



2024 Fall
Kick Start Soccer League
Coach Packet



Welcome to the 2024 Fall Kick Start Soccer League!

Coach Expectations

As a coach you are looked upon as a teacher, leader, role model and parental figure by the players on your team. Do not underestimate the effect and influence (positive and negative) you can have upon a child. In coaching young players, winning or losing should be the least important thing for both you and the players. Soon enough, children will be exposed to the competitive nature of sports. Your goal should be to teach the children about the actual sport and instill upon them a love for the game. If your players enjoy themselves and want to play again next season, you should consider yourself a SUCCESSFUL coach.

COACH CODE OF CONDUCT

As a coach within the New Lenox Community Summer Kick Start Soccer League, you agree to follow the code of conduct below:

- As a coach, I understand I am a role model and will be held accountable to a code of behavior.
- Place the emotional and physical well-being of the players ahead of a personal desire or external pressure to win.
- Do my best to provide a safe playing environment for all children.
- Lead by example by demonstrating fair play and sportsmanship to all involved.
- Provide a sports environment for my team that is free of drugs, alcohol, tobacco, and abusive/inappropriate language.
- Respect the game and communicate with league officials in an appropriate manner.
- Be knowledgeable of the league rules and regulations.
- Encourage team members to play by the rules and respect the rights of other players, coaches, fans, and officials.
- Be responsible for my own behavior and the behavior of my team members, their parents, and fans.

Failure to comply will result in disciplinary actions being taken to resolve the issue. Actions may include but are not limited to verbal warnings, ejections and/or suspensions. Incidents will be handled how staff deems appropriate based on the severity of the incident.

Coach Responsibilities

As the coach or coaches for the team you are responsible for the following:

- Being present at every game or coordinating with another parent or coach to take your spot.
 - If you are unable to find a replacement, contact me right away. I will help you with contacting the team to find you a replacement. If no one steps up, an NLCPD staff member will coach the team for the day.
 - If you are listed as the only coach for the team, ask the rest of the parents to help you out. Parents typically help as the season goes along once they see how easy it is.
- Coaching the team on game day and teaching the basic skills.
- Knowledge of the league rules. These rules are posted on the Team Sideline website.
- Communicating with the rest of the team for league details.
- Please let Supervisor know if there is a player on your team you are having issues with. (Not attending practices, bad behavior, etc.)

Fall Kick Start Soccer League Rules

As the coach you are responsible for knowing the rules for the league. The rule book can be found on the Team Sideline website under the “Downloads” tab.

Team Information

Team Rosters will be emailed to the coaches before the season. **You have until Friday, September 6 to contact the families of your team.** When contacting your team, go over the following information:

- Team Number & Name – listed on the Team Roster Sheet
- Confirm their contact information.
- Give them the contact information for the coaching staff.
- Confirm they have read the “2024 Fall Kick Start Soccer League Parent Packet”. This can be found in the “Downloads” tab of the Team Sideline website. This has also been sent out in an email to the entire league.
- **Please don’t share the contact information from the roster with the entire team. The information on the roster is just for the coaches.**

Uniforms

I will notify you when the jerseys can be picked up from the Administration Building (701 W. Haven Ave). Coaches will need to pick up the jerseys for the entire team, parents should not be picking up their child’s individual jersey. On the first day of the program, coaches will be required to pass out the team uniforms. When passing out the uniforms, use the team roster in the bag to make sure the players get their correct size. If a player is not present, hand the jersey back to the staff and tell them whose it is. The family can then meet the staff at the next day of the program to pick it up.

Parent Meeting

At the first day of the program, you as a coach should conduct a Parent Meeting during your team’s scheduled start time. Parent Meetings are vital to a successful season as it makes you more approachable as a coach and the parents can feel more connected to the team. At this parent meeting, here are some details to go over:

- Introduce yourself to the parents and let the parents introduce themselves to the team
- Set up a group chat with the team
 - This will make it much easier to communicate with everyone.
- Explain your values of a coach and your goals for the season
- This is a great time to ask for more help!
 - Maybe there will be a day that you cannot make.
- Many teams start a snack rotation for the players after their game. (This is not required!) But this a good opportunity to discuss it and any dietary restrictions or allergies that the players may have.

1st Day of the Program

The first day will consist of a 45-minute session that will include the following:

- Parent Meeting
- Passing out Team Jerseys
- Team Practice
- During the practice, each team will have half a field to work on the fundamentals of the sport.

MOJO SPORTS

MOJO SPORTS is a free app for coaches that helps you plan age-appropriate practices for your team at the tap of a button. To download the app, search MOJO Sports in your phone's app store. Once you download the app, it will ask you some questions regarding your team's age and roster size. After you create your team, it will automatically generate practice plans specifically tailored for your team's needs.

Game Day & Equipment

After the first day of the program, teams will have a 10-minute warm-up and then play two 15-minute halves with a 5-minute halftime. During the 10-minute warm-up, focus on easy fundamental drills to get the most out of your time. Soccer balls will be brought out to the field each day. Make sure to put the soccer balls back into the goal after your game. If any ball is flat, notify a NLCPD staff member so we can fill it up.

Weather Cancellations

In the case of inclement weather, cancellations will be posted on the following platforms:

- NLCPD Facebook Page – www.facebook.com/NLCPDPage
- NLCPD Team Sideline website – www.teamsideline.com/sites/newlenoxparks/home
 - It will be listed under the "Cancellations" logo

Due to the high volume of players within the league, phone calls for cancellations will not be made. Depending on the time of the cancellation, an email may or may not be sent. If a cancellation occurs, we ask the coaches to send a group text to the team, so everyone is notified. Games will be played in light to medium rainfall. If you hear thunder or see lightning while at the field, notify the staff immediately. If there is extreme heat/cold or consistent rainfall, the game may be shortened if both coaches agree.

Picture Day

Picture Day is scheduled for Sunday, September 29 at Lincoln-Way Central High School. The schedule for your team's picture time will be emailed prior to this. To order pictures, you will order them through an online link provided later in the season. All pictures will be shipped to the address listed on the order.

Trophies/Medals

Trophies or medals will not be given out to the players at the conclusion of the season. We ask that coaches do not do this on their own either as it creates confusion to other players and parents that they were given by the Park District. If you would like to do your own end of season celebration, please do this off-site.