



BUFFALO  
GROVE  
PARK  
DISTRICT

## INTERESTED IN BECOMING A VOLUNTEER SOCCER COACH?

The Buffalo Grove Park District relies on volunteers for the success of its Recreation and Athletic Programs. Below is information for people interested in becoming a volunteer soccer coach at the Buffalo Grove Park District. You may also contact Chris Eckert at 847.850.2123 or [chris@bgparks.org](mailto:chris@bgparks.org).

### **SOCCER SEASON (SPRING & FALL)**

Spring soccer practices begin in March/April. Official soccer games begin in April and the season concludes in May/June with rainouts possibly extending the season. Fall soccer practices begin in August. Official soccer games begin in September and the season ends in October/November with rainouts possibly extending the season.

### **COACHING APPLICATION & ASSISTANT COACHES**

All head coaches must fill out a coaching application which is available at the Alcott Center with the soccer registration forms and on the website. Coaches that are picked to be head coaches are allowed to choose a maximum of two assistant coaches. We do not assign assistant coaches.

### **COACHES MEETING (SPRING & FALL)**

Before the season begins, the Park District will have a mandatory coaches meeting at the Alcott Center (530 Bernard Dr. Buffalo Grove, IL 60089). During the meeting, schedules, rosters, practice field permits, field maps, first aid kits, rules will be given to the coaches and various other soccer items will be discussed. A hands-on coaches training is available (mandatory for all new coaches) at the beginning of each season to help you teach the fundamentals of soccer and learn specific age appropriate drills.

### **NYSCA & ANTI-BULLYING TRAINING**

All coaches are required to be NYSCA (National Youth Sports Coaching Association) certified and take the NYSCA anti-bullying course in order to coach. These sessions help coaches understand the philosophy of youth sports and how to coach young athletes without unnecessary pressures as well as how to deal with bullying. The training courses are offered online and the certifications last for one year. The NYSCA cost is \$20 and will be reimbursed by Park District after showing proof of completion.

## PRACTICES

Practices are held once a week at a location and time selected by the head coach. Practice field request forms are available at the Alcott Center and website during soccer registration. Selection on field locations and times is handled on a first-come, first-served basis. Coaches may have two practices a week, but only one practice is mandatory for the players to attend. Practices can be 1 to 1.5 hours long per day.

## COACHES / PARENTS MEETING

Hosting a parent/coach meeting is always in the best interest of the coach and everyone involved with the team. During the meeting coaches can find out possible assistant coaches (if needed) or other ways parents can help during the season. Team and league rules can be explained to the parents as well as handing out schedules, what parents/players can expect from you as a coach, and what you expect from the players and parents during the soccer season. A parent/team meeting can be held at the Alcott Center (must be scheduled by Park District staff a week in advance), before or after practice, or another location that works best for everyone involved.

## GAMES

All games are scheduled and played at Willow Stream Park and Buffalo Grove High School. Games are played usually once a week, every Saturday (beginning at 9 am) or Sunday (beginning at 1 pm). Some teams may play Saturday and Sunday in one weekend and some teams may have a BYE for the weekend. Some teams will also play night games during the week.

## UNIFORMS

Player uniforms will be available before the first game of the season. Parents that need to exchange uniforms due to size discrepancies may do so at the Alcott Center during regular business hours.

## EQUIPMENT

First aid and Coaches shirt are supplied. Goalie jerseys and game balls are available on game days at the Willow Stream Shelter #1 and must be returned after each game. Coaches may provide a soccer ball for practice and games and cones, if needed for practice.

## PICTURES & TROPHIES

Pictures are taken each soccer season. Date and location of the pictures will be given to the coach at the coaches meeting. The exact time of your team's pictures will be mailed directly to the coach from the photography studio. Every player receives a trophy at the end of the season. Pictures and trophies are given to the coach before the last game of the season to hand out to your players.