

# OUTDOOR SOCCER

## INFORMATION SHEET SPRING 2017

*Thank you for participating in our youth sports programs! Salt Lake County Parks & Recreation youth sports programs are provided to give all kids the opportunity to participate in recreational sports and serve an important role in addressing the diverse health challenges facing youth today.*

*Our 2017 Spring Outdoor Soccer program is designed to be a recreational soccer league for youth Pre-K (3-4 years old) through 6th grade. Participants learn and develop fundamental soccer skills with an emphasis on safety, sportsmanship, teamwork, and fun. The following information below will provide the parent/guardian with a more in-depth look at how the program is organized and facilitated, which gives the participant and the parent/guardian a quality experience. Thank you again and welcome to Salt Lake County youth sports!*

**Teams:** We will try to accommodate coaches' and parents' requests to have their children play on the same team as their friend, but we do not want to overload coaches and teams. There is no guarantee that your child will be on the team you requested, especially if you register after the registration deadline. Age divisions may be combined due to the number of registrations. For the Pre-K through 4th grade divisions we allow a maximum of 10 players per team. For the 5th/6th grade division, we allow a maximum of 12 players per team.

**Team assignments will be given to coaches by Thursday, April 20th**

**Clinic/Organization Day:** At the clinic/organization day, players have a chance to start practicing drills and skills with a coach. Equipment is provided for the coaches to set-up the drills. This is a great opportunity to start learning the fundamentals of soccer. Please meet on the soccer fields at Northwest Recreation Center on the following days and times:

- ⇒ Pre-Kindergarten division: Wednesday, April 26th at 5:30 pm
- ⇒ Kindergarten division: Wednesday, April 26th at 6:30 pm
- ⇒ 1st/2nd Grade division: Wednesday, April 26th at 5:30 pm
- ⇒ 3rd/4th Grade division: Wednesday, April 26th at 6:30 pm
- ⇒ 5th/6th Grade division: Wednesday, April 26th at 6:30 pm

**Games:** Games begin **Saturday, April 29th**. Games are played on Saturday mornings at Sorenson Multicultural Center and Wednesday evenings at Northwest Recreation Center. Coaches will be notified of any schedule changes via email/phone and parents will be notified from the coaches. Game times will vary depending on total number of teams that registered for the program. Game times are also subject to change. Coaches need to arrive 15 minutes prior to game time.

**Game Schedules are posted online by Monday, April 24th**

**Practices:** Practices are held at the coach's discretion. Field space is not available for registration, but can be used on a first-come, first-served basis if not being utilized by recreation center Programs.

**Equipment:** We will use a size 3 for Pre-K through 2nd grade divisions, size 4 for 3rd/4th grade, and a size 5 for 5th/6th grade division. We recommend soccer cleats for 1st grade and up. Participants may wear soccer cleats, but they are not required. Normal athletic shoes may be worn. Shin guards are highly recommended.

**Volunteers:** Parents we need you! If you could donate a couple of hours each week, please sign up to be the coach for your child's team. There is no experience needed, we just ask you to encourage fair play, team work and fun. Please note that all volunteer coaches will be required to submit to a background check (as per Salt Lake County Policy).

**Coaches Meeting: Thursday, April 20th @ 6:00pm @  
Sorenson Multicultural Center**

**Rain-Outs:** Rain-outs will be determined by 8:00AM on Saturday mornings, and 4:30pm on Wednesday evenings. No announcements will be made if games are not cancelled. Please call your coach for an update. If you cannot get ahold of your coach please check the Northwest Recreation Centers Facebook page for an announcement.

**Sportsmanship:** Parents please remember that the program is for the children participating. Any person (players, spectators, parents, etc.) behaving in an inappropriate manner will be asked to leave the game or practice. The decisions of the game officials and site supervisors are final. A coach or parents seeking to resolve a conflict or issue should attempt to do so by speaking with personnel responsible for the program in the following order: (1) Volunteer Coach, (2) Site Supervisor (can be located around game sites), (3) Program Coordinator (responsible for program development, management and overall supervision).

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### ***Head Injury & Concussion Policy and Procedures***

Pursuant to the passage of House Bill 204, Protection of Athletes with Head Injuries and in order to help protect participants in Salt Lake County sporting events, effective July 1st 2011, Salt Lake County Parks and Recreation requires that athletes, parents/guardians and coaches follow Salt Lake County Head Injury Policy and Procedures.



A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly. You can't see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child/player reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away. For more information on symptoms and signs observed by teammates, parents and coaches visit our webpage [www.slco.org/recreation/taylorsville.youthSports](http://www.slco.org/recreation/taylorsville.youthSports)

### ***What can happen if my athlete keeps on playing with a concussion or returns too soon?***

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athlete will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and students is the key for a young athlete's safety.

### ***If you think your child/player has suffered a concussion***

Any athlete, under the age of 18, suspected of suffering a head injury or concussion must be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without written medical clearance; Written medical clearance must state that the athlete has been evaluated by a qualified health care provider, licensed under Utah Code Ann, Title 58, who is trained in the evaluation and management of concussions; and that the qualified health care provider has, within three years before the day on which the written statement is made, successfully completed a continuing education course in the evaluation and management of a concussion; and the athlete is cleared to resume participation in the County sporting program or event.

You should also inform your child's coach if you think that your child/player may have a concussion. Remember, it's better to miss one game than miss the whole season. And when in doubt, the athlete sits out.