

# 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 will 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 more in-depth look at how the program will be organized and facilitated to give 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 playing on the same team as their friend, but we do not want to overload coaches and teams. There is no guarantee your child will be on the team requested if you register after teams are put together. Teams may be combined due to the number of registrations. For Pre-K and Kindergarten divisions we allow a maximum of 10 per team. For 1st through 6th Grade we allow a maximum of 12 players per team.

**Team assignments and Game Schedules will be posted online Saturday, April 1st**

**Clinic Day the Week of April 3rd:** Coaches will sign up for a clinic time at the coaches meeting. At the clinic night players will meet their coach, set-up practice times, distribute uniforms, and participate in a coach lead clinic. Teams will be scheduled throughout the morning and early afternoon. The clinic and game schedule will be posted on Saturday April 1st.

**Games:** Games will begin Saturday April 8th. Parents and coaches will be notified of any schedule changes via email or from coaches. Game Schedules will be posted online Saturday April 1st.

**Practices:** Practices will be held at the coaches discretion.

**Equipment:** We will use a size 3 soccer ball for Pre-K through 2nd grade divisions, size 4 for 3rd/4th grade, and a size 5 for 5th/6th grade division. We recommended soccer cleats for 1st grade and up. Participants may wear soccer cleats, but they are not required. Normal athletic shoes may be worn. Players are not required to wear shin guards but is 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. Resources will be provided to help coach volunteers manage practices and games. Please note that all volunteer coaches will be required to submit to a background check (as per Salt Lake County Policy).

**Coaches Packet Pick-up:**  
**Friday, March 31st @ 5:30pm at Taylorsville Recreation Center.**

**Rain-Outs:** Rain-outs will be determined by 4:30PM on Weeknights and 7:30AM on Saturdays . No announcements will be made if games will be played. Please call your coach after 4:30PM or 7:30PM for an update. If you cannot get ahold of your coach please call the center at 385-468-1732 for rain-out information.

**Picture Day:** Picture Day will be Saturday April 22nd. A picture shoot schedule and order forms will be passed out at the games prior and emailed to everyone. Even if rained out, pictures will still be taken inside at the recreation center.

**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). For more questions please email Heather at [HWOichik@slco.org](mailto:HWOichik@slco.org)

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## INFORMATION SHEET SPRING 2017

### ***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.