

# OUTDOOR SOCCER

## INFORMATION SHEET PREK/KINDER FALL 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 Fall Pre-K-Kinder Soccer program is designed to be an instructional soccer program for youth 3-6 years old. 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!*

**Program Format:** This program is designed to teach 3-6 year olds the basic elements of soccer during six (6) 45-minute sessions. Each participant will receive a soccer ball that they will need to bring each week as they rotate through different skills and drills. We will then practice these skills in mini scrimmages, as the season progresses. Drills and skills are staff run each week and parents assist with the drills. Homework options are provided to parents/guardians that players can work on at home in between sessions. The emphasis of this program is to develop basic soccer skills in the 6 clinic style sessions.

**Divisions:** Participants are divided into a Pre-K division and a Kindergarten division. Pre-K players are 3-4yrs old and Kindergarten players are 5-6 yrs old. A more advance player is welcome to play up one grade level if needed. However, due to safety, players are not allowed to play down a level.

**Teams:** Teams are organized first by player requests, and then by school/geographic location. We will try to accommodate requests to have children playing on the same team as their friend, but we do not want to overload teams. It is important not to overload teams to provide optimal playing time for each child. 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 the Pre-K— Kindergarten divisions we allow a maximum of 10 players per team.

### **Team assignments will be emailed by Monday September 4th**

**Sessions:** Sessions are September 9th-October 14th. The season may go longer if there are rain-outs (for more information on rain-outs, see "Rain-Outs" description below). Dates and times of the sessions are not guaranteed and are subject to change depending on number of teams. Parents will be notified of any schedule changes via email. Instructional soccer consists of six (6) 45-minute sessions.

### **Session Schedules will be emailed by Monday, September 4th**

**Equipment:** Uniforms will be distributed on the first day, September 9th to each team. Each player will receive a jersey and socks. Each participant will also receive their own soccer ball on the first day. A size 3 soccer ball is used for the Pre-K and Kindergarten divisions. We recommend soccer cleats for all divisions, but they are not required. Normal athletic shoes may be worn. Players are required to wear shin guards.

**Parent Involvement:** Parent involvement is key to helping participants with drills and skills. Each team will need volunteer parents to help out each week. Volunteer responsibilities include helping with basic drills, organizing players on sidelines, keeping the ball in play, substituting players during scrimmages, etc. Additionally, players that practice at home will be able to learn skills more quickly and be prepared for the next week's session. Homework will be given each week for players to work on until the next session.

**Rain-Outs:** Rain-outs will be determined by 4:00PM on weekday games and by 8:00AM on Saturday mornings. No announcements will be made if games are not cancelled. Cancellations will be emailed. We also post rainouts on our facebook page. Our facebook page is @holladaylionsrecreation

**Please see the reverse side for Head Concussion Policy and Procedures**—————>

# OUTDOOR SOCCER

## INFORMATION SHEET PREK/KINDER FALL 2017

**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 session, 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 or staff 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 Ashley Lyons at [alyons@slco.org](mailto:alyons@slco.org)

### What is your refund policy?

A joint commitment is made when you register for a Holladay Lions program. We commit to provide the program so that you may participate. If Holladay Lions is providing the program, refunds are not available. However, if for some reason your child can no longer participate, refunds are available as follows:

- As per Salt Lake County policy and procedures the Parks and Recreation Division may withhold 25% of the refund (program registration fee) for administrative costs. All refunds must be requested in person and accompanied with a written refund request. No refunds shall be given after the first day of registration.

### Any additional questions?

Holladay Lions Rec Center 385-468-1691  
Program Coordinator: Ashley Lyon s [alyons@slco.org](mailto:alyons@slco.org)



**We want to see your kids in action  
Post your outdoor soccer pictures on  
Holladay Lions facebook page!**

### 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.