



## Soccer Supplies

Upson Soccer Association

Spring 2020

U4, U6 and U8 Supplies - #3 soccer ball, cleats, socks, black shorts, and shin guards

U10 and U12 Supplies - #4 soccer ball, cleats, socks, black shorts, and shin guards



## Soccer Dates To Remember:

January 7, 14, 21	Registration
January 25	FREE SOCCER CAMP Ages 6U to 12U Saturday, Jan 25 10:00 am to Noon Equipment needed: ball, water, shin guards covered w/ socks, and cleats. Dress in layers.
January 28	NO REFUNDS AFTER DRAFT Draft/Coaches' Meeting (coaches ONLY) U4 6:00 pm U6 Draft 6:30 pm U8 and U10 Draft 7 pm
February 3	Tentative Date Practice will begin
March 3	Picture Day...in CC gym (evening) times to be announced
March 6	Youth Night @ ULHS Soccer Game Games at 5:30 pm Player must wear soccer jersey to get into game free
March 7	Opening Day

Check out this site for soccer information: [www.upsoncountyga.org](http://www.upsoncountyga.org).



[www.facebook.com/CivicCenter/](http://www.facebook.com/CivicCenter/) or [www.facebook.com/upsonsoccer/](http://www.facebook.com/upsonsoccer/)

Call the Sports Hotline 647-4002 to find out about cancelled practices or games.

- **Not all requests can be honored and no refunds after teams are drafted on January 28, 2020**

PLEASE REMEMBER THAT ROAD INTO SOCCER COMPLEX IS A **ONE WAY** ROAD. ENTER AT CIVIC CENTER & EXIT AT TRIUNE ROAD.

THIS IS FOR SAFETY PURPOSES.

# **SPEED LIMIT 5 MPH.**

# PARENTS PLEASE READ:

Thomaston Upson Recreation Youth Soccer program uses volunteer coaches to work with teams. Coaches donate hours of their time to practices, games, meetings, and trainings. Youth soccer could not be conducted without these valuable volunteers.

Volunteers may be former soccer players themselves or they may be a parent that volunteered because a team needed a coach. Regardless these are individuals who freely give of their time and should be commended for their willingness to assist.

Each coach will be different in their role as coach. Please remember that your coach has a full-time job and a family of his/her own. This person is donating time so that your child has the chance to play.

At your first team meeting...please talk with your coach about season expectations. Clarify how he/she can contact you about practices/cancellations/team meetings. Each team has the option to have an end of the year party for team. Having a team party is NOT MANDATORY. It is the team's choice. Your registration fee of \$45, \$55 or \$70 DOES NOT COVER AWARDS OR PARTIES. Fees cover uniforms & equipment for younger groups. Fees cover uniforms, equipment and officials for ages U8 and above.

Offer your support to help organizing team chores like team drink schedules or making plans for the end of year party. Not everyone can give 6-10 hours per week to be a coach. But if everyone could donate a little to help then all will benefit and your coach can concentrate on practices and games for the team.

**You signed a code of conduct & a referee policy statement at registration.**

Code of conduct describes the preferred way to address potential problems. Stay in contact with your coach. Do not wait until game time or the end of the season to address problems.

The referee policy describes the disciplinary actions that will be taken when a parent or spectator behavior interferes with a game. Please remember our youngsters are watching how we as adults conduct ourselves....we are their role models....let's be good ones!!!!

## **U4**

*Practice:* Teams will practice twice a week at the Civic Center. Your coach will call you after January 28.

*Games:* Games will start on March 7<sup>th</sup>.

Every child will need a size 3 ball, cleats, shin guards, and something to drink at practices and games.

Coaches Meeting will be January 28 at 6:00 pm at the Civic Center.

## **U6**

*Practice:* Teams will practice twice a week at the Civic Center. Your coach will call you after January 28.

*Games:* Games will start on March 7<sup>th</sup> .

Every child will need a size 3 ball, cleats, shin guards, and something to drink at practices and games.

Coaches Meeting will be January 28 at 6:30 pm at the Civic Center.

## **U8**

*Practice:* Teams will practice twice a week at Civic Center. Your coach will call you after January 28.

*Games:* Games will start on March 7<sup>th</sup>.

Every child will need a size 3 ball, cleats, shin guards, and something to drink at practices and games.

Coaches Meeting will be January 28 at 7:00 pm at the Civic Center.

## U10

*Practice:* Teams will practice twice a week at Civic Center. Your coach will call you after January 28.

*Games:* Games will start approximately March 7th . Teams will still be allowed to practice once games start. U10 TEAMS TRAVEL & PLAY MOSTLY ON SATURDAYS & SUNDAYS. You will have home games & away games up to 35-40 miles.

Every child will need a size 4 ball, cleats, shin guards, and something to drink at practices and games.

Coaches Meeting will be January 28 at 7:30 pm at the Civic Center.

## U12

*Practice:* Teams will practice twice a week at the Civic Center.

*Games:* Games will be played on Saturday and Sunday, starting approximately March 7th. TEAMS TRAVEL & PLAY MOSTLY ON SATURDAYS & SUNDAYS. You will have home games and away games, up to 60 miles.

Every child will need a size 4 ball, cleats, shin guards, and something to drink at practices and games.

U4	Ashlee Simmonds	706-975-8129
U6	Brandy Chastain	706-975-5224
U8 Coordinator:	Stephanie Stewart	205-790-2959
U10 Coordinator:	Ben Cochran	678-588-9548
U12-U14 Coordinator:	Ben Cochran	678-588-9548

PARENTAL CODE OF CONDUCT & RESPONSIBILITIES

\*\*\*\*Contract\*\*\*\*

The Thomaston-Upson County Recreation Department would like to share with you standards, procedures and policies for our YOUTH SOCCER PROGRAM. Soccer is a sport that belongs to the players.

REFEREES:

Parents should not use foul or abusive language toward any referees. Referees are trained to make calls. At times it will be a judgment call or an opinion of that referee. **Remember that a parent has never over ruled an official and never will.** Understand that no one (including a referee) is perfect...referees call games as they see them to the best of their ability. We encourage anyone interested in becoming a referee to take the entry-level course and become a referee for our youth program. Parents' conduct should be conduct that you would want your child or other children to model. Please remember this in your tone, your words and your actions. Youngsters are watching you and will be influenced by your behavior. .

PLAYERS

Your player has registered to play soccer. Playing a sport requires practice, conditioning and perseverance. Playing a team sport requires having team members present at practice to be conditioned, evaluated and trained for positions. It is important for a team sport to have all members present for practice. Players may have limited playing time if they do not adequately attend and participate in practices. . Please make sure you can get your player to practices and games.

Players/parents need to let coaches know as soon as possible if they will not be able to play in a game or will miss scheduled practice. This will allow coach adequate time to revise team strategy. A coach may limit/restrict playing time for missed practices and games.

CONCERNS

If as a parent you have questions or concerns..please be courteous and professional. Periods prior to practices or games are not appropriate times to discuss problems you may have with you players' soccer experience. Coaches should be focusing attention on practice and or the game. We suggest either a telephone call, email or arrange a time to meet/discuss concerns at a mutually convenient time. Please speak with your coach first. Follow the chain of command. If you still have concerns then bring them to the attention of the League Administrator. Please submit concerns in writing using the Youth Sports Complaint Form. He/She will review, make recommendations and respond. If after this course of action, your concerns have not been sufficiently addressed, then present your written concerns to Director, Mindy Daniel. She will review and respond.

PARENT CONDUCT

Enthusiasm for the sport is admirable, but controlled enthusiasm is best. Always show respect for other team players, spectators and coaches. Loud and abusive yelling will not be tolerated. Parental and spectator comments should be positive and controlled. Spectators must sit on the side of field opposite the players. Only coaching staff is allowed on the side with players. Spectators are subject to disciplinary actions including warning, probation, suspension and expulsion from soccer program activities. *Disciplinary actions for inappropriate behavior are available upon request . **UPSON SOCCER ASSOCIATION also has a referee abuse policy. This policy is provided to families at registration.***

*I (we) have read the above information and accept these conditions as part of my player's commitment to the Thomaston-Upson County Recreation Department's Youth Soccer Program and acknowledge the consequences of my (our) actions.*

CHILD'S NAME PARTICIPATING: \_\_\_\_\_

FATHER'S (guardian) SIGNATURE/DATE \_\_\_\_\_

MOTHER'S (guardian) SIGNATURE/DATE \_\_\_\_\_

LEGAL GUARDIAN SIGNATURE/DATE \_\_\_\_\_

# Zero Tolerance Referee Policy

Upson Soccer Association supports the following Zero Tolerance Referee Policy, which governs the behavior of coaches and spectators toward referees. The policy is designed to foster good sportsmanship, provide a friendly and safe environment, and support the development of referees, many of whom are relatively young and inexperienced. The policy is reprinted below. It is also available on the Thomaston-Upson web site.

All individuals responsible for a team and all spectators shall support the referee. Failure to do so will undermine the referee's authority and has the potential of creating a hostile environment for the players, the referee, and all the other participants and spectators.

- No one, except the players, is to speak to the referee during or after the game.  
Exceptions: Coaches may ask questions before the game, call for substitutions and point out emergencies during the game, or respond to the referee if addressed.
- Absolutely no disputing calls, during or after the game, no remarks to the referee to watch certain players or attend to rough play. NO YELLING at the referee, EVER, and no criticism, sarcasm, harassment, intimidation, or feedback of any kind during or after the game.
- Violators may be ejected and are subject to disciplinary action by Upson Soccer Association Board and the Thomaston-Upson Recreation Department.
- If coaches or spectators have questions regarding particular calls, rules, or a referee, or wish to give feedback regarding a referee, please contact the Upson Soccer Association Assignor –

Ben Cochran [bencochran3263@gmail.com](mailto:bencochran3263@gmail.com)

PLAYER NAME: \_\_\_\_\_

PARENT or GUARDIAN \_\_\_\_\_

DATE: \_\_\_\_\_

# A FACT SHEET FOR Youth Sports Parents



This sheet has information to help protect your children or teens from concussion, or other serious brain injury.

## What Is a Concussion?

A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells.

## How Can I Help Keep My Children or Teens Safe?

Sports are a great way for children and teens to stay healthy and can help them do well in school. To help lower your children's or teens' chances of getting a concussion or other serious brain injury, you should:

- Help create a culture of safety for the team.
  - Work with their coach to teach ways to lower the chances of getting a concussion.
  - Emphasize the importance of reporting concussions and taking time to recover from one.
  - Ensure that they follow their coach's rules for safety and the rules of the sport.
  - Tell your children or teens that you expect them to practice good sportsmanship at all times.
- When appropriate for the sport or activity, teach your children or teens that they must wear a helmet to lower the chances of the most serious types of brain or head injury. There is no "concussion-proof" helmet. Even with a helmet, it is important for children and teens to avoid hits to the head.

**Talk with your children and teens about concussion.** Tell them to report their concussion symptoms to you and their coach right away. Some children and teens think concussions aren't serious, or worry that if they report a concussion they will lose their position on the team or look weak. Remind them that *it's better to miss one game than the whole season.*

## How Can I Spot a Possible Concussion?

Children and teens who show or report one or more of the signs and symptoms listed below—or simply say they just "don't feel right" after a bump, blow, or jolt to the head or body—may have a concussion or other serious brain injury.

### Signs Observed by Parents

- Appears dazed or stunned
- Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events *prior to* or *after* a hit or fall

### Symptoms Reported by Children and Teens

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness, or double or blurry vision
- Bothered by light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Confusion, or concentration or memory problems
- Just not "feeling right," or "feeling down"


**GOOD TEAMMATES KNOW:  
IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON.**



[cdc.gov/HEADSUP](http://cdc.gov/HEADSUP)

# CONCUSSIONS AFFECT EACH CHILD AND TEEN DIFFERENTLY.

While most children and teens with a concussion feel better within a couple of weeks, some will have symptoms for months or longer. Talk with your children's or teens' healthcare provider if their concussion symptoms do not go away or if they get worse after they return to their regular activities.

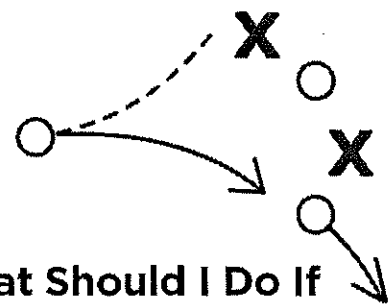
 **Plan ahead.** What do you want your child or teen to know about concussion?

## What Are Some More Serious Danger Signs to Look Out For?

In rare cases, a dangerous collection of blood (hematoma) may form on the brain after a bump, blow, or jolt to the head or body and can squeeze the brain against the skull. Call 9-1-1, or take your child or teen to the emergency department right away if, after a bump, blow, or jolt to the head or body, he or she has one or more of these danger signs:

- One pupil larger than the other
- Drowsiness or inability to wake up
- A headache that gets worse and does not go away
- Slurred speech, weakness, numbness, or decreased coordination
- Repeated vomiting or nausea, convulsions or seizures (shaking or twitching)
- Unusual behavior, increased confusion, restlessness, or agitation
- Loss of consciousness (passed out/knocked out). Even a brief loss of consciousness should be taken seriously

**Children and teens** who continue to play while having concussion symptoms or who return to play too soon—while the brain is still healing—have a greater chance of getting another concussion. A repeat concussion that occurs while the brain is still healing from the first injury can be very serious and can affect a child or teen for a lifetime. It can even be fatal.



## What Should I Do If My Child or Teen Has a Possible Concussion?

As a parent, if you think your child or teen may have a concussion, you should:

1. Remove your child or teen from play.
2. Keep your child or teen out of play the day of the injury. Your child or teen should be seen by a healthcare provider and only return to play with permission from a healthcare provider who is experienced in evaluating for concussion.
3. Ask your child's or teen's healthcare provider for written instructions on helping your child or teen return to school. You can give the instructions to your child's or teen's school nurse and teacher(s) and return-to-play instructions to the coach and/or athletic trainer.

Do not try to judge the severity of the injury yourself. Only a healthcare provider should assess a child or teen for a possible concussion. You may not know how serious the concussion is at first, and some symptoms may not show up for hours or days. A child's or teen's return to school and sports should be a gradual process that is carefully managed and monitored by a healthcare provider.

Revised January 2019

To learn more,  
go to [cdc.gov/HEADSUP](https://www.cdc.gov/HEADSUP)





# **FREE CAMP**



**Saturday, January 25, 2020**

**10:00am to 12:00pm**

**Civic Center Soccer Complex**

**Girls/Boys**

**Equipment needed:**

**ball, water, shin guards covered w/socks  
and cleats**

**DRESS IN LAYERS**