



COSUMNES
COMMUNITY SERVICES DISTRICT

2023 Youth Soccer Coach's Meeting

May 18, 2023 | COSUMNES COMMUNITY SERVICES DISTRICT



Our Mission

The Cosumnes CSD is dedicated to enhancing the quality of life of the residents, businesses, visitors, and employees within our diverse community by protecting lives, property, and the environment through superior fire suppression, emergency medical services, fire prevention, and special operations response; and by providing parks and recreation services through well-maintained parks and recreational opportunities for health, wellness, and social interactions.

Our Vision

Be an innovative, inclusive, and intentional, regional leader committed to providing exceptional services that exceed expectations and enhance the quality of life of those we serve.



Our Values

Safety & Mitigating Risk

We protect District employees, as well as mitigate risk and exposure of the District and public.

Financial Responsibility

We are an accountable, transparent, and stable Agency as we provide quality services through progressive innovations.

High-Quality Workforce

We develop and train a high-quality workforce with emphasis on professionalism, diversity, equity and inclusion, succession planning, competency, and organizational growth.

Service to the Community

We deliver the highest levels of service to the residents, visitors, and businesses within the District.

Diversity, Equity & Access

We ensure diversity, equity, and inclusion in all aspects of district work.

Youth Soccer Coach's Meeting

May 18, 2023

Meeting Agenda

COSUMNES
COMMUNITY SERVICES DISTRICT

Meeting Agenda

- Concussion Protocol
- Goals
- Important Dates
- Roster Access
- Practice Overview
- Game Day Overview
- Rules



Youth Sports Concussion Policy

Cosumnes CSD recognizes the potential danger and long-term health consequences of this often difficult to diagnose form of traumatic brain injury. This policy is intended to provide easy to understand guidelines related to participants who have been diagnosed with or are suspected of having a concussion.

This policy applies to all Cosumnes CSD Youth Sports programs and is for all players, coaches, parents, staff and officials.

Removal from Play Policy – “When in Doubt, Sit them Out”

If a participant exhibits any signs, symptoms, or behaviors that he or she may have had a concussion, that athlete must be removed from all physical activity for the remainder of the day. The participant’s parent or guardian must be informed that they had a suspected concussion and what signs or symptoms were observed and any treatment that was provided.

*Whenever there is an apparent head injury, CSD staff will call 911 to have the participant(s) checked on. The participant or their parent or guardian may refuse treatment from emergency personnel once they arrive.

Return to Play Policy

Following a suspected concussion, the participant can only return to play with permission from a health care professional and a written clearance to return to athletic activity.

Concussion Information Sheet

A concussion information sheet will be supplied to all coaches, parents, players and staff detailing the definition of a concussion, how to prevent concussions, signs and symptoms of a concussion and what to do if a child has a suspected concussion. All parents, coaches and staff must sign stating that they have read and understand the concussion information sheet.

Concussion Training – CDC Heads Up Concussion Training

All coaches and staff must complete the online concussion training provided by the CDC Heads Up Concussion program. <https://headsup.cdc.gov>

Youth Soccer Coach's Meeting

Goals



- Teach our participants, teamwork and good sportsmanship in a safe and fun environment
- Provide the same quality experience for every participant in our program, regardless of skill.
- Prioritize and value the fundamentals over the result.

Youth Soccer Coach's Meeting

Important Dates



- May 22nd – May 25th – Contact Players
- May 30th-June 2nd – First Practices
- June 3rd – Picture Day
- June 10th – First Games
- Last Game – July 29th

Youth Soccer Coach's Meeting

Roster Access



[Cosumnescsd.gov/register](https://cosumnescsd.gov/register)

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Youth Soccer Coach's Meeting

Updated 11/21/22

2023 CSD Youth Soccer

IF YOU WANT TO TAKE AN OPEN TIMESLOT PLEASE CONTACT LEAGUE COORDINATOR

2023 SEASON PRACTICE SCHEDULE

AT LAGUNA COMMUNITY PARK

EACH FIELD CAN HAVE TWO TEAMS ON IT

Day	Time	Field # 1	Field # 2	Field # 3	Field # 4	Field # 5	Field # 6
Monday	5:00						
	5:30						
	6:00						
	6:30						
Tuesday	5:00						
	5:30						
	6:00						
	6:30						
Wednesday	5:00						
	5:30						
	6:00						
	6:30						
Thursday	5:00						
	5:30						
	6:00						
	6:30						
Friday	5:00						
	5:30						
	6:00						
	6:30						

If signed up on the same field, with a team in the same division, teams are welcome to share the whole field. To be determined by both coaches.

Youth Soccer Coach's Meeting

Gameday Overview



[Teamsideline.com/Cosumnes](https://teamsideline.com/Cosumnes)

Game Times: 8am, 9am, 10am, 11am, 12pm

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Youth Soccer Coach's Meeting

Soccer Clinic Day



Feedback

- How did it go?
- Customer feedback?
- Any general improvements to clinic days?



Captains' Meeting #3

May 01, 2023