



CHAPPAQUA AYSO

PARENTS' HANDBOOK

www.chappaquaayso.org

AYSO Hot Line

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AYSO Mail

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AYSO BACKGROUND

AYSO, the American Youth Soccer Organization, is a nationwide non-profit organization, started 40 years ago in 1964 with 125 players. Its national headquarters are in Torrance, California with 60 fulltime employees. There are approximately 250,000 dedicated volunteer coaches, referees and administrators for 750,000 players, ages 4 through 18. There are 55 million children in that age group in the US, 12 million of which play soccer. Of that 12,000,000, 3 million play organized soccer and 750,000 play with AYSO. AYSO divides the US into 14 sections: we are in Section 3 (42,000 players in New England, New York and New Jersey; the Section Director is Bill Hummell). Each section is divided into areas: Section 3 has 8 Areas and we are in Area 3T (10,000 players in 18 Regions in Westchester; the Area director is Jordan Becker). This organization (National, Section and Area) is set up to support the most important unit within AYSO, the Region. We are Region 139, Chappaqua, started 25 years ago in 1979. For the fall 2005/spring 2006 season, we have almost 1350 children registered. Every child, regardless of ability, living in the Town of New Castle or in the Chappaqua Central School District is eligible to play in AYSO.

AYSO VISION AND MISSION STATEMENTS

Vision Statement:

To provide world class youth soccer programs that enrich children's lives.

AYSO Mission Statement:

the American Youth Soccer Organization's mission is to develop and deliver quality youth soccer programs where everyone builds positive character through participation in a fun, family environment based on the AYSO philosophies:

Everyone Plays	Our goal is for kids to play soccer. So we mandate that every player on every team must play at least half of every game and no one plays the entire game until everyone has played at least 3 quarters.
Balanced Teams	At the start of each Fall season, we set up teams as evenly balanced as possible - because it's more fun when teams of equal ability play.
Positive Coaching	The way to make winning kids is by building them up, not down. We train and encourage our coaches to make the extra effort to understand and offer positive help to our players, rather than negative criticism.
Open Registration	Our programs are open to all children between the ages of 4 1/2 and 18 who want to register and play soccer. Interest and enthusiasm are the only criteria for playing.
Good Sportsmanship	We desire to create a positive environment based on mutual respect, rather than a win-at-all-costs attitude. All our programs must be designed to instill good sportsmanship in every facet of AYSO.

THE CORE VALUES WHICH GUIDE THE AMERICAN YOUTH SOCCER ORGANIZATION ARE:

- Fun for all
- Education for all
- Ethics for all
- Accessible to all

THE MISSION IS ACCOMPLISHED BY PROVIDING THESE ESSENTIAL SERVICES:

- Coaching and referee programs including quality delivery systems
- Quality administrative and operating systems with a support network
- Strong financial position
- Special network for volunteers, supported by a national staff
- Program research and development

CHARACTER COUNTS!

AYSO is a coalition member of the Josephson Institute of Ethics, and is committed to supporting the Character Counts program.

Its Six Pillars of Character are:

- Trustworthiness
- Respect
- Responsibility
- Fairness
- Caring
- Citizenship

THE PARENTS' ROLE

As a parent, you play a special role in contributing to the needs and development of youngsters. Through your encouragement and good example, you can help assure that all the boys and girls learn good sportsmanship and self-discipline. In AYSO, young people learn to work together, to sacrifice for the good of the team, to enjoy winning and deal appropriately with defeat - all while becoming physically fit and healthy. Best of all, they have fun.

SUPPORT YOUR CHILD

Supporting your child by giving encouragement and showing interest in his/her team is very important.

Help your child work toward skill improvement and good sportsmanship in every game. Teach your child that hard work and an honest effort are more important than victory - that way your child will always be a winner despite the outcome of the game!

ALWAYS BE POSITIVE

Parents serve as role models for their children. Become aware of this and work to be a positive role model. Applaud good plays by your child's team as well as good plays by the opposing team. Support all efforts to remove verbal and physical abuse from youth sports activities.

REMEMBER: YOUR CHILD WANTS TO HAVE FUN

Remember that your child is the one playing soccer, not you. It's very important to let children establish their own goals - to play the game for themselves. Take care not to impose your own standards and goals on them.

Don't put too heavy a burden on your child to win games. Surveys reveal that 72% of children would rather play for a losing team than ride the bench for a winning team.

Children play for the fun of playing.

REINFORCE POSITIVE BEHAVIOR

Positive reinforcement is the best way to help your child achieve his/her goals and overcome his/her natural fear of failure. Nobody likes to make mistakes. If your child does make one, remember it's all part of learning. So encourage your child's efforts and point out the good things your child accomplished.

DON'T BE A SIDELINE COACH OR REFEREE

Coaches and referees are usually parents just like you. They volunteer their time to help make your child's youth soccer experience a positive one. They need your support too.

That means refraining from coaching or refereeing from the sidelines. Your "instructions," if even heard by the children, are more often confusing and distracting rather than helpful. If you really need to coach or referee, remember that as a volunteer organization, there's always an opportunity for you to take your interest in coaching or refereeing to the next level and to become one yourself!

REGISTRATION

Registration for soccer takes place in the preceding Spring. Players in Kindergarten through Second Grade register for both the Fall and Spring. Players in third grade and up have the option of registering for playing both the Fall and Spring, or for the Fall only. We urge all families to register their players on time to ensure their child a spot in the program, and to enable the Division Coordinators to achieve our goal of making balanced teams. There is a schedule of registration fees, with a substantial discount for those that register early. Refund requests must be received prior to June 30th.

REGISTRATION INSTRUCTIONS

For detailed registration instructions, go to www.chappaquaAYSO.org and click on the Registration link.

CHAPPAQUA AYSO DIVISIONS (THE "U" STANDS FOR "UNDER", I.E, "UNDER AGE 6")

- U6G and U6B – Kindergarten Girls and Boys
- U7G and U7B – First Grade Girls and Boys
- U8G and U8B – Second Grade Girls and Boys
- U10G and U10B – Third and Fourth Grade Girls and Boys
- U12G and U12B – Fifth and Sixth Grade Girls and Boys
- U14G and U14B – Seventh and Eighth Grade Girls and Boys
- U16C – Ninth and Tenth Grade Combined Girls and Boys

TEAM SELECTION

For U6, the Division Coordinators will form teams, trying to have a mix of children from each of the elementary schools on each team. Each team has a coach and at least one assistant coach, and approximately 8 players. At their discretion, Division Coordinators may honor teammate requests, provided that both players' families have made the request in a timely manner.

For U7 and above, the Division Coordinators form balanced teams based on the input from the prior year's coaches. Coordinators will again try to have a mix from each school, but the emphasis is on balancing the teams. With the exception of siblings of the same gender and in the same age division, requests to be on a particular team are not permitted. Once the teams are made, late registrants and new players are randomly assigned to teams that need players.

NOTIFICATION BY COACHES

Your family will be contacted by your player's coach shortly before the start of the Fall season to notify you of your child's team assignment. If you have not heard from your coach and feel that you should have, contact your child's Division Coordinator. The Division Coordinator contact information is available at www.chappaquaayso.org.

PRE-SEASON TEAM MEETINGS

Your coach will schedule a team meeting during the week prior to the first practice and game. The team meeting is an opportunity for the players to meet the coach and each other, and for the coach to distribute uniforms and team schedules. At the meeting, the coach will also discuss his or her expectations for the season.

BECOMING A COACH OR ASSISTANT COACH

AYSO is a volunteer organization, and we are dependent on parents to volunteer to be coaches and assistant coaches. Raising your hand to help is a first step, but AYSO and the Town of New Castle have several other requirements to ensure the safety of all of our children, and to educate parent volunteers regarding AYSO's philosophy, objectives and methods.

1. All coaches and assistant coaches must fill out and submit several forms. The forms and mailing instructions are obtainable through our website www.chappaquaayso.org:
 - a. Town of New Castle Background Check Authorization (once every 3 years)
 - b. Chappaqua AYSO Coaching Request Form
 - c. AYSO Volunteer Registration forms
2. The following certifications are also required
 - a. NYSCA certification – The Town of New Castle requires that all coaches in any sport in the Town be certified by the National Youth Sports Coaching Alliance ("NYSCA"). NYSCA certification courses are offered several times during the summer. The certification process consists of 2 evening classes of approximately 2 hours each. The first session covers important topics on youth and sports, and the second session covers soccer specific information. If you've already been NYSCA certified in another sport, only the soccer specific session need be attended. Chappaqua AYSO will pay for your first year's membership. After that, the Renewal Form and \$15-20 annual membership fee is the coaches' responsibility.

- b. AYSO Safe Haven- This is a course which covers basic safety topics and issues relating to the Child and Volunteer Protection Act. It is now available online at www.chappaquaayso.org. Safe Haven classes are also offered periodically within our own Region, and in the Area. There is no cost to the coach for this class.
- c. Age Appropriate Coaching Certification – All coaches must obtain AYSO age appropriate coaching certification for the division in which they are coaching. Courses are offered at least two times a year, usually in August and March. There is no cost to the coach for these classes.

UNIFORMS

Our region provides players with a matching team uniform consisting of jersey, shorts, and socks. We also provide shin guards to all U6 (kindergarten) players.

In Kindergarten (U6), players may wear soccer cleats or sneakers. From 1st grade (U7) on, regulation soccer shoes are encouraged, but sneakers are permissible.

- Players cannot participate in any game or practice unless they are wearing shin guards.
- Players cannot practice or participate in any game or practice with any type of cast or splint.
- Players cannot wear anything which is dangerous to either themselves or other players, including, but not limited to any jewelry (earrings, watches and bracelets) or bands of any kind (including Livestrong bands and their progeny), hats with hard brims, or hair bands or barrettes with metal or plastic. Please note that there is no exception for someone who has recently had his or her ears pierced – even with the supposed "cure all" of a band-aid over the new earrings.

For practices, players should wear any soccer outfit (don't forget the shin guards) and bring a water bottle. For games, players must wear the team uniform. (By the way, soccer socks are worn over (not under) the shin guards.)

If it is cold or windy, dress accordingly and have layers under the uniform. Have an extra layer to add during half time and after the game.

Eyeglasses are allowed, just be sure that they are made of shatterproof glass or plastic.

All players will be checked before the game by the referee (or coach in U8 and below) and will not be allowed to play if they do not adhere to the rules regarding uniforms and equipment. Please remember that these measures are necessary for the safety and protection of your child and the other players on the field.

SOCCKER BALLS

Children will be required to provide their own soccer ball for practice. The following are the requirements for ball sizes, based on the child's age:

- #3 for U6 through U8
- #4 for U10 through U12
- #5 for U14 through U16

PARKING

Our games and practices are held at the Town's parks and schools. Please park only in designated areas. Cars parked in fire lanes or other non-designated areas may be ticketed or towed.

Be on the lookout for children darting from behind cars, or chasing soccer balls into the parking lot. Do not use cell phones, even with a headset while driving in the parking lots. Please be courteous to others in the parking lots, both on foot and in cars! We can prevent parking lot accidents.

TIME COMMITMENTS

In the U6 and U7 Divisions, games and practices are held in a single one hour period on Saturdays. U8 games and practices are held in a single one and one half hour session on Saturdays. In U10, U12, U14, and U16 divisions, teams usually practice for an hour and a half on Saturday and play games on Sunday afternoon. It is the parents' and players' responsibility to arrive at practices and games at least 15-20 minutes before the scheduled time. Due to the heavy demand for use of the fields, all games and practices must begin and end on schedule.

PRACTICE

Our practices will consist of the following activities:

- Stretching
- Exercise
- Instruction (rules, skills, strategy)
- Drill/Practice
- Scrimmage
- Discussion/Review

Practice schedules are handed out by the coach at your team meeting. Field directions are on our website.

The U6, U7 and U8 teams conduct a practice followed by a game on Saturdays, with a quick, healthy snack and/or fluids between the two. For all other divisions (U10 and up), practices are generally, but not always, held for one and a half hours on Saturday, with games on Sunday afternoons.

- Players should bring their own water bottles (no carbonated drinks).
- Remember that coaches are not babysitters or chauffeurs. Each child in the U6 to U8 divisions must have a parent or other responsible adult present at games and practices. In U10 and up, please be on time to pick your child up at the field if you are not staying for practice. For safety and security reasons, do not ask your child to meet you at the parking lot.
- Remember that not all fields have bathroom facilities.
- Please help in leaving the fields as you would like to find them. Garbage receptacles are available at all playgrounds and schools.
- Help prevent vandalism to our equipment.
- Do not let children hang or climb on goals. This is primarily for their own safety, but will also prevent avoidable damage to the equipment.
- During games and practices, please stay at least 4 feet from the sideline.
- Please help coaches set up goals before games and remove/store them after games.
- Dogs are not permitted at AYSO practices and games, even on a leash.

GAMES

Game schedules will be distributed by the coach at the pre-season team meeting. Directions to our fields are on the Chappaqua AYSO website.

Please arrive at least 20 minutes before game time and notify a coach as early as possible when your child is not able to attend a game – many coaches prepare line-ups in advance of the game and it's a big help to them if they can plan accordingly.

AYSO advocates short sided games in the U6 through U12 divisions, in which there are fewer than 11 players on the field. Players are more involved in each play and get more touches on the ball.

- U6 plays 3v3 in 2 halves of 12 minutes
- U7 plays 4v4 in two halves of 12 minutes
- U8 plays 5v5/6v6 in 2 halves of 20 minutes
- U10 plays 7v7 in 2 halves of 25 minutes
- U12 plays 9v9 or 11v11 in 2 halves of 30 minutes
- U14 plays 11v11 in 2 halves of 35 minutes
- U16 plays 11v11 in 2 halves of 40 minutes

All with a 5-10 minute half-time period.

There will be an opportunity for player changes at a convenient break in play approximately midway through each half. Consistent with the national AYSO policy, each player must play at least half a game and no player can play the entire game until all other players have played at least 3 quarters.

The U6, U7 and U8 divisions do not play with goalkeepers. At the Division Coordinator's discretion goalkeepers may be introduced during the Spring season in the U8 division.

All games in the U6, U7, U8 and U10 divisions are played "in-house"; that is, all teams are from our Region and all games are played in Chappaqua.

In the U12 division approximately half of all games are played "in house" and the rest against other teams from the Area (other Regions in Westchester), with both home and away games. In the U14 and U16 divisions, most, if not all games are played against other teams from the Area.

Teams generally meet 20-30 minutes before kick-off time, unless specifically told otherwise, at a place near the game field. This pre-game meeting enables the team to warm-up properly, go over the line-ups, and discuss the game strategy and tactics. Please help your child and your coaches by ensuring that your child is not late for this important meeting.

Players will play in more than one position during the course of the game. Players are encouraged to learn to play both offense and defense and develop all of their skills. It is your child's coaches' responsibility to give all the players an opportunity to try different positions.

SPORTSMANSHIP

Kids look to the adults for their examples. So let's show them good sportsmanship right from the very beginning. This means not verbally abusing the officials, coaches, players or other parents. Spectators are not permitted to stand on the ends of the field that have the goals. Stay behind the spectator lines or well behind the sidelines. We also encourage you to acknowledge the skilled plays made by the other team, especially visiting teams. Remember that referees and coaches are volunteering their time to help your child to learn and to have fun. Don't give them a hard time. Unless you are part of the coaching staff, do not coach your kids from the sidelines. It confuses them because the coach and assistant coaches may have told them something different. Cheer, but don't coach! Let the coaches coach, the referees referee and let the players play!

CONFLICTS WITH OTHER ACTIVITIES

We encourage children to play more than one sport and to have multiple activities. Should a conflict with soccer arise, and your child must miss an activity, we ask that you balance it out among the different activities. Of course you should keep your coach informed, as well.

WEATHER AND CANCELLATIONS

For news regarding rainouts, check the Weather Information page on the Chappaqua AYSO website, www.chappaquaayso.org. Information will be posted on the website when a decision has been made to cancel a game due to rain. Because we want to get as many games and practices in, cancellations are delayed as long as possible. If you are still in doubt, call the AYSO Hotline at 238-3145, because, decisions are sometimes made to cancel when we don't have access to a computer. Soccer is an all-weather sport; normally, we do not cancel games because of a drizzle. Games are canceled when moderate to heavy rain and/or damp field conditions threaten the well-being of the fields or the safety of the players. Even if a cancellation is not posted to the website or on the Hotline, coaches and referees may use their discretion at the fields to ensure the safety of players and fans.

In the event of thunder and lightning while on the fields, even if it is not yet raining, players and fans should immediately seek shelter in a car or building. Play can continue at the game official's discretion (referee in U10 and up, coaches in U6-U8) if field conditions are safe 10 minutes after the last thunder or lightning. All games and practices delayed due to weather must end at the time the next teams are due to take the field.

Additionally, after heavy rains, sometimes we must cancel practices or games because of poor field conditions. Even if the weather has become fair, playing on fields that are saturated with water can lead to their rapid deterioration and can be dangerous to players, parents and referees. Thus, it is particularly important to check the website or Hotline after periods of extreme bad weather, even if the weather is sunny.

The safety of the kids and potential damage to the field are what guides these decisions, not the comfort of the spectators. For games played out of town, coaches will contact the opposing coach to find out if the game will be cancelled, and if so, advise the players.

AYSO EXTRA

The AYSO Extra program will be made available to all AYSO registrants who have the competitive desire for extra soccer each week. It is open to all U10 players and older. There are no tryouts and it is open to interested players of all abilities. AYSO Extra gives players with the interest and commitment an opportunity to enhance their skills and game playing ability. Depending on the number of interested players, the Extra program in each age group may consist of individual teams or large groups. The Extra coaches in each age group, in conjunction with the AYSO Extra coordinator, will be responsible for formulating each age group's program based on the number of players, field availability and level of interest. If there are a large number of players in an age group, the coaches and AYSO Extra coordinator will determine an appropriate number of teams to enter into the Area-wide Extra schedule. Depending on the number of players and teams in a division, it may be the case that not all players will play in an Extra game each week. Players will be chosen to play in the Extra game(s) on a weekly basis.

The size and scope of the Extra program will be limited by field constraints and the availability of qualified coaches. However, it will remain a truly "Extra" program and all Extra players must participate fully on their regular AYSO teams.

Costs of the Extra program (such as trainers) will be borne by the participants.

VOLUNTEERS

We believe that we are running a vibrant soccer program that is expanding and improving every year. However, the more we do, the more we realize that we can do even more. Not only can we always improve the existing program, we can offer more, if we have the people to do it. Every Regional Board Member, coach, assistant coach, team parent and referee is a volunteer. Some of our volunteers have played soccer their entire lives and others had never kicked a soccer ball before getting involved with AYSO. All of us do it because it is fun and worthwhile. Your AYSO program will improve only if more members of our community get involved. If you have interest in a Board position, let the Board know. Volunteer to coach or referee. If you only have a little bit of time, but want to help, we will find something useful for you to do. Become involved!

AYSO lists 52 volunteer functions, so there is something possible for everyone.

All volunteers will be trained and certified in their job specific and age appropriate functions, so you don't have to be a soccer player or know anything about soccer to become a volunteer. Here are some ways you can help out:

COACH/ASSISTANT COACH

Each team should have a head coach and one or more assistant coaches. AYSO provides the coaches with continuing education (Safe Haven Course and Age Appropriate Courses); a net bag with soccer balls, cones, first aid kit, goalie shirts (in U10 and up), and training materials. You supply the enthusiasm.

REFEREE

Each team U810 and older should have a referee for its home games. The Region and Area also train referees and youth referees for all other levels of refereeing. AYSO provides the referees with continuing education (Safe Haven Course and Age Appropriate Courses); a uniform, a set of flags, and whistle.

Youth Volunteers are coaches age 12 through 18 and referees age 12 through 18. There should be at least 2 years difference between a youth coach/referee and the players they coach/referee.

We ask that each year every family volunteers to help with one or more of the many tasks that are necessary to running the program. We need your help for the sorting and preparing of equipment bags, goal maintenance, net hanging and removal, field lining, photo day, and more.

The Board is the legislative body of our AYSO Region and consists of the commissioner, assistant commissioner(s), treasurer, registrar, coach administrator, referee administrator, Child and Volunteer Protection Advocate, Division Coordinators and various other volunteers. The Board meets regularly and the members are always willing to hear your suggestions. Remember that all AYSO management is done by volunteers who have other jobs and responsibilities and who have set aside a significant chunk of their time to run a great soccer program for your children. If you have a good idea, be prepared to help implement it.

SAFETY AND HEALTH

DOGS

For the safety of the players and spectators, **NO DOGS ARE ALLOWED** at AYSO practices and games, even leashed. There are no exceptions, other than for the visually impaired. In addition to it being our policy, it is that of the School District, on which we are dependent for fields.

GOALS

You have nothing to fear from a quiet, unassuming portable soccer goal, right? Its importance as the focus of a child's goal-kicking effort outweighs any possible danger, right? **WRONG!**

The U.S. Consumer Product Safety Commission (CPSC) has reported 26 deaths and hundreds of injuries since 1979 resulting from soccer goal accidents. Most of these injuries occur when children climb on top of an unsecured goal, causing it to either break from the strain (in the case of many homemade goals) or simply flip over onto an unsuspecting victim. You only need to review some of the descriptions of injuries and deaths addressed in the CPSC report to become saddened by this easily-preventable problem.

The bottom line is this: Goal safety is everyone's job and volunteers and parents need to be aware of the dangers. Keep children from climbing on goals and nets and from pulling on nets. Keep children away from goals when transporting them.

HEADING

Many of you read a recent article that said heading in soccer could cause some brain damage. Never has one story provoked so many calls to the Coaching Department at the National Support Center of AYSO. Reaction such as "Is it true?" and "What position has AYSO taken?"

The AYSO Education Department and the AYSO Coaching Technical Committee believe that heading is part of the game of soccer, and it should be introduced and taught properly to players at the appropriate age and time. Introduction of heading at an early age or improper heading at any age may be linked to certain kinds of temporary or long term effects.

While scientific evidence is preliminary, some studies indicate that young players who head too early in their physical development are susceptible to potential risks, including risks to the skull, neck, and spine. In addition, soft and connective tissues, such as those associated with the brain, may be affected under some circumstances, too.

Improper heading at any age may expose a player to risk.

Studies indicate soccer is not the leading source of sports injuries to the head and neck, so the act of heading should be regarded within a complete context of risk. Studies do indicate that head-to-head contact among players, head contact with the ground, and head contact with goal posts and other associated playing equipment pose a greater risk than the simple act of heading the ball. These kinds of risk are associated with most outdoor team sports.

AYSO does not recommend heading below the age of ten. Coaches are not encouraged to teach or practice heading at these early ages.

As the level of play advances and the participant's skills increase, the proper heading techniques need to be introduced to prepare the player for proper execution. Proper techniques can first be learned through the use of rag, nerf, and inflatable balls, thus avoiding unnecessary, repetitive heading of a regulation soccer ball.

HYDRATION

Heat cramps, heat exhaustion, and heat stroke are all serious (in some cases fatal) heat-induced conditions. It is imperative for the safety of your players and volunteers that you and your coaches know how to identify and treat them.

When a body loses too much water and salt through sweat, muscles tend to cramp (particularly in the abdomen and legs). Players suffering from these painful "heat cramps" should

- Rest in a shady spot.
- Sip one glass of cool water every 15 minutes until the pain relents.
- If the player's parents are on hand, have them help by
- Massaging the affected muscles.
- Applying cool, wet cloths to help relax the muscles.

Players with cool, moist, or flushed skin, heavy sweating, headache, nausea, dizziness, or muscle cramps may be experiencing heat exhaustion. This condition occurs when, because of high humidity or restrictive clothing, sweat is not properly evaporated and the body cannot cool down. To assist a player experiencing heat exhaustion

- Have the player lie down in a shady spot and elevate his or her feet.
- Remove the child's shoes, shin guards, and socks.
- Apply cold packs to the armpit and scalp areas.
- Have the player drink water or an electrolyte solution.
- Dampen the player's skin with cool cloths.
- Fan the player to help evaporate excess sweat.
- If the player's parents are on hand, have them
- Remove the player's shirt.

When a body completely loses the ability to cool itself, the internal temperature continues to rise resulting in heat stroke. If a player's temperature rises too quickly, brain damage and/or death may result. Players suffering from heat stroke may have hot, dry skin -- those with fair complexions may appear red, while darker-skinned individuals may appear gray. Victims may also experience a very rapid pulse and extremely high body temperature. In some cases, victims of heat stroke may seem confused, unresponsive, or even suffer from seizures. Recovery from heatstroke depends on the amount of time it takes to return the body temperature to normal, so immediate medical attention is imperative.

If you suspect that a player is suffering from heat stroke
- Call 911 immediately.

KEEPING KIDS HYDRATED

A number of factors place young athletes at an increased risk for dehydration and various heat illnesses. First, the higher energy expenditure of young athletes means that they produce more metabolic heat. In addition, young athletes don't sweat as efficiently as older athletes and thus cannot cool their bodies as effectively. Finally, young athletes are not as diligent about drinking fluids and their body core temperature during dehydration tends to increase faster. For these reasons it is essential that young athletes be encouraged to drink frequently even when they are not thirsty. Research studies have shown that providing a cooled and flavored beverage produces greater fluid consumption among children and helps prevent dehydration. Parents should make sure that athletes arrive at practice sessions, games or competitions fully hydrated. Coaches should enforce drink "pauses" every 15-20 minutes even when athletes do not feel thirsty. Parents, coaches and the athletes themselves should watch for the "warning signs of dehydration":

- Thirst
- Irritability
- Headache
- Weakness
- Dizziness
- Cramps
- Nausea
- Decreased performance

NUTRITION

Nutrition plays a key role in athletic performance. Failure to provide the calories and carbohydrates that young athletes need to fuel their bodies, the fluid to maintain hydration, and the vitamins and minerals to support metabolism and tissue growth and repair will result in poor performance and an increased risk for injury and/or illness.

PHOTO DAY

As a courtesy to our players and their families, we will endeavor to schedule a day when an outside photographer can come to our fields and take team and individual photos. Parents/players can feel free to purchase photos if they wish. Please note that we do not control the photographers or their processing and/or mailings. Any purchase is between the individual and the photographer. Chappaqua AYSO is not responsible for lost or missing photos.

PROBLEMS AND COMPLAINTS

If you have a problem or complaint, please take the following steps: Talk to your coach. If he or she cannot resolve it, contact your Division Coordinator or the appropriate Board Member related to your complaint. If you feel that your complaint is not addressed, your next step would be to contact the Regional Commissioner. If the complaint is not resolved, the Dispute Resolution Committee will address it. Board Contact information is available at www.chappaquaayso.org

SOCCKER RESOURCES

There are many great resources to expose your children to soccer outside of AYSO to help further their interest in the sport. These include going to Greeley Boys and Girls Varsity soccer games, a local college or MetroStars game. The library has many soccer videos and books. International soccer matches are on TV almost daily. There are also many soccer related websites.

THANKS

We thank the School Board, Recreation and Parks Department, the Athletic Department, the school administrations and their staffs for their generous support.

We thank all the volunteers for helping us run a vibrant soccer program that is expanding and improving every year.