



# PARENT & COACH HANDBOOK

## Soccer 2019

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# LETTER TO PARENTS

Dear Parents, Guardians, and Participants,

I would like to welcome you to the Lindsborg Recreation Youth Sports Program. My goal for each participant is for them to enjoy their experience, learn and develop their soccer skills, accelerate at team work and sportsmanship, and lastly have a great time with their peers, coaches, and parents.

This handbook is to help everyone participating to be on the same page, help answer some questions, and provide extra support to each of you. If at any point you have a question, concern, or thought, please contact me. My information is at the front of this book, on our city website, or you can always stop in to City Hall.

Volunteers (coaches) and parents/guardians are very important to our recreation program. Without you, we would not be able to provide the services offered. Please take an interest in your child by making sure they attend as many practices available, participate with him/her during the practices and games, and reach out to them at home to help build confidence and skill development.

Thank you for your participation. I am looking forward to a great season and serving you and your child's needs in youth sports.

Beth Ferguson  
Recreation Director  
City of Lindsborg

# THINGS TO REMEMBER

## Timeline for Season

Practices begin: Week of March 25<sup>th</sup>

First Game: Saturday, April 6<sup>th</sup>

Last Game: Saturday, May 11<sup>th</sup>

We will be playing in Lindsborg at the Bethany College Practice Field. This is located East of the Softball Diamonds on Campus.

If for any reason we need to reschedule, game dates and times could change. All make up dates have been planned to be rescheduled the following Thursday of the missed game.

## Food and Drinks

Please remember to bring a water bottle for your child. Soccer is a sport with a lot of active movement and running, we want to make sure each child continues to stay hydrated.

If you are bringing snacks for your child and their team, please be aware of potential allergies for other team members.

## Pets

Only service dogs are allowed at practices and games.

## Sportsmanship

Our youth program is not only dedicated to teaching sports fundamentals but also good sportsmanship. Everyone involved in the sports program has a role to play in teaching youth good sportsmanship. Good sportsmanship is synonymous with respect. The most important way to teach is by being a good role model.

## Weather Info/Cancellations

In case of severe weather conditions - cancellations will be made through the Rainout Line. This app will keep you up to date with the latest cancellations and notifications. You may also call our Rainout Line phone number at (785) 222-4069 or get online and search Lindsborg Recreation at [rainoutline.com](http://rainoutline.com).

If USD 400 cancels school due to weather, there will be no Recreation practices that day. **However, there will be practices on Mondays that school is not in session.**

You may also check on City of Lindsborg Government Facebook page for updates concerning games. Practice cancellations will be posted on Rainout Line App and on Facebook.

Cancelled practices may be made up at another time if the schedule allows.

Saturday games will only be cancelled by the Recreation Director and Bethany College Soccer Staff for inclement weather or extenuating circumstances. In order to best serve the majority of our participants please adhere to our Saturday game schedule.

## Tobacco

Bethany College Campus is a drug, tobacco, and alcohol-free campus during all events always.

# PARENTS / GUARDIANS

1. Make sure your player arrives on time to all practices and games.
2. Ensure that your player has the required equipment and current team uniform for games.
3. Volunteer to help during practices or games when needed.
4. Inform the coach if your child is unable to attend a practice or game.
5. Encourage your child and team; and the other team. Encourage good sportsmanship toward all. This includes other players, coaches, parents, referees, and staff.
6. Support and not criticize players, coaches, and referees.
7. Be positive, enjoy the games and have fun!

## RULES AND SCHEDULES

The rules and schedules can be found at [www.lindsborgcity.org](http://www.lindsborgcity.org). Look under Departments, Recreation, Youth Sports, Basketball.

“All kids need is a little help, a little hope, and somebody who believes in them.”

- Magic Johnson

# COACHES

Thank you for volunteering to coach for our Soccer program. I understand that this is not always an easy task, it does take time, and for that, I thank you! I appreciate your willingness to help guide our participants to be the best they can be in their skills, work ethic, and sportsmanship.

Here are some guidelines to help:

1. Be a positive role model. Coaches must be a positive role model for players, parents and anyone attending the game; setting a good example for everyone to follow.
2. Make sure each child knows all the rules. Always be positive in your coaching. Make the kids feel good about their participation.
3. Keep the interest of the kids throughout the practice time. Make sure every child is doing something constructive during practice, limiting down time.
4. Encourage players for both teams. Do not show disappointment when opposing team scores or makes a good play; your players will take their cue from you.
5. Plan out your practices and know how you will organize each drill in advance.
6. The coach should make no player participate with any type of injury.
7. The coach should be teaching players how to play hard and competitively while maintaining the highest level of good sportsmanship rather than a win at any cost attitude.
8. Only registered players that are on your roster may play on your team. Only the Recreation Director may add or change a player on the team rosters.
9. Please let the Recreation Director know if you have any players that are not showing up for practices or games.

# COACHES RESPONSIBILITIES

1. The coach should instruct the players on basic concepts and rules of the sport.
2. As a coach, you are required to read the rules and be able to explain them to your players and parents. On the field, rules keep the game running smoothly and fairly for everyone and keep everyone as safe as possible. It's everyone's job to obey the rules. Officials make sure the players follow the rules. The coaches teach and review the rules during practices and games. Our officials are there to help the players learn the game and have a fun experience.  
**Treat them with RESPECT at all times.**  
The referees or recreation staff will not tolerate the use of profanity, saying rude or derogatory things or use rude gestures, or yell, shout, clap at any opponent who is playing or attempting to make a play on a "live" ball.
4. Be prepared for each and every practice.
5. Make sure that you are teaching, giving constructive feedback, encouraging, and praising all your players.
6. As the weeks and games go by make sure that every player is getting an equal number of times to start the game and start the 2<sup>nd</sup> half. Remember that each player plays at least half of every game. Tell the players not playing to pay attention, be ready, and to cheer for both teams.
7. Always be cordial and friendly with other coaches, your kids take cues from you.

## Contact Parents

This is a very important interaction because it will set the tone for the entire season. Make sure contact is reciprocated. Make sure they have your name, team name (uniform color) and grade.

I look forward to a great year. I am very excited for this season to begin. Please remember that if you have any questions, concerns, or thoughts, to call me at (785) 227-3333 or email me at [bethf@lindsborgcity.org](mailto:bethf@lindsborgcity.org).

Beth Ferguson  
Recreation Director  
City of Lindsborg

# 2019 Youth Soccer Rules

These rules are based in accordance with US Youth Soccer Guidelines. Please note that times and number of players on a field may change if needed.

## Kindergarten

- 3 v 3
- Four 8-minute quarters
- Size 3 ball

## 1<sup>st</sup> – 2<sup>nd</sup>

- 5 v 5
- Four 10-minute quarters
- Size 3 ball

## 3<sup>rd</sup> – 4<sup>th</sup>

- 7 v 7 (4 forwards, 1 midfielder, 1 defender, 1 goalie)
- Four 12- minute quarters
- Size 4 ball

## 5<sup>th</sup> - 8<sup>th</sup>

- 7 v 7 (4 forwards, 1 midfielder, 1 defender, 1 goalie)
- Four 15- minute quarters
- Off sides are in play
- Size 4 ball

## Rules for ALL AGES

- All players must have shin guards
- All throw ins are 2 handed over the head
- All players must play equal amounts
- If a player is down or the goalie has the ball in hand stop kicking
- All team members must shake hands after game
- Teams will alternate starting ball at each quarter
- No Sliding in front of other players

## Field Dimensions:

1<sup>st</sup> / 2<sup>nd</sup> Grade – 25 yds wide x 40 yds long

3<sup>rd</sup> / 4<sup>th</sup> Grade – 35 yds wide x 50 yds long

5<sup>th</sup> – 8<sup>th</sup> Grade – 45 yds wide x 70 yds long

# STAY UP TO DATE!

Live updates, notifications, and cancellations from  
the Lindsborg Recreation Department

*3 ways to sign up and/or check for updates.*

☆ Download the free Rainout Line Mobile application.

OR

Go to [rainoutline.com](http://rainoutline.com) and log in.

OR

Call (785) 222-4069 for updates.



**LINDBORG**

*Check the status of any  
game, program, or event!*

**SIGN UP FOR  
YOUR CHOICE  
OF EMAIL AND  
TEXT NOTIFICATIONS.**

☆ Easiest/Quickest way to get updates.