

WINTER INDOOR SOCCER

Information Sheet



PARKS & RECREATION

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 2020 Winter Indoor Soccer program is designed to be a recreational soccer league for youth Pre-K 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. Divisions may be combined due to the number of registrations. There will be up to 10 players per team and 7 players on the court at a time.

Team assignments are emailed prior to Organization Day

Organization Day: On Organization Day, players meet their coach and teammates. They will also receive their practice times and game schedules.

ORGANIZATION DAY

Sat. February 15th at Copperview Rec. Center, meet in the Large Gym

Pre-K/Kindergarten: 9:00 am

1st-2nd Grades: 10:15 am

3rd—4th Grades: 11:30 am

5th—6th Grades: 12:45 pm

Games: Games begin Saturday, February 22nd Games are played on Saturday at Copperview Recreation Center.

Game Schedules are handed out on Organization Day, you can also visit

<https://www.quickscores.com/copperview>

Practices: Pre-K/Kindergarten teams will practice 20 minutes before the start of each game, they will not have a weekday practice time. 1st-6th grade will have 1 practice a week. Practices will be held on Mondays—Thursdays for 50 min. Practice times will be scheduled based on coaches/gym availability. Equipment is available to coaches for use at the recreation center in exchange for collateral.

Rules: Absolutely no cleats will be allowed inside the gym! A copy of the rules will be available online or at the front desk.

Coaches: PARENTS, WE NEED YOU!!! Please volunteer to be the coach for your child's team. **No experience is needed!** We ask that you to encourage fair play, teamwork, and fun. Please note that all volunteer coaches are required to submit to a background check (as per Salt Lake County Policy). An optional but highly recommended Coaches Certification Program is available to all coaches. Coaches who display positive sportsmanship and complete this Coaches Certification Program before April 7th will receive a voucher worth 50% off a youth sport registration. Vouchers will be handed out at the conclusion of the season and CANNOT be replaced and cannot be redeemed for cash.

Mandatory Coaches Meeting:

Wednesday 2/12 @ 5:30pm at Copperview Rec Center

Subjects Discussed:

Pictures, rosters, organization day, training, and any questions

Team Photo: LifeTouch is conducting the team photos. Team photos are not included in the participation fee. Coaches will be informed of the date and the time of the photo shoot. Pictures are distributed on the last day of the season.

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

FALL INDOOR SOCCER INFORMATION SHEET

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

<https://slco.org/copperview/youth-sports/Indoor-Soccer/>

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.