it is possible the fit is not the best. We ask that teams and parents make do as best they can. In certain circumstances, replacements will be provided out of inventory or by order. Please have your coach contact the Club.

- Refunds

A refund may be requested **before** the start of the second game. **NO** refunds will be given after the second game has been played. All refunds are subject to a \$40 administration fee. Refunds must be submitted using the NMSC refund form and submitted to the office. All approved refunds will be issued by cheque.

The Sounding Board

The **NMSC Sounding Board** is a group of Board members and volunteers from within the Club coming together to further the vision of the North Mississauga Soccer Club, to continue to improve member relations and service. The purpose of this committee is to assist in addressing concerns brought forward by its members. It is the intention of the **NMSC Sounding Board** to address members concerns within a timely manner. The contact information is soundingboard@nmsc.net

- Technical Consultation:

Please contact the Technical Department of NMSC in case you need technical support;

Jhon Ardila: Technical Head Coach jardila@nmsc.net

Sam Medeiros: High Performance Coach: smedeiros@nmsc.net

NMSC has an established a competent Mentorship Program that can provide you with on/off field support.

- Safety:

A player must not use equipment or wear anything that is dangerous to himself or another player (including any kind of jewelry). Using tape to cover jewelry is not acceptable.

- Basic Equipment:

The basic compulsory equipment for a player comprises the following separate items:

- Team jersey tucked into the shorts
- Team shorts
- Team socks
- Shin guards
 - worn under the socks, made of rubber, plastic or similar suitable material
 - must provide a reasonable degree of protection

- Cleats (soccer shoes)
- Coaches are provided with coaching equipment: U4-U8 (bag, cones, Pugg net, first aid kit, ball pump) & U9-U19 (bag, cones, net, pegs, Velcro, first aid kit, ball pump). All equipment must be returned to the Clubhouse at the conclusion of the season.

- **Player Ratings:**

All Coaches U7-U19 will need to submit their player ratings online. (Spreadsheet will be provided).

- **Colours:**

The two teams must wear colours that distinguish them from each other and also the referee and assistant referee.

- Players from the same team must wear the same jersey colours
- Each goalkeeper must wear a jersey colour that distinguishes them from the players and referees

- **Changing the Goalkeeper:**

- Any team player may change places with the goalkeeper, provide that:
 - The referee/Game Leader is informed before the change is made
 - The change is made during a stoppage in the game

- **Coaches and Spectators:**

- Only the coach and assistant coach listed on the team roster are allowed on the bench
- The coach(es) must stay on their half of the field (within the technical area boundaries, not behind the goals or on the opponents half)
- Coaches must ensure their spectators stay in the correct area and respect the laws of the game, each other, the players and the officials.
- The coach and assistant coach must sign the game sheet
- Coaches and spectators must conduct themselves in accordance with the positive leadership checklist and the Fair Play directives.

– Vacations:

Vacations are an expected part of the outdoor season and no players are to be penalized for being away. Please let your coach know when you are planning to be away on vacation. When your coach is away parents are expected to fill-in. Please step-up when needed so the players can play.

House League Panther Development Program (PDP)

The goal of the PDP program is to develop the players in a fun, safe organized and educational environment. We at NMSC want to promote the beautiful game to our House League Coaches and Players, inspiring them to continue their development.

The North Mississauga Soccer Club's Development Curriculum includes the Panther Development Program (PDP) for House League players and goalkeepers (U7+) as well as coaches in the U4 - U19 divisions. The PDP program provides players, goalkeepers and coaches of our house league teams with an excellent opportunity to develop their soccer skills and experience in the game. It also helps our Mentor Coaches to identify players and coaching talent that will form the future Club representative teams. The PDP takes place during the Club's outdoor season with indoor winter program continuation.

- All players must register and pay the nominal fee of \$50 (TAX INCLUDED).
- Players and Goalkeepers can register online at: <https://nmsc.powerupsports.com/index.php?page=LOGIN>

What you can expect from the PDP:

- PDP is organized in station manner following the OSA Player Development Model.
<http://www.ontariosoccer.net/grassroots-player-development-model>
- PDP sessions will be using the four corners approach to player development: Technical, Physical, Social/Emotional, Psychological,
- PDP help develop techniques and skills while allowing children to play without fear of losing.
- PDP will energize players to the point where they will enthusiastically initiate wanting to play soccer.
- PDP will take place in a fun-filled environment where the well-being of the child is of paramount importance at all times

2018 Panther Development Dates –

ALL PDP SESSIONS TAKE PLACE AT PANTHERS Park (2715 Meadowvale Blvd, Mississauga, ON L5N 6P8)

- June 10, 17, & 24
- July 8, 15, 22, & 29
- August 12

| <u>Date of Birth</u> | <u>Age Division</u> | <u>Day</u> | <u>Start Time</u> |
|----------------------|-----------------------|------------|-------------------|
| 2010-14 | U4-U8 Boys and girls | Sunday | 12:00pm-1:00pm |
| 2006-09 | U9-U12 Boys and Girls | | 11:00am-12:00pm |
| 2000-05 | U13-19 Boys and Girls | | 11:00am-12:00pm |

2018 House League Coaching Clinics

| <u>Dates</u> | <u>Age Division</u> | <u>Age Division</u> |
|---|----------------------|-----------------------|
| Tuesday, May 8th 7:00–8:00pm Courtney Park | U4,5 Active Start | U6, 7, 8 Fundamentals |
| Wednesday, May 9th 7:00–8:00pm Courtney Park | U9–12 Learn to Train | U13 and up S4L |
| Friday, June 15th 7:00–8:00pm Panther Park | U4,5 Active Start | U6, 7, 8 Fundamentals |
| Friday, July 20th 7:00–8:00pm Panther Park | U9–12 Learn to Train | U13 and up S4L |
| Friday, July 27th 7:00–8:00pm Panther Park | U4,5 Active Start | U6, 7, 8 Fundamentals |
| Friday, August 3rd 7:00–8:00pm Panther Park | U9–12 Learn to Train | U13 and up S4L |

Panthers Park: 2715 Meadowvale Blvd, Mississauga, ON L5N 6P8

– **Healthy Snack Policy:**

In light of the fact that obesity and nutritional deficiency–related diseases are on the rise in North America, the North Mississauga Soccer Club feels that promotion and modelling of healthy eating habits and balanced lifestyles to members of our Club can play a crucial part in this issue. Whether as Players, Team Officials, Match Officials or as Supporters we all have a part to play. With the support of The OSA Club Excellence program, we are committed to helping improve the well–being of our community and in doing so have implemented a Healthy Snack Policy since April 2012.

Children learn about healthy eating at school, but they need a supportive environment, both at home and in the community to help put those lessons into action. The North Mississauga Soccer Club can help make this happen. Community sports also provides adults with an opportunity to become role models for healthy eating. Please take the time to consider appropriate half-time snacks, pre- and post-game meals as well as treats. The North Mississauga Soccer Club Healthy Snack Policy is maintained regardless of:

- Playing level (Competitive or Recreational)
- Location (Home or Away) or
- Purpose (Match, Training).

A Healthy Snack Policy empowers participants to nourish their bodies appropriately and limit ingredients that will impede performance or wellness.

For further information on providing proper nutrition and maintaining a balanced lifestyle, please check the links on our website.

http://familyfitness.about.com/od/nutrition/a/halftime_snacks.htm

<http://www.bqlz.com/healthy-living-tipshealth-tips-half-time-snacks-for-players.html>