

Soccer Sidelines

Dates to Know

Select-Rec Plus:

Rec Plus Games begin weekend of Sept. 7
Tournaments are weekend of Oct. 26

Rec Opening Day — Sat., Aug. 11

6U - 9:30 AM 8U - 10:30 AM
10U - 11:30 AM

Rec Division Games begin Aug. 25 (tentative)

4U begins with 1st practice Tues., Aug. 14, at 6 PM

Picture Days - Sept. 4 & 6
Picture Schedule— TBA

Awards for 4U are after final game Oct. 4
Awards for 6U-10U are after final game Oct. 6

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Optimist Club President

Andrea Osborne

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Mill Creek Optimist

Soccer Club

FALL

2018



www.millcreeksoccerclub.org

We will be welcoming two new Board Members shortly! Stayed tuned for that announcement...

We would love to hear any suggestions you might have to improve our club!

Need soccer equipment?

Visit our friends at:

Avon Sports Apparel

7710 E. US Highway 36



What does my child need?

1. **SHIN GUARDS:** mandatory for all ages at all games and practices
2. **CLEATS:** recommended but not required
Cleat bottoms must be “soccer” with no “toe” cleat. Softball or baseball cleats are acceptable, but the “toe” cleat must be cut off.
3. **BALL:** Every player must have a ball to bring to all practices. See size chart below.

4U-8U	Size 3
10U-12U	Size 4
15U-19U	Size 5

4. **HYDRATION:** Players should always have a water bottle or sports drink available at practices and games.

What if it's raining?

Soccer IS played in the rain. However, lightning, severe weather, or poor field conditions including standing water, may dictate cancellations for the safety of our players.

We usually hold off cancelling games until an hour beforehand because of how quickly the weather can change.

What if a game is cancelled?

Coaches will be notified so that they may contact their teams. You may also check on our website and Facebook for weather related cancellations.

Always assume the games and practices are still on! It may be pouring down at your house but sunny skies at the fields. Any games cancelled will be made up at the earliest convenience, if possible.

How long do games last?

4U: 3v3, four 4 min. periods, 1-2 min. rests

6U: 4v4, four 10 min. periods, 3 min. rests

8U: 5v5, four 12 min. periods, 3 min. rests

10U: 7v7, two 25 min. halves, 5 min. rest

12U: 9v9, two 30 min. halves, 5 min. rest

15U: 11v11, two 35 min. halves, 5 min. rest

19U: 11v11, two 45 min. halves, 5 min. rest

What should my child wear?

Games- uniform shirt/jersey, a pair of black shorts, socks on the OUTSIDE of the shin guards

Practices- shirts are required at all times (no cuts down the side), shorts should be comfortable but not tight or too short
Since our teams are comprised of a mixture of boys & girls, our **Dress Code** will be enforced at all times.

Layering- It can be ten degrees colder on the soccer fields because of the openness. Dress your child to be comfortable. Players can wear clothing underneath their uniform. (If wearing a jacket or hoodie, it must have no strings and have the hood tucked into the uniform.) For the Rec Plus kids, undergarments should match the main color of their uniform shirt/jersey.

Be a Good Sport!

The Optimist sports programs not only encourage good sportsmanship but also require it. We strongly believe it is the parents' responsibility to "lead by example" while we are on the soccer fields. Misconduct by players, coaches, or fans can cause immediate game termination, forfeiture, and dismissal from the field and/or expulsion from the program. All misconducts are reviewed by the soccer board and, if necessary, the Mill Creek Optimist Club Board.

Referees

Most of our Referees are still in the process of learning. Referees WILL make mistakes. They are only human! Please treat the referees with respect and do not make comments to them during the game. If you have a concern or question, please wait until after the game to speak with your child's coach.

Injured Players

If your child becomes injured while on the field, please remain on the sidelines until a Referee gives you the okay to enter the field. We understand the parents' concern for their child, but keep in mind the Referee does not know which child is yours or why you are entering the field. Are you a parent coming out to help? Or are you seeking revenge because of an injury?

Safety First!

Goals/Nets: Please DO NOT allow your child to climb on the nets or hang from the soccer goals! Even though our goals are secured, there is the possibility one could tip over, injuring someone. The nets were designed to stop balls not support the weight of a child.

Eye Glasses: All glasses must have a safety strap attached to them!

Jewelry: (includes earrings, bracelets, rings, etc.) NO jewelry may be worn! Medical alert bracelets are the exception and must meet requirements and be approved by the referee beforehand.

Barrettes/Hair Pins: Nothing made of metal or hard plastic will be allowed to be worn in the hair. Instead have your child wear elastic hair bands.

Head Gear: This is NOT mandatory but has been proven to reduce the risk of concussions from head to head contact.

Visiting another field?

Our Rec Plus teams will play at many different fields throughout the season. Please remember that YOU represent our club at those games. Please be respectful and follow any local rules in place.

Our Fields are pet-free, non-smoking (includes e-cigarettes/vape pipes/vape pens or any other smoking devices), alcohol & drug free areas!

Parking

Please park in the lot behind Cascade High School.
Do NOT use the Administrative Building lot.
Do NOT drop your children off along 200 West.
Those homes are private property. We do not have permission to “cut through” those yards.

Golf Cart

Our club’s golf cart is used in many ways including: transporting injured players, field maintenance, and transportation of people to and from the fields.
If you are in need of a ride, please do not hesitate to call the “Board Member on Duty” posted at the concession stand or ask the concession stand workers to radio the golf cart with the walkie talkies.
PLEASE NOTE- Only persons 16 or older with a valid driver’s license are permitted to transport passengers on the golf cart!

New Volunteer Policy - beginning Spring 2017

- *Parent Participation Fee of \$20 per child is paid at registration
- *Parents are asked to work 1 volunteer time slot for each child participating that season (Coaches/ assistants & team managers will not have to work additional shifts for other children.)
- *If you have completed your volunteer shifts, the fee will be returned to you prior to the end of the season.
- *Parent Participation Fee is NOT refunded if volunteer shift is NOT completed for that child.

Communication?

Email- check often; we send out lots of info through email

www.millcreeksoccerclub@gmail.com

Website- lots of stuff from schedules & cancellations to helpful coaching videos

www.millcreeksoccerclub.org

Facebook- like us on fb to get quick reminders, updates, or cancellations
(Mill Creek Optimist Soccer Club)

Shed- (on shed) bulletin board contains copies of the schedule and newsletters
(not hung on new shed yet)

Coaches- your child’s coach is a great source of info & will provide best means of communication regarding games, schedule changes, general questions

Board Members- always happy to help in any way we can!

Special Thanks to our Supporters!

Mill Creek Optimist Club
Mill Creek Community School Corporation
Avon Sports Apparel
Ray’s Trash Service

Huge THANK YOU!!!

Road Service of Indiana - Thank you to the Moore family for their generous donation of our new storage shed
Happy Valley Sand & Gravel, Inc.- Thanks to the Potts family for donating the rock for the shed base