



**SA UNITED
SOCCER CLUB
HANDBOOK
09/10 Season**

Preface

The SA UNITED Soccer Club handbook contains information regarding operating procedures, communication procedures and other necessary information to insure a successful parent/player/manager experience. If you have any questions, please refer first to the handbook. Hopefully, most issues pertaining to SA UNITED Soccer Club operations are addressed in the handbook. If you need further assistance, please feel free to contact the SA United office.

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Your choice to be a part of the SA UNITED Soccer Club is an excellent decision. It is the club's ultimate goal to provide its players the crucial training required to excel in the fundamentals and skills of soccer.

Welcome to SA United Soccer Club.

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OVERVIEW OF SA UNITED SOCCER CLUB

INTRODUCTION TO SA UNITED SOCCER CLUB

SA United works to bring players together to form strong and spirited teams that will become part of a reputable club! The trainers are committed to making our young soccer players stronger and faster, and will strive to enhance their skills, technique and tactical awareness on the playing field. We impress upon our players the value of strong work ethic, team work, respect towards others, honesty, integrity and perseverance during good times and bad. SA United's most important philosophy is the need to be part of a club which cares about and encourages team unity within a fun and rewarding atmosphere for all involved. While player development and competition at the highest level are the club's primary objectives, the club also focuses on the many other objectives in soccer. Our professional training staff and our volunteer team, comprised of parents and managers, strive to instill values that not only will last throughout the player's soccer career, but throughout their lifetime. Winning is the result of an exceptional program. We believe that our players will gain that competitive advantage by offering them a quality program of unmatched value. Participation is open to male and female players, ages 8-18.

BACKGROUND

SA United SC was formed in late spring of 2005, under the direction of Jay Sparrow. The club was fortunate to get off to a great start with participation as the five teams trained by World Wide Soccer at the time decided to become SA United teams. Our aim is to become one of the premier soccer clubs in San Antonio. We offer competitive-level soccer and Academy-level soccer for players aged 8 through 18 years. The club started with just 5 teams, we now boast 6+ Developmental teams and 19 competitive teams that represent SA United Soccer Club. That number will continue to grow as we work towards our target: two teams at each age group for each gender.

PHILOSOPHY

The primary goal of SA United SC is to provide all players with training and opportunities necessary to attain the highest level of skill. This is achieved by using professional trainers who have extensive playing and coaching backgrounds, with the ability to train effectively and motivate youth players. Good sportsmanship, team and club commitment, excellent work ethic and the desire to learn and be successful are essential in achieving top levels of play. More specifically, we aim to prepare our players and teams to compete at the regional and state levels. The final stage is to assist our players into high school and college soccer programs and to help them receive athletic scholarships.

The club is self-supporting, operating on fees charged to our players, money collected during fund-raising activities, and donations or grants made by individuals, businesses and other entities.

CLUB STRUCTURE

The SA United SC Board meets on a monthly basis in order to discuss issues pertaining to the administration of the club. The club's professional trainers are hired and supervised by the club's Director of Coaching, Jay Sparrow. Jay is assisted in his efforts by the Assistant Director of Coaching, Michael Yates and the Director of Youth Development, Sally Stewart.

The long term plan is to have two teams at each age group, U9-U18, for both boys and girls. Each team will be assigned to one member of the professional training staff. This trainer is responsible for training the team twice per week and attending as many games as possible over the weekends.

COMMUNICATION

Communication is critical to the success of any organization regardless of its size. We will provide numerous avenues for members to obtain all the necessary information, the most accessible of which are this handbook and our website, www.saunitedsoccer.com. We will also send out a monthly news letter that will update our members on upcoming events and important announcements.

If you have questions concerning team playing time, player positions, strategy etc., the team's trainer is the first person to speak to. If your question or concern is not resolved by the trainer, then you may contact the designated team manager. The protocol is to contact the manager and/or trainer to set up a meeting to discuss the problem/concern. Concerns and/or constructive criticism are welcome, but should be expressed away from players, other parents, training sessions and games.

We mandate a team meetings with the team manager, team trainer and all players/parents prior to the start of both the spring and fall seasons. Obviously, some teams may require additional meetings for a variety of reasons (i.e. preparation for an out-of-town tournament). Most issues should be resolved at these meetings.

Following the fall season, all parents/players can complete evaluation forms for both the team trainer and team manager. In addition, suggestions on how to improve the club are most welcome. We take all feedback seriously as we strive for excellence on and off the field.

PARENT PARTICIPATION

One aspect of our organization is the continuous need for volunteers to fill roles as organizers and participants in special events as well as the general operation and administration of the club. Aside from our professional training staff, SA United SC consists entirely of volunteers who dedicate a considerable amount of their time to make sure the club functions smoothly and provides the best environment possible to players and parents. Volunteers act as team managers, team moms/dads, event planners, board members, etc., helping with activities at both the club and team level. Without volunteers, the club could not exist.

We encourage parents to become involved in the activities of the Club. If you are interested in helping, please contact your team manager or a member of the SA United Board.

OUR MEMBERS

TRAINING STAFF

SA United is fortunate to have a highly qualified team of training staff. All of our trainers have extensive playing and coaching backgrounds. Our trainers are committed to improving their own coaching ability by attending courses and participating in the World Wide Soccer team training program.

The club's trainers are hired and supervised by the Director of Coaching, Jay Sparrow. It is the responsibility of the Director of Coaching to make team-trainer assignments each season. Duties and responsibilities of the training staff include:

1. Conducting club tryouts in May. The Directors of Coaching, the training staff are responsible for team selections. The final decision shall rest with the Directors of Coaching.
2. Hold at least 2 parent meetings with the team manager per year (1) ASAP after May tryouts, or when training starts in early August and (2) in January if needed.
3. Plan and conduct training sessions for all assigned teams during the year.
4. Be available to attend as many scheduled, regular season games each weekend as possible. If coaching a team other than their own and they are familiar enough with the players, the trainer should perform duties on the sideline to assist the team's manager (decide on player positions, substitutions, pre game and half-time talk etc.).
5. Be available to attend approved tournaments both locally, and out of town. To cover as many SA United SC teams as possible, trainers may be required to attend teams games for teams other than their own. If unfamiliar with the players, the trainer should act as an assistant coach providing guidance to the team manager.
6. Be available to answer questions, resolve problems, etc. with team members and/or their parents.
7. Wear appropriate uniform at all times. All trainers are provided with full uniform.
8. Continually develop as a soccer trainer through national coaching courses and clinics.
9. Trainers are to act in a professional manor at all times. Trainers are to represent the club at all times and strive to develop the players of SA United SC.

TEAM MANAGERS/COACHES

Team managers are selected by the Directors of Coaching and the SA United Board. The team manager is one of the most visible representatives of SA United SC and must provide positive, motivated leadership for the team. A good team manager has a fundamental understanding of the game of soccer, but is willing to listen and learn from the assigned trainer. He/she must also be a good role model for our soccer players. Our players need and deserve the best. Positive examples are a must! A team manager commitments and responsibilities include:

1. Support the policies of the club and the decisions of the Directors and trainers.
2. Actively support the trainers, and their efforts concerning player development, playing philosophy and team organization.
3. Act as a link between the trainers and the players/parents. Communicate club activities, business, decisions, policies and philosophy to all team members.
4. Promote the club and recruit players.
5. Be responsible for the day-to-day activities of the team.
6. Enforce SA United SC standards of behavior for players and parents.
7. Set an example of sportsmanship and behavior for all players/parents consistent with the policies of SA United SC.
8. Help to collect fees for tournaments as well as other club events.
9. For U15 & older teams, assist in the effort to market the team's players to college coaches.

PLAYERS

The following is SA United SC policy concerning player commitment and conduct during training and games. In the most general sense, the Club expects to develop and maintain a tradition of excellence. We feel that it is important to have positive recognition as SA United SC through exemplary dress, behavior, and playing style, among other things. SA United SC intends to set the standard that other soccer organizations will endeavor to achieve.

GENERAL PLAYER EXPECTATIONS

1. Maintain team and club dress standards (general appearance, clean uniforms and equipment). Only official SA United SC apparel is permitted when our teams compete. **Gold training shirts and black shorts to be worn during all training sessions to create club unity and to promote the name of SA United SC.**
2. Display commitment to SA United SC ideals and philosophy to actively promote the club.
3. Strictly adhere to trainer and team manager instructions.
4. Attend all practices and training sessions. Players are expected to be punctual and ready to start at the stated time. Ready to start means to have cleats and shin guard already on when trainer call the team in!
5. Attend all games and arrive at least a **minimum of 30 minutes** prior to game start time, unless otherwise instructed by your manager or trainer.
6. Maintain the highest standards of conduct and good sportsmanship at all times.
7. Give a 100% effort each and every time you are on the field, whether it's a practice session or a match.
8. **Maintain high academic standards.**
9. Understand the importance of proper game preparation (i.e., mental, nutritional and physical).
10. Maintain the highest level of fitness. Players are expected to do additional fitness activities outside of regular club training.
11. At all times remember that you are representing more than yourself, you are representing the good name of SA United Soccer Club.

PLAYER COMMITMENTS AND CONDUCT - TRAINING SESSIONS

1. Players are expected to attend all training sessions. If a player is unable to attend a session, it is his/her responsibility to contact the team manager/trainer as soon as possible and tell him/her the reason for the absence. Failure to attend training sessions may result in loss of playing time. **Three unexcused absences will result in missing one full game.**
2. Players are expected to be punctual. They are to be dressed and ready to take the field at the stated time. If players are late for training they will run the risk of being penalized before joining the rest of the team.

3. Training session dress will be as follows:
 - a. Shoes (soccer cleats or turf shoes). These are to be kept clean.
 - b. Shin guards *must* be worn or the player will *not* be allowed to play in practice or games.
 - c. Socks must be pulled up over the shin guards.
 - d. Watches and other jewelry are not to be worn.
 - e. **Gold SA United SC shirts and black shorts and socks are to be worn to all training sessions.**
4. Each player must bring water or appropriate energy drinks to **every** practice.
5. Training session behavior will be as follows:
 - a. The trainers and team managers are to be shown respect at all times. Disruptive behavior will not be tolerated. Disrespectful behavior is detrimental to the entire team and wastes valuable training time. This may result in loss of playing time or other forms of discipline deemed fit by the coach and trainer.
 - b. Players must respect each other. This is essential for effective teamwork. On the field, everyone must work toward a common goal. Soccer is very competitive and physical, but mutual player/trainer/manager respect is expected and required. During practice, trust and respect is being developed, so that under the pressure of a game situation, the individual players work together as a team.
 - c. "You train as you would play." If players do not do their best in practice, they probably will not do their best in a game. Training sessions are as important as games. If players are not in top condition because they do not train properly, they will not be able to compete in matches optimally. 'Train hard, play hard.'

PLAYER COMMITMENTS AND CONDUCT - GAME DAYS

1. The team is to assemble at the playing field 30 minutes prior to the start of the match unless instructed otherwise by the trainer or team manager. If a player arrives late, loss of playing time may be the result. Any player unable to attend games must inform trainers within 72 hours to allow for appropriate preparation. Failure to do so may result in loss of playing time in future games.
2. Each player must bring his/her entire uniform to every game. This includes having both jerseys, in case of color conflicts, shin guards on and socks pulled up, shirts tucked in. The following types of soccer shoes are recommended: flats or turf shoes for hard surfaces and molded cleats for soft or wet surfaces. All parts of the uniform must be clean, including socks. All bags/equipment should be lined up in an orderly fashion. Only official SA United SC apparel is allowed on game days.
3. After arriving at the field, the players should begin warming up and stretching under the instruction of the manager or trainer. It is important to be concentrating on the upcoming game during the warm up and no goofing around. Players are to be focused and should not be talking about events not relating to the game in hand. A good warm up is not only the key to being prepared for the game but it is also a reflection on the professionalism that SA United promotes.

4. When the match starts, the players who are on the sidelines should be together, not with visitors, parents, or spectators, and should concentrate on the match and be supportive of their fellow players on the field. Derogatory or hostile comments directed toward the officials, opponents, or teammates will not be tolerated. Players on the sidelines should also be watching the game and observing the opposing team so that they are ready when they are called into the game.
5. From the start of warm up to the time the team leaves the field after the game, the trainer and/or team manager will direct the activities of all players. Any players that are horsing around will be penalized accordingly.
6. The trainers or the team managers are to be the sole interface with the officials during the game. Players are to accept the official's calls without comment (either verbal or by gesture). There is nothing to be gained by antagonizing an official, even if it appears obvious that an incorrect call or decision has been made. In fact, there is much to be lost, both immediate (i.e., a red card/ejection), and long-term (e.g., league suspension, our reputation, etc.). Regardless of the player's opinion of the quality of the officiating, no comments are to be made to the officials unless it is of a positive nature.
7. We expect SA United SC players to be tough but fair. Violent fouls or verbal abuse will result in intervention by the team trainer/manager.
8. Substitutes are to keep warm, remain focused and be prepared to be called on at any time. Substitutes should enter the field from the half way line.
9. Win or lose, at the end of the match, the entire team will shake hands with the opposing team, exhibiting good sportsmanship at all times. We also encourage our team captains to shake the hands with the referee.
10. Following the match, if the team or a group of players, stays to watch other games, those individuals still represent SA United SC, and must behave accordingly.

PARENTS

To have a successful program, there must be understanding and cooperation among parents, players, team managers/team moms/dads and trainers. Your child's progress and success will depend on this relationship. With this in mind, we ask you to seriously consider this section as your family joins SA United Soccer Club.

SUPPORT YOUR CHILD, THE TRAINERS AND TEAM MANAGERS/COACHES

Your child needs your positive support at home, on the practice field and on the competition field. This will allow your child to be more confident, to enjoy soccer more, and to perform better in training and in competition.

A player develops best when he/she trusts and respects the trainer and team manager. The trainer's job is to motivate, teach, and constructively critique each player's performance. We want the players to relate to their trainer as soon as possible regarding soccer issues. A good relationship between trainer and player produces the best results. When parents express opinions as to how a player should play, what position they should play, how much playing time they should receive, etc., it causes considerable confusion. If you have particular concerns,

suggestions, or just a question, please speak to your team manager or team trainer. **Above all, avoid coaching your child during a game.**

COMMUNICATE THROUGH YOUR TEAM MANAGER/COACH/TRAINER

Remember, there is a time and place for everything. If you need information or wish to ask questions concerning team management or coaching decisions, please contact the team manager to obtain the information or to arrange a meeting. Concerns or constructive criticisms are welcome, but should be expressed away from training sessions and games. If you have questions concerning the club, ask your team manager or contact a member of the SA United Board.

ATTEND TRAINING AS OFTEN AS YOU LIKE

You are encouraged to observe your child and to learn more about soccer. **However, when the team is training, preparing for a match, or working in some other related capacity, please do not disturb or interrupt the trainers or players.** Please remember that training sessions are learning situations and players need to concentrate to improve.

BEHAVIOR AND CONDUCT

SA United SC maintains high standards for its players, team managers and trainers concerning the area of behavior and conduct. These same standards apply to parents and spectators as well. The club and its teams are affected by the poor behavior and conduct of the parents and players. A team can be issued a yellow or a red card for the behavior of its parents and spectators and thus can accumulate discipline points. Each of us, coaches, trainers and parents, must set an example of good behavior and sportsmanship for our children.

PARENTAL AND OTHER SPECTATOR BEHAVIOR AT GAMES

SA United SC wishes to project a positive image to both the soccer and local community. An attitude of good sportsmanship and positive support for the players, managers, and officials is essential for this type of image. The following should be used as guidelines for behavior:

Failure to abide by the following rules will result in the parent or spectator being asked to leave the fields.

1. **Consumption of alcoholic beverages during matches will not be tolerated.**
2. **No smoking is allowed in areas where players are present.**
3. SA United SC will not tolerate loud, crude, profane, vulgar, argumentative, belligerent behavior or language.
4. Refrain from any comments, and especially negative comments, about the officiating. Even if you feel the quality of officiating was poor, stay away from the officials at the end of the match.
5. Only words of encouragement should be shouted from the sidelines. Be positive at all times. The comments from the sidelines should be restricted to non-coaching comments.
6. Refrain from verbal exchanges of any kind with opposition players, parents, or spectators.

7. Do not confront a manager or trainer during, before or immediately after a game. If there are any aspects of a particular game, which you would like to discuss with the team's trainer or manager, arrange for a meeting at a later time. However, if time permits, the trainer/team manager may hold a post-game talk for players and parents where questions & comments are welcome.
8. All parents are expected to dress in proper attire. SA United colors preferred!

It is the responsibility of each trainer, manager, player, parent and spectator to control his or her sideline behavior. In order to help protect the image of SA United SC, as well as your own image, the SA United SC Board will review specific instances of problem sideline behavior. Unacceptable behavior could also impact a child's selection or non-selection at tryouts.

COMMITMENTS

1. Support and maintain SA United SC Soccer standards.
2. Fulfill your parental, financial, and volunteer obligations. Be prompt with payments.
3. Allow trainers and managers to perform their commitments without interference during practices and games.
4. Foster an environment for academic excellence and good sportsmanship.

SOCCER INFORMATION

PLAYER SELECTION & TRYOUTS

SA United SC teams are formed in May/June of each year. Assuming there are sufficient numbers, we will attempt to form at least 1 team for each age group, U9-U18, boys and girls. Players are evaluated and selected by our professional training staff. There is no definite number of players required for each SA United SC team. Talent level is the main determining factor. However, guidelines are:

U11 – 8v8: Max 12 per roster.

U12 – 8v8: Max 12 per roster or 11v 11: 15-16 players per roster for D1 teams

U13-U14 11v 11: 15-16 players per roster

U15-U18 11v11: 16-18 players per roster

MAY/JUNE TRYOUTS

Location for tryouts may differ from year to year, however sufficient notice of location will be provided. Players check-in and are assigned a number (please keep the number for both tryout sessions if there is to be more than one session). **Parents will be required to attend a brief informational meeting before the tryouts.** At this time, the Directors of Coaching and trainers will explain the tryout process and answer questions. There will be 1 or 2 sessions for each age group. Unless otherwise advised by the club's trainers, we would like players to attend both sessions. This gives the players the best chance to impress the selectors and allows the selectors to make comparisons and the best possible decisions.

The format will be fundamental assessments, small-sided games progressing into full-field games. All current players are encouraged to attend, however, these tryouts are used mainly to evaluate new players and have a "final look" comparing current ones. Obviously, talent is by far the main criteria in player selection with the **previous year's performance far outweighing the one or two 1 1/2 hour tryout sessions.** Other factors used in player selection are player/parent commitment, loyalty to the club as well as a player's attitude and attendance at training, games, tournaments etc.

Regarding Play-Ups: In general, players must all play within their "correct" age group. When we need to complete rosters especially at the older age groups, it may be necessary to select some younger players to play up.

Player selection is a subjective process. However, we believe that training staff can be more objective than parents of the players. Their qualifications, experience and ability make the process as fair as possible.

NOTIFICATION

Some players may be informed of their place on their team prior to the try outs. All other players will be notified by email or phone call after the final tryout. All SA United SC team rosters will be posted on our website, www.saunitedsoccer.com

SUPPLEMENTARY TRYOUTS

At any time, at the discretion of the team trainer or manager, a new player may be invited to a team training session with the possibility of adding them to the roster. The Directors of Coaching will make the final decision regarding any additions to any roster.

TEAM MEETING

After tryouts, the team manager and trainer should hold a team meeting as soon as possible. Topics to be discussed may include:

1. Contact Information for players/parents, manager, trainer etc.
2. Goals/Objectives for the team
3. Season Schedule including training, league games, tournaments etc.
4. Expectations & Rules for the team
5. Finances, Uniforms & Fundraising issues
6. Communication channels
7. Annual Golf Tournament and Annual Player Awards evening
8. Answer any other questions

TRAINER ATTENDANCE AT GAMES

Each weekend throughout the fall and spring seasons, the club's Director of Coaching (with input from team managers and team trainers) will assign trainers to attend as many SA United games as possible. Many factors are involved in the team/trainer assignment process such as the time/location of the games, importance of each game, how many times a trainer has seen a team during the season and where the majority of a trainer's teams are playing. Since some trainers work with a number of teams, they often cannot attend every one of their teams' matches each weekend. We will obviously do our best to provide as many teams as possible with an SA United trainer. However, players/parents should understand that there will be games when no trainer will be in attendance. In these cases, the team manager and/or assistant manager will be in charge. These instances are extremely rare.

TRAINING PHILOSOPHY & PROGRAMS

Although each trainer has his/her own style of coaching, all use a consistent teaching methodology. The "Games Approach to Teaching Skill" is our favored method. This method uses small-sided games and activities that require players to make decisions and perform technically under match pressure. All training sessions are designed to improve technical, tactical and fitness abilities. During all sessions skills will be practiced and introduced into game like play. If you have any questions about training methods please ask your trainer.

PRE SEASON CAMP

We will hold an annual preseason camp. It will be for one week in early August. The camp fee will be included in your annual dues for competitive teams and will be at a reduced rate for all Academy players/members. The camp is mandatory for all players. New players may also be invited to this camp as form of tryout.

ENTRY LEVEL TRAINING PROGRAM

The Entry Level training program is for players in our Under-11 and Under-12 teams, and is designed to introduce young athletes and their families to the challenges and commitments required to participate effectively in STYSA/WDDOA Division 1, Super 2 & Division 2 competitive soccer. Emphasis is placed on fundamental development (individual technical skills and decision-making), and molding individual players into a competitive team. Entry Level teams that are extremely qualified will be encouraged to compete at the highest level of competition including state, regional and national tournaments.

INTERMEDIATE LEVEL TRAINING PROGRAM

The Intermediate Level training program is for players on Under-13 through Under-15 teams. Demands for time and commitment are higher at this level than at the entry level. Training at this level emphasizes more advanced technical skills and group tactical development. SA United SC encourages intermediate level players to participate in the State Team/Olympic Development Program. The intermediate level training program is designed for the players who are serious about making soccer the primary sport they play. Our top intermediate-level teams will be encouraged to compete in state, regional, national, and where possible, international competitions.

SENIOR LEVEL TRAINING PROGRAM

The Senior Level training program within SA United SC is for players on the Club's Under-16, Under-17, and Under-18 teams. This is the highest level of soccer offered by the Club and the training program (team attacking and defending tactics), has been designed to be competitive. The athletes who qualify and desire to participate at the Senior Level should understand the demands and responsibilities of being a member of a Senior Level Team. SA United SC provides training, matches, college scrimmages and tournament opportunities throughout the year for athletes at the Senior Level. The Club believes that year-round soccer participation is necessary to compete effectively at the highest levels of play. For this reason, Senior Level players should understand their commitment to the club before becoming a member of SA United SC.

TRAINING SPECIFICS

All U11 & older teams will train twice per week with the team trainer. Training sessions will be held mid August through mid December and mid January through mid May, as long as the fields are playable and weather permitting.

As previously stated, training sessions are just one aspect of SA United SC. There is no set number of training sessions per year and make ups are not required, however, in the event of a lot of rainouts, the trainers may try to make up some of the missed sessions or institute some other programs (fitness training, additional scrimmages, soccer video sessions etc.). Each competitive team training session is 90 minutes. Players should be ready to begin before their scheduled starting time. Players can attend training sessions of other SA United SC teams on off days if they wish to do so.

The SA United SC Training Schedule is very complicated and involves a number of factors: what time an age group gets out of school, other teams trained by the same trainer, similar age groups at the same time to allow for scrimmages, etc. Due to the fact that SA United SC now has 300 plus players in our program, it is very difficult for us to meet all the preferred requirements.

TOURNAMENT PLAY, TRAVEL & RULES

OVERVIEW

SA United SC teams should only enter tournaments approved by the Director of Coaching. The criteria used to create this list include: strength of opposition, prestige of tournament, location, availability of trainers, dates of the event, number of college coaches in attendance, etc. All SA United SC teams are expected to play a number of tournaments each year. The number of events and the travel involved will obviously vary greatly depending on the skill level and age group of

each team. In all cases, team managers should complete and mail all tournament paperwork promptly. Copies of tournament schedules MUST be sent to the Director of Training as soon as they are received so we can assign trainers to cover as many games as possible.

SA United SC players are not allowed to participate as "guest players" for other soccer clubs in tournaments unless they receive prior approval from the SA United SC Director of Coaching.

SA United SC teams may invite guest players from other clubs to attend tournaments. However, the Director of Coaching must be notified first and then, proper procedures should be followed in obtaining player cards. "Guests" can be other members of SA United SC or players that may be interested in joining SA United SC in the future. "Guest" players should be treated as a regular member of the team for the duration of the tournament.

SA UNITED SC TRAVEL POLICIES

1. When an SA United SC team goes to a tournament, it does so with the intent to be as competitive as possible. Thus, it is crucial that each player optimizes his/her preparation for such events. Long-term preparation, such as working hard at training sessions and maintaining a proper diet, as well as short-term preparation, such as ensuring sufficient rest and concentrating on the upcoming games are very important. In order to enhance short-term preparation, the club insists that the team carry out most of its activities together (i.e. at least one meal should be eaten together each day). Prior to departure, it is recommended that the team meet to coordinate travel plans and formalize a detailed itinerary (meeting times, team functions, room assignments, group transportation to the games etc.). Where possible, we would like teams attending the same tournament to coordinate travel/hotel arrangements. When traveling as a group, it would be very beneficial for all players to wear the same color SA United SC shirts.
2. Whenever it is practical, SA United SC teams should support each other by attending each other's games. If possible, before and after games, teams should wear official SA United SC attire.
3. It cannot be overemphasized that the manager must know the whereabouts of all the players at all times. It is the player and parents' responsibility to be sure that this requirement is met. This is not the responsibility of the training staff.
4. Prior to a trip, the parents not traveling (or not staying in the hotel with the player) are responsible for making arrangements with one of the other adults to chaperone their child. All parents and players realize that the ultimate responsibility for the conduct of that player lies with the player and his/her family. Further, it is understood that violation of the travel policy rules of conduct will result in discipline by any SA United SC manager or trainer, ranging from benching to suspension from the team.

PLAYER COMMITMENTS AND CONDUCT - OVERNIGHT STAYS

If the team stays in a hotel, good behavior is mandatory. The following applies:

- a. Soccer balls are not to be kicked in the room or halls. Do not run and yell in the halls -you will disturb other hotel guests who are paying for a quiet room, not to hear noisy soccer players. Joy riding in elevators and roaming the hallways is not acceptable.
- b. Player get-togethers should take place in approved hotel areas. Approved areas are player's rooms, game rooms, pool areas, exercise rooms, lobbies and restaurants.

- c. If something is inadvertently broken in a team room, the only appropriate response is to immediately report it to the team manager or trainer.
- d. Curfew must be rigorously enforced. Failure to abide by the curfew could result in the loss of playing time.
- e. No player may leave the hotel premises without explicit permission from the team trainer, team manager or another responsible adult.
- f. Players who drive are to leave their cars parked unless given specific permission from the team trainer or team manager to do otherwise.
- g. It is the player's responsibility to know when team functions such as meals, team meetings, etc., will occur, and be on time for each event.
- h. No charges (including telephone or pay-per-view movies) to a team room are allowed unless there is prior approval by the trainer or team manager.
- i. Muddy soccer shoes are not allowed inside the hotel. Do not clean muddy shoes in your hotel room, always clean them at a water faucet at the playing field or, if water is not available at the field, outside the hotel.
- j. No members of the opposite sex will be allowed in any player's room unless an adult is present.
- k. No player will have possession of or be under the influence of any drug, narcotic, or controlled substance that has not been legally prescribed to that player.
- l. There will be no consumption or possession of alcoholic beverages or tobacco products.
- m. A player whose parents are not on the trip or at the hotel, will have an adult present on the trip to report to; the player must keep this adult informed of their whereabouts at all times.

If the team has home stays, it is critical that all the players are on absolutely their best behavior. You are a guest in someone's home, and you (and indirectly SA United SC), are being judged by the host parents. Be sure to thank your host family.

FINANCIALS & BENEFITS

OVERVIEW

The majority of the expenses incurred by SA United SC are financed through fees paid by players to the Club. SA United SC will make every attempt to keep expenses down so that fees paid by members are kept as low as possible, while insuring that enough money is available to achieve our goals of providing excellent training for our players. Fees are established by the SA United SC Board every year, and are based on the Club's planned budgetary expenses for the coming year.

The annual financial commitment can be divided into several parts: (1) a SA United SC training fee, (2) a SA United SC uniform fee, (3) Fall & Spring registration fees for all players, (4) registration fees for the Spring season competitions, and (5) tournament fees which will depend on the number of tournaments that your team participates in.

TRAINING FEES

The fees for SA United SC will be set prior to the tryouts in May/June of each year to inform potential new players and existing players of our training fees. The fall season is mid-August through mid-December, and the spring season is mid-January through mid-May. Fees should be paid by the due dates set by SA United SC.

SA United SC is aware of financial problems that some families may face. In an effort to include all talented soccer players in our club, through our scholarship program, SA United SC will hold fundraisers to reduce these costs. Additionally, our club is constantly looking for other ways to finance our program (grants, donations, sponsors etc). If your child wants to be on an SA United SC team and you have financial concerns, please contact a member of the SA United Board to discuss available options. Your concerns and circumstance will be kept confidential.

LATE FEE POLICY

The Late Payment Policy is: We will allow a two (2) weeks grace period. After 2 weeks, day 15 – 28, there will be a penalty fee of \$25 plus payment of due fees. After day 28 we will enforce a ‘no play or train’ rule until dues and late fees are paid in full. Parents are also responsible for any checks that may bounce.

OTHER FEES

PLAYER UNIFORM/EQUIPMENT EXPENSE

Each player is responsible for uniform costs. Mandatory competitive uniform includes: 2 game jerseys, 2 training shirts, 1 pair of shorts, 2 pair of socks and an SA United kit bag. Players may purchase additional uniform and merchandise at additional costs. Players must purchase other appropriate equipment such as shin guards, shoes and a soccer ball. Goalkeeper equipment is the responsibility of the player. Official SA United SC uniforms and equipment are the only clothing allowed when SA United teams participate in organized soccer matches.

TOURNAMENT ENTRY FEES

Tournament expenses are handled on a team-by-team basis, as coordinated by the team manager. These fees are the responsibility of each team. Each player will be responsible for his/her portion of the tournament registration fee, trainer's travel expenses (if applicable) and other costs. The team may choose to raise all or part of the expenses, (which could include individual player and family expenses for hotel rooms, meals, and travel), through fund-raising activities.

TRAINER TRAVEL EXPENSES

Individual teams are responsible for trainer travel expenses incurred for tournament in and out of San Antonio and league games that are held outside of San Antonio. These expenses are determined by the SA United Board. Individual teams are also responsible for daily meal expenses incurred by their team's trainer for out of town tournaments or games that require overnight expenses. For club-wide participation in multiple-day tournaments, teams will equally share trainers' expenses in an equitable manner.

QUALIFICATION TOURNAMENTS

Teams that practice in July for the qualification tournaments will be assessed a separate training fee for that month.

SCHOLARSHIPS

In order to apply for financial aid, the player's parent/guardian must submit a written request and application to the SA United Board for consideration. Scholarships will be awarded on case-by-case basis to those members deserving of financial assistance. For more information on Scholarships and to download an application please visit us at www.saunitedsoccer.com

FUND RAISING

Teams are encouraged to solicit sponsors and conduct fund raising efforts to offset expenses. There are guidelines that each team should be aware of prior to undertaking these activities so they do not conflict with similar efforts organized by SA United SC as a whole. Please contact your team manager or a member of the SA United Board for more information. We are interested in and actively seek sponsorships (corporate or private) to help keep our fees affordable to our members. The club itself sponsors fund raising efforts in which we would like as many members as possible to participate.

CONTACT INFORMATION & DIRECTORY

SA United SC BOARD OF DIRECTORS

Bob Wilson	President – 210 445 6346
Jay Sparrow	Director of Coaching and Training - 210 599 4622
Michael Yates	Assistant Director of coaching – 210 323 6810
Sally Stewart	Director of Youth Development – 210 219 8949
Karen Westerman	Secretary
Allison Pyle	Co-Treasurer
Christi Sparrow	Co-Treasurer - 210 478 8046
Craig Vacek	Marketing and Uniform Director
Rhonda Sayre	Commissioner of Coaches -



Club Website: www.saunitedsoccer.com

Club office #: 210 599 4622

Mailing Address: SA United Soccer Club, P.O. BOX 17626, San Antonio, TX, 78217