

# SWAN CITY FC



## Parent and Athlete Handbook

[www.swancityfc.ca](http://www.swancityfc.ca)

2023-24 Indoor



## **PROGRAM OBJECTIVES**

Swan City Football Club objectives are:

To provide young soccer players training opportunities that will allow them to improve their soccer abilities and develop as a soccer player.

To develop soccer player who wish to prepare for a higher level of play with solid fundamentals, advanced skills and a great understanding of the beautiful game.

To develop and enhance interest for the beautiful game in kids of all ages.

To offer a program that will develop and stimulate personal growth in each player.

## **PHILOSOPHY OF THE PROGRAM**

We are confident that our program will provide a great opportunity for sport inclined individuals to experience challenging level of training and competition that will prepare them for any level of play.

We believe that competitive soccer experience will ensure personal development and social life skills.

We believe that discipline, dedication, commitment, determination, responsibility, emotional control and confidence are all individual qualities the program addresses. Our coaches will help players develop these dimensions by setting goals for each player.

We believe that the beautiful game will give athletes to improve their social conscience

We believe play time will vary depending on the player's skill level, experience and the competition level. Although some player might have less minutes on the field than others, they will receive equal attention and practice time. All players are expected to make sacrifices for the good of the whole team.

We believe that the beautiful game will allow players to develop their social skills such as respect of others, cooperation, sportsmanship, leadership, trust, sharing, empathy and teamwork.

We trust that by adhering to this philosophy, we will do what we can to develop great ballers and well-rounded individuals.

## **ELIGIBILITY**

All U9, U11, U13, U15, U17 male and female soccer players from the Peace Country.



## **VOLUNTEERS**

Every team is expected to have a Team Manager in place, based on volunteers. A Team Manager is required to help the coaching staff focus on coaching by relieving them of organizational and administrative duties to which are described on the Team Manager Job Description page attached.

Any managers, parent helpers, trainers, coaches, etc. must have a criminal record check completed and on file with SCFC and be approved by the SCFC technical committee.

### **Team Manager Job Description**

Team Managers are parent volunteers who act as an intermediate between parents and coaches and have been asked to manage the administrative and communication needs of the team.

This includes:

- Collecting and maintaining paperwork required for each player,
- Uniform coordination, distribution and collection of jerseys before and after each tournament or an official game.
- Tournament hotel bookings & travel requirements
- Team finances: Fundraisings etc.

## **PROGRAM DESIGNATIONS**

### **HIGH PERFORMANCE**

This program is created following Canada Soccer's Stage 4: Learning to Train coaching model and progresses into Stage 5: Soccer for life. We focus training on the players abilities to be self-reflective, and we facilitate lessons and exercises about more complex movements such as using appropriate body contact in the game and playmaking. This program also includes longer gameplay with less stoppage time, requiring a dependence on team communication which improves overall soccer IQ, reflexes, and team relationships. In our High-Performance programs, we expect players to have a high level of commitment to the sport and their team. These players place a priority on their own improvement and the success of the team. Players are also expected to attend all practices and league games in Edmonton.

### **COMPETITIVE**

This program is designed in order to progress developing players ready to demonstrate a higher degree of potential, it focuses on building on more basic competitive and technical aspects of the game while also inspiring a self-reflective mindset and good sportsmanship. Our progressive exercises are slower and less competitive than the High-Performance program. It is created with aspects of Canada Soccer's Stages 3 & 4: Learning to Train coaching model based on each season's team. In our competitive program we focus on equal playing time and equal opportunities for all players. We expect a high level of commitment to practices and tournament weekends.



## **LEVELS OF COMPETITION**

All our competitive teams will be competing at 2 or 3 tournaments in Grande Prairie OR Edmonton. All our High-Performance teams will be competing at EMSA league in Edmonton. Depending on team composition, experience and circumstances, Provincial competition might be considered.

## **PRACTICE SCHEDULE**

The practice schedule will be posted on our **Teamlinkt** application.

## **COACHING STYLE**

Our coaches expect dedication, determination and discipline from each athlete. They will encourage technical development with each player. Depending on the level, the training session will be very challenging and will require hard work, dedication, discipline and the desire to improve from each player. The coaching staff is receptive and happy to help players with the demands of the program. The growth of each player remains our primary goal.

We also thrive to create an atmosphere where all players can improve their skills without fear of ridicule from coaches or teammates.

## **TOURNAMENT SCHEDULE**

The tournament schedule will be posted on our **Teamlinkt** application.

## **TRANSPORTATION AND ACCOMODATION**

Parents are responsible for the transportation and accommodation of their own player during local, regional, and provincial tournaments. We expect all athletes to arrive at the competition venue ahead of the competition start time as requested by the team managers or coaches. Parents are expected to make reservations at the assigned tournament hotel.

Teams might be traveling by bus or plane for provincial and international competitions. Parents are asked to always respect times of departure. Nonparent coaches are not permitted to drive players without the company of the player's parents.

## **GENERAL TEAM EXPECTATIONS**

The Swan City Football Club general rules apply to all activities the parents and players partake in.

The players are expected to participate in a minimum of 75% of all required practices, competitions, and meetings as detailed by the coach during the season. Poor attendance at practice may have an impact on playing time in games at the coach's discretion.

Players must adhere to year-round fitness conditioning and mental training programs provided by the club.



The players must use all facilities and equipment with proper care and respect.  
The players must adhere the head coaches' guidelines for personal conduct when traveling as representatives of Swan City Football Club.

The players are responsible for their own behavior. We expect players to strive for maturity.

The players are to expect a lot of themselves but always settle for the best they can do today. They must learn from their mistakes, not dwell on them or those of their teammates in a negative way.

Being unselfish is the key to success. None of us can succeed on our own. The players must set envy, jealousies and destructive personal rivalry aside.

The players must treat teammates, coaches, team managers, support staff and the opposition with respect.

The players must commit themselves to being on time and ready to go and give it their best in every practice and game.

Parents must update the players availability on Teamlinkt prior to each practice or event.  
If they have to miss an activity, they must contact the team manager before and explain their reason.

The players must accept responsibility for mistakes, loss of temper, loss of concentration and poise without making excuses.

The players must accept the coaches' feedback and directives, including position assignments, in a positive cooperative manner.

The players should set goals of quality play and self-improvement. They must learn to set short term and long-term performance goals and keep track of their progress.

The players must be determined to play their full potential each game.  
The players must strive to be cooperative and helpful in all circumstances.  
It is the player's responsibility to report injuries to the coaching staff.

The coaches expect parents to refrain from interfering with coaches' work, during practices and games alike.

The players skill development will be facilitated by ensuring they arrive at practice on time, have proper nutrition before and after practice, have the proper equipment, and that sport fits into their life smoothly.

For players to achieve, they must have sufficient time to fully participate in all commitments. They must not become overwhelmed or overtired by trying to complete too many activities.

Parents must set the example they wish their children to emulate responsibility, cooperation, commitment, dedication, enthusiasm, self-control, and sportsmanship. The role of the parents is to ensure their child is well rested, well fed, and does not neglect schoolwork.

### **PRACTICE EXPECTATION**

The players are expected to arrive at the practice location fifteen minutes before practice time to get ready and warm up before the start of the practice.



The players are expected to come mentally and physically ready to work hard each practice.

The players must bring their own soccer gear, including shorts, training jersey, shin pads, and the proper shoes, as well as a water bottle to each practice or they will participate.

Hard conditioning and technical exercises will bring muscular stiffness. Stiffness is more an odd feeling of tension and discomfort than a real pain. Young players often don't know the difference between stiffness and real pain.

In order to decrease the feeling of stiffness, Player need to:

- Stretch after each practice and at home
- Have a balanced and healthy nutrition plan
- Get a muscle massage when possible
- Have a warm bathtub or a sauna for thirty minutes

### **TRAVEL EXPECTATION**

The objective of our travel is, obviously, team performance. With, family travel activities should not interfere with the player's preparation for the competition. The road trips are aimed at providing a good environment for players to rest and concentrate prior to competing.

All transportation and accommodation costs are the responsibility of the parents.

When the coaches are implementing curfews, they are to be strictly adhered to.

Parents and players are expected to closely follow the team itinerary.

The players are expected to dress and to conduct themselves appropriately since they have a responsibility to their club, to teammates and to themselves.

### **TEAM COMMITMENT AND OTHER ACTIVITIES**

This program is relatively demanding and has activities three to four days a week. Players who decide to commit to the Swan City Football Club will have to carefully manage their time during the indoor and the outdoor season.

### **YEAR-ROUND TRAINING OPPORTUNITIES**

We trust that players can develop their skills and become a well-rounded player by taking advantage of our programs offered throughout the year.

**Indoor Season** - September to March

**Outdoor Season** – May to July

**Additional Camps** – August



## **FUNDRAISING**

It is hoped that all teams participate in some form of fundraising to offset some of the financial expectations. SCFC will organize a mandatory fundraiser for all competitive teams. Additional fundraising amongst teams is permitted if organized by a Team Manager which must be approved by the Executive Director prior to commencement. All funds raised must be used in the season to which it was attained.

## **ACADEMIC ACHIEVEMENT**

Our goal is to develop a well-rounded student athlete. Academic success is very important to shaping a bright future. We believe that player's education is an essential part of the individual's development future. Players can have the option of college or university soccer if they don't neglect their academics.

## **SOCIAL MEDIA POLICY**

SCFC recognizes everyone's right to fully participate in social media. However, it maintains certain expectations for Coaches, contractors, Board Members and Support Staff. As such, please refrain from social media posts that contain any of the following:

- Sexist, racist, obscene or profane material of any kind.
- Anything that is degrading, demeaning, attacks or threatens any person, school, organization, etc. Cyber-bullying of any kind is not appropriate.
- Any material that are in violation of Federal, Provincial or Municipal laws, policies or rules.
- Any materials that reflect negatively on themselves, SCFC or other associations.
- Any material that is in violation of Alberta Soccer or the Canada Soccer Association rules and regulations (examples: sharing of injury statuses, sports wagering, etc.).

## **SWAN CITY FC CONCUSSION PROTOCOL**

Swan City Football Club and its staff are committed to following the guidelines set by Alberta Soccer to best prevent and identify potential concussions. In the case of a concussion injury, the coaching staff will monitor the steps to recovery appropriately.

## **TEAM UNIFORMS AND TRAINING JERSEYS**

Swan City Football Club will provide each player with two game jerseys. These jerseys are the property of Swan City FC. It imperative that these jerseys remain with the team manager. Please return your jerseys to your team manager at the end of each competition.

Team jerseys are only to be worn during official games.

The players are also asked to buy one pair of shorts and two pair of socks (white and burgundy) from SportswearPlus, the official merchandise supplier of Swan City Football Club.

New training shirt will be available to purchase prior to the summer season start.



## **PLAYING TIME**

As mentioned earlier, playing time will vary with the player's skill level, experience and the competition context. Although all players pay the same fees, make the same sacrifices, make the same commitment and get the same practice time and attention, competition-playing time will substantially vary for the high-performance teams. On the other hand, Competitive teams will have equal playing time.

### **High Performance Teams**

SCFC high performance teams frequently compete in the top division of the EMSA league where competition is fierce. Coaches are constantly under pressure to make the right decision at the right time in order to balance the team performance. At Swan City FC, team performance is an important focus during crucial competitions for the good of all our high-performance players. Coaches must take into consideration many factors when deciding whom to put on the field in various situation. These decisions are hard to make.

Parents are not in a position to understand and appreciate all factors that come into play when it comes to making decisions surrounding playing time. It is imperative that parents support the coach's playing time decisions in all circumstances. If an athlete expresses disappointment or concern over playing time, parents should encourage their child to continue practicing hard. If the player has questions regarding playing time, he/she is to personally approach the head coach at a suitable time and place. The coaches will be thrilled to answer the player's questions. The parents are never to approach a coach about playing time!

### **Competitive Teams**

SCFC competitive teams will be participating at tournaments in the province. The level of competition will be based on the team overall level. Coaches will make sure that players have equal play time during friendly game and competitions.

## **AGE GROUP AND TEAM PLACEMENT**

The coaching staff in consultation with the club's technical director will make all player placement decisions. This includes the age category in which players will compete, the SCFC teams they will be playing for during the season, as well as any internal roster change. Parents requests regarding player placement will not be considered.

## **INTERNAL COMPETITION**

Our club is steadily growing and reached a size where we can offer multiple teams in many competitive age categories. This allows our club to cater to various needs of a wide range of players. However, it can also open the door to potential malicious comparisons, jealousy and toxic competitiveness.

Swan City Football Club is a big family in which each member, coach, team manager, player or parent, will strive to show support, empathy, and kindness towards each other. All members will aim to set jealousy aside, care for others and celebrate their achievements.





## **PLAYER FEES**

The player fee covers team jerseys, tournaments entry fees, ASA and NWPSA insurance, strength and conditioning for the high-performance teams, field rentals and coaches' accommodation.

Potential costs that are not covered by the player fee are player accommodation, player transportation costs, player travel meal money and other travel discretionary travel expenses.

## **JUNIOR COACHING PROGRAM**

For players ages 10-15

Learn from experienced coaches and build self-confidence, courage, and resilience as an athlete. Improve your own soccer skills by sharing your knowledge with younger athletes.

### **Benefits of the Junior Coach Program**

- Mentorship from experienced coaches.
- Builds self-confidence, courage, and resilience as an athlete.
- Opportunities to develop leadership skills.
- Improve your own soccer skills by sharing your knowledge with younger athletes.
- Learn self-management skills by demonstrating the responsibility of showing up on time, being accountable and prepared for each session.
- Develop problem solving skills and how to adapt to various situation.
- Opportunity to move on and coach their own group, team or session after the age of 15.
- Junior coaches work with the youngest players from U6–U9.
- Junior coaches, 16 and older, go through coach training from **Canada Soccer** and **Swan City FC's** staff.
- Optional coaching days: TBA
- Junior coaches will receive a certification for volunteering at the end of each season.

### **Expectations of a Junior Coach**

- Show up dressed in all appropriate soccer gear by looking the part of a coach (cleats, soccer pants, soccer top).
- Show up 10 minutes before each session.
- Engage positively with the players when on the field.
- Help make practice fun and engaging for every athlete.
- Take the Canada Soccer Active Start and FUNdamental course. (\$15- 20)
- Always conduct themselves in a respectful manner.
- Junior Coach will notify Swan City FC's staff if they are unable to attend a soccer session.

### **How to register:**

- Players can register online using the Swan City FC website, under **Our Club** Section on the menu.



## SCFC – POWER SOCCER

### **SCFC Share the game Initiative**

SCFC has the unique opportunity to run a volunteer program where our competitive athletes help out with our wheelchair soccer program. This is a chance for players to learn what adapted, inclusive sport looks like and to understand that it is important to give back to the SCFC soccer community that they have been a part of.

Power Soccer is an adapted version of soccer played by people with disabilities. Share the game is a way for all of the SCFC athletes to meet each other, become comfortable with helping each other and grow a strong soccer community for all members.

Teams will be given a schedule by SCFC Technical director and team managers then assign **2 athletes** to volunteer for their scheduled weeks.

Team managers are to ensure 2 volunteers attend. It is the whole team's responsibility to participate in the share the game volunteer initiative. It is managers responsibility to keep track of their teams shifts and attendance.

Athletes that cannot attend on an assigned night must find a player replacement and let the team managers know who is going in their place.

The Power Soccer program requires lots of help and the coach is depending on volunteers to keep practices and games running smoothly. If teams fail to attend for their assigned volunteer hours they risk penalties charged against their team, with funds allocated directly to the Power Soccer program.



## **PARENT CODE OF CONDUCT CONTRACT FOR SWAN CITY FC**

Prior to signing parent and player must Review the SCFC Handbook carefully (front to back), complete Information as requested, affix signatures, and return the completed contract/permission form to the Coaching staff.

- 1) I/We understand the commitments and expectations laid forth in the Team Handbook and agree to diligently follow them.
- 2) I/We affirm that my child will exert effort to maintain a high level of academic achievement.
- 3) I/We understand my child will be expected to attend practices in order to optimize their skill development and in turn their playing time during competitions. In the event that a practice needs to be missed I/We agree to supply a reason with as much notice as possible.
- 4) I/We, as a spectator, will exhibit a high level of sportsmanship at competitions and practices.
- 5) I/We will follow appropriate procedures in communicating concerns to coaches, specifically abiding by the 48-hour rule.
- 6) I/We will respect match officials and team officials' decisions during game play.
- 7) I/We hereby authorize and consent to our child's participation in Club athletics and sports.
- 8) I/We understand that the sport in which our child will be participating is potentially dangerous, and that physical injuries may occur to our child requiring emergency medical care and treatment.
- 9) I/We assume the risk of injury to our child that may occur in an athletic activity.
- 10) I/We agree to release and hold harmless Swan City FC, its members, the Club Coordinator, Technical Director, the member of the executive, all coaches, and any and all other of their agents, servants, and/or employees and agree to indemnify each of them from any claims, costs, suits, actions, judgment, and expenses arising from our child's participation in Club athletics.
- 11) I/We hereby give our consent and authorize Swan City FC and its agents, servants, and/or employees to consent on our behalf and on behalf of our child, to emergency medical care and treatment in the event we are unable to be notified by reasonable attempts of the need for such emergency medical care and treatment.
- 12) I/We hereby give our consent to allow any pictures or videos of my child to be used to promote the club through our website, posters, advertising, etc.

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Print Parent #1 or Legal Guardian

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Signature of Parent #2 or Legal Guardian

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Date

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Print Parent #2 or Legal Guardian

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Signature of Parent #2 or Legal Guardian

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Date

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Team Name



## **PLAYER CODE OF CONDUCT CONTRACT FOR SWAN CITY FC**

Prior to signing parent and player must Review the SCFC Handbook carefully (front to back), complete Information as requested, affix signatures, and return the completed contract/permission form to the Coaching staff.

- 1) I understand the commitments and expectations laid forth in the Team Handbook and agree to diligently follow them.
- 2) I will do my very best to maintain a high level of academic achievement.
- 3) I will always exhibit a high level of sportsmanship at all practices, friendlies, and competitions.
- 4) I will respect match officials and team officials decisions during game play.
- 5) I will follow appropriate procedures in communicating concerns to coaches in a respectful matter.
- 6) I understand that I will be expected to attend practices in order to optimize my skill development and in turn my playing time during competitions. In the event that a practice needs to be missed I agree to supply a reason with as much notice as possible.
- 7) I understand that it is my responsibility to come to practice and competitions prepared and ready to play. I agree to be an active participant in my own injury prevention by stretching and warming up as soon as I arrive at the field in addition to any team warmup that has been prepared.
- 8) I agree to provide maximum effort at each and every practice and competition to enhance the unity of my team, evolve my skill development and set an actively positive example for my teammates.
- 9) I understand that I am partaking in a club athletic activity and that, consequently, all Alberta Soccer Association expectations, rules and policies apply.
- 10) I realize that being a member of Swan City FC makes me an ambassador of Grande Prairie, Alberta on the local, provincial, national and international scenes. My behavior will show respect towards this privileged responsibility.

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Print Athlete Name

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Signature of Athlete

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Date

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Team Name