



Parent/Player Handbook
Juniors Recreational Program
Spring 2022

Our Mission - to develop both excellent soccer players and responsible citizens, using soccer as a vehicle for changing kids' lives.

Welcome to Capital FC

We are pleased that you have decided to participate in what we hope will be an enjoyable and rewarding soccer experience for you and your child.

Over the years we have enjoyed many successes with our involvement in youth soccer. We have learned one key ingredient of success is clear, consistent communication between the Club and its Teams, Coaches, Players and Parents.

This player/parent handbook has been put together to answer some of the recurring questions about the Club, its philosophy, and the Club policies in a number of different areas.

As you have committed to become a member of Capital Futbol Club, please take the time to read the following pages carefully.

If at any time you have any questions regarding this material, or something arises not covered in this material, please feel free to contact the Club.

Our Mission

Capital FC exists to develop both excellent soccer players and responsible citizens, using soccer as a vehicle for changing kids' lives.

We are more than a soccer club.

Our Vision

We want to see:

- BETTER SOCCER - leading the way in delivering professional, developmental, player-focused soccer programming for kids of all ages.
- BETTER PEOPLE - using soccer as a tool to develop "championship citizens."
- STRONGER COMMUNITY - using soccer as a way to create a diverse, strong, connected, and caring community.

Our Values

Competition - we believe that competition - striving to be your best - creates enjoyment and ultimately provides a platform for teaching all kinds of life lessons.

Collaboration - we are strongest when we work together on and off the field.

Creativity - we believe in innovation, trying new things, and expressing our gifts

Character - "Be more concerned with your character than your reputation, because your character is what you really are, while your reputation is merely what others think you are." - John Wooden

Our Philosophy

Our club philosophy serves as a guiding principle for coaches, players, and parents across all age groups. At Capital FC, we seek:

1. To develop skilled, confident, creative, smart players
 - Autonomous players with a positive approach in attack/defense.
 - Focus on proper technique, especially in the formative ages (U6-U12).
 - Focus on good decision making/insight into the game, more and more as players get older.
2. To value winning but not more than character or performance
 - Focus on long-term development over short-term results.
 - Maintain positive character and promote a fair, competitive spirit throughout all competitions.
3. To create an environment that fosters hard work and ambition to improve
 - For players - serious fun - a combination of positive environment and challenging practices that generate internal motivation and effective learning.
 - For parents - openness to learn to be a good supporter of your child's development throughout their time at CFC.
 - For coaches - ambition to improve individually as well as collectively as a team of staff coaches.

Timbers Alliance

The Adidas Portland Timbers Alliance is a strategic partnership with elite local youth clubs in the Portland Timbers' development territory, designed to build unique working relationships and development opportunities to help channel the top youth players towards the Timbers' development programs and the Timbers Academy.

As part of the alliance, the Timbers share coaching resources and curriculum with Alliance clubs in the development of both boys and girl's youth players. Additionally, youth clubs in the Alliance will be allowed the unique privilege of

incorporating the Timbers brand into their club name and wear a special adidas Timbers Alliance badge as part of the uniform. On the field, each alliance club will wear the same jerseys in recognition of the partnership with the Timbers. The Timbers Alliance has even stretched out to Idaho, with Boise Nationals FC and Sting Timbers FC joining in Fall 2016.

Other Alliance Clubs: Washington Timbers, Eastside Timbers, Westside Timbers, Bend FC Timbers, Rogue Valley Timbers, Eugene Timbers FC, Boise Nationals FC Timbers, Sting Timbers FC (ID)

Juniors Program Summary

The Capital FC Juniors Program is a technical development program for youth soccer players brought to you in partnership with Coerver® Coaching, “The world’s number 1 soccer skills teaching method.” Every component of the program is aimed at developing confident and creative players while teaching essential social skills such as good sportsmanship and respect.

Program goals:

- To help children develop self-confidence and a love of soccer.
- To develop important foundation skills with a focus on ball mastery, striking/shooting, and how to play in small-sided games.
- To develop listening skills, extended concentration, speedy reactions, as well as core social skills of communication and cooperation.
- To introduce basic attacking/defending concepts in 2v2, 4v4, and 7v7 formats during game play.

Team Selection and Organization

Following the closure of registration, Capital FC will organize players into teams based on the following criteria: In no particular order

1. Requests made by parents during registration (**limited Roster space available**)
2. Geographical Location of Participants
3. Available number of volunteer coaches
4. Available roster spaces per team
5. Date of registration

Capital FC must consider all these criteria when placing players on rosters. Because of the large variety of factors determining team assignment, the club cannot guarantee placement of a player on a certain team.

Regardless of team placement, the club will do its best to give each player the best developmental experience possible.

Registration after deadline

Capital FC may allow late registrations when the following conditions are met:

1. A \$25 late fee will be added to the program cost
2. There is room on an existing team for an additional player

If there is not room on a roster for a late registration, the player will be placed on a waiting list and called if, for some reason, a player drops out and opens space for them to play.

Coerver Academy

Coerver Academy is the heart of Capital FC's Juniors program. Coerver is recognized as the world's number 1 soccer skills teaching method and focuses on individual skill development.

Kinder and 1st Grade players will have Coerver coaches run their sessions during the week. For 2nd-8th grade players, Coerver is an optional portion of the program. Instead, the concepts and drills are shared with the coaches, and Coerver trainers work directly with volunteer coaches to assist them.

Playing Up

Players in the Juniors program must register in their appropriate age group. This is best for the health of the club and the development of all players in the club. However, exceptions can be made for players if:

They fall under the "same-grade exception" policy. This allows players to play with their classmates. OR They are exceptionally talented and are not being challenged in their age group.

If a player desires to play up an age group, they should first register in their actual age group. Then, an email must be submitted to office@capitalfctimbers.com including info about the player (birthdate, actual age group, and requested age group) as well as the reason for the exception.

If the request falls under "same-grade exception," the club will move the player up at the time of assigning teams.

If the request falls under the “exceptionally talented” category, a letter of recommendation must be submitted from their last coach to the Program Director (office@capitalfctimbers.com).

If the letter of recommendation is accepted, the club administrator will move the player up at the time of assigning teams.

Volunteer Coaches

Capital FC’s Juniors Program relies on the help of volunteer coaches. In order to become a volunteer coach at Capital FC, the coach must:

- Complete and pass a background check through Oregon Youth Soccer Association
- Attend the mandatory volunteer coaches training prior to the season’s start date.

Volunteer coaches represent Capital FC - therefore the club will do everything it can to help assist these coaches and make them successful with their teams.

Practice location/frequency

Volunteer coaches will provide at least one practice per week during the Juniors season.

The location and time of the practice are decided by the team’s volunteer coach. However, location and time must not exclude any players on the roster (i.e. practicing at a specific school at a 3:30pm when not all families can get their kids to that school at that time).

Requesting to change rosters

After starting with one team, some players may decide the team they were placed with is not a good fit. Families may request to change rosters within two weeks of the first Academy date if the reason for the request is deemed valid by the Juniors Program Director.

Cancellation

If you sign your child up for soccer, and they are not able to participate, please notify CFC as soon as possible. Refunds will be given minus a \$25 cancellation fee prior to the first day of games. Once games have started, no refunds will be issued.

Playing Time in Games

Although playing time will vary from player to player, all players should be on the field for at least 50% of the game. This follows with the developmental philosophy of the club.

In addition, over the course of the season, players should play a variety of positions to encourage development and understanding of the game.

Parent/Spectator Behavior

Capital FC desires to create a culture of development, fun, and positivity for our Juniors players. Verbal or Physical abuse of referees or players by parents, coaches, or any spectators will not be tolerated. Verbal or Physical abuse of any referee or player will result in immediate removal from the CFC complex by CFC staff. Capital FC strives to have a safe learning environment for everyone involved including our referee's.

Should there be a referee complaint, coaches or spectators can submit written feedback for that official to office@capitalfctimbers.com. All feedback will be directed to The Director of Youth Referee Academy and appropriate communication will occur with the official in hope of learning and growth for the official.

Parents/Spectators will be allowed to be on the same sideline as their team. They are not allowed to be seated or standing behind the team bench. All Parents/Spectators must adhere to the current COVID19 directives of the club. Parents/Spectators are encouraged to visit the CFC website for the most up to date COVID19 restrictions or contact their head coach. Also, parents/spectators need to sit 2-3 yards off of the sidelines, to ensure players going out of bounds don't injure themselves while trying to keep the ball in play.

Concussion Policy

A concussion is a brain injury. Concussions are caused by a bump or blow to the head and can be serious. Even a "ding," "getting your bell rung," or what seems to be a mild hit to the head can be serious. You can't see a concussion. Signs and symptoms can appear immediately after the injury or sometimes not until days or weeks later. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, it's important to seek medical attention immediately.

Oregon Law requires all Capital FC volunteer coaches to receive training on concussions. When a coach recognizes that one of the players is showing the signs or symptoms of a concussion after a blow to the head or body that they

have observed or otherwise become aware of, they have two mandated responsibilities according to Oregon Law:

- Remove the player from participating in the practice or game; and
- Keep the player from participating until at least the next day when you have received a medical release for the player and the player is no longer exhibiting signs or symptoms of concussion.

Recreational Program League Rules

Our league rules, field size, and roster size have been put in place to maximize the overall experience and development of players. Games should be fun, fast, and entertaining for families. Emphasis should be on player development, sportsmanship, competition, and fun

<u>Grade</u>	<u>Players</u>	<u>Roster</u>	<u>Field Size</u>	<u>Ball Size</u>	<u>Time</u>
Kinder	4v4 (no GK)	5-8	25 x 35	3	2x20 min
1st	4v4 (no GK)	5-8	25 x 35	3	2x20 min
2nd/3rd	7v7	9-11	40 x 60	4	2x25 min
4th/5th	9v9	11-16	50 x 80	4	2x25 min
6th-8th	11v11	13-18	Full	5	2x30 min

Modifications Kinder to 3rd grade

Build Out Line:

The Build Out Line will be the centerline at all fields. At the taking of a Goal Kick or when the goalkeeper takes possession of the ball in his/her hands, the opposing team must retreat quickly to behind the build-out line (half line) and remain there until the goalkeeper distributes the ball by throwing or passing or place-kicking the ball. The ball is not in play until either a teammate of this goalkeeper touches the ball, or the ball directly crosses the Build Out Line (half-line).

If a defending player is nearer to the opponents' goal than the Build Out Line when the ball is distributed, then the goal kick will be retaken. Note: if the goalkeeper **deliberately distributes** the ball before opposing player(s) have retreated behind the Build Out Line they do so at their own risk.

No Goalkeeper Punts:

A goalkeeper who has taken possession of the ball in his/her hands may not put the ball in play by punting or drop-kicking the ball. If a goalkeeper punts or drop-kicks the ball, the opposing team is awarded an indirect free-kick from the spot of the offense. If the punt occurs within the goal area, the direct free kick should be taken on the goal area line parallel to the goal line at the nearest point to where the infringement occurred.

Throw-ins:

Kinder and 1st grade will have kick-ins from the location where the ball crossed the sideline.

2nd and 3rd graders will use the normal throw-ins and must keep both feet on the ground and ball must be thrown-in from above the players head.

Headers:

No Deliberate Headers. A player may not use his/her head to play the ball. The infraction consists in deliberately playing the ball with the head. If the referee determines that the ball struck a player in the head when the player is not trying to play the ball, the referee will allow the play to continue. The penalty for playing the ball using the head is a direct free kick at the spot of the infraction. If the infraction is committed within the goal area, the direct free kick will be taken from the goal area line parallel to the end line at the nearest point to where the infraction occurred.

Free Kicks:

All free kicks are direct.

“Wall” distance for direct free kicks:

All “walls” must be at least 8 yards away from the ball.

Penalties:

There are no penalties are given for Kinder through 3rd grade. A direct free kick is awarded from the nearest point outside of the penalty area.

Offsides:

There are no offsides in Kinder through 3rd grade.

Pass backs:

Pass backs are allowed at the 2nd and 3rd-grade level. The goalkeeper is able to pick up the pass received directly from their teammate. The opponent team must retreat back to the build out line up until the pass is redistributed.

Score differential:

If the game has a four-score differential, the opposing team may add an additional player onto the field. The additional player must be pulled off if the game sways drastically in their favor. (*i.e. Team A is up 4-0 after the addition of an extra player Team B now is at 4-2, Team B will take their extra player off*)

Substitutions:

Unlimited substitutions are permitted with the permission of the official. All substitutions should be requested and allowed by the official prior to the restart of the match.

Modifications for 4th to 5th Grades

Offsides:

There will be offsides at the 4th and 5th grade level.

Pass backs:

There are no pass backs allowed at the 4th and 5th-grade level. The infraction will be a direct free kick at the location parallel line of the infraction.

Free kicks:

Free kicks will all be direct free kicks.

“Wall” distance for direct free kicks:

All “walls” must be at least 10 yards away from the ball.

Penalties:

Will be informed using IFAB/FIFA kicks from the mark procedures.

Build outline:

At the 4th and 5th-grade levels there **WILL NOT** be a BUILD OUTLINE to enforce.

Headers:

No Deliberate Headers. A player may not use his/her head to play the ball. The infraction consists in deliberately playing the ball with the head. If the referee determines that the ball struck a player in the head when the player is not trying to play the ball, the referee will allow play to continue. The penalty for playing the ball using the head is a direct free kick at the spot of the infraction. If the infraction is committed within the goal area, the direct free kick will be taken from the goal area line parallel to the end line at the nearest point to where the infraction occurred.

No Goalkeeper Punts:

A goalkeeper who has taken possession of the ball in his/her hands may not put the ball in play by punting or drop kicking the ball. If a goalkeeper punts or drop kicks the ball, the opposing team is awarded an indirect free kick from the spot of the offense. If the punt occurs within the goal area, the direct free kick should be taken on the goal area line parallel to the goal line at the nearest point to where the infringement occurred.

Score differential:

If the game has a four-score differential, the opposing team may add an additional player onto the field. The additional player must be pulled off if the game sways drastically in their favor. (i.e. Team A is up 4-0 after the addition of an extra player Team B now is at 4-2, Team B will take their extra player off)

Substitutions:

Unlimited substitutions are permitted with the permission of the official. All substitutions should be requested and allowed by the official prior to the restart of the match.

Modifications for Middle School:

Offsides:

Offsides will be enforced at the Middle School-age.

Free Kicks:

Indirect and Direct Free Kicks will be administered per the infraction that was committed.

Score differential:

If the game has a four-score differential, the opposing team may add an additional player onto the field. The additional player must be pulled off if the game sways drastically in their favor. (i.e. Team A is up 4-0 after the addition of an extra player Team B now is at 4-2, Team B will take their extra player off)

Substitutions:

Unlimited substitutions are permitted with the permission of the official. All substitutions should be requested and allowed by the official prior to the restart of the match.

All IFAB/FIFA rules apply to the Middle School Program.

**** Club officials have the authority to modify any laws of the games to ensure the quality experience and safety of the children. ****



CAPITAL FC TIMBERS

MORE THAN A SOCCER CLUB



TEAMXSTREAM