



Soccer Sidelines

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Spring 2015 Tentative Calendar

Rec Plus Practices can begin anytime after March 1

Rec Coaches Meeting

Saturday, March 14 at 9:00 AM at the Clayton Library

Rec Plus Coaches Meeting

Saturday, March 15 at 10:15 AM

Referee Meeting

March 14 at 11:30 AM at the Clayton Library

U6, U8 & U10 Rec Opening Day Festivities — Sat., April 12

9:00 AM - U6 Division

10:15 AM - U8 Division

11:30 AM - U10 Division

U4 First Practice - Tuesday, April 14th at 6 PM

Rec Plus Opening Weekend — Friday, April 10

Picture Day — Saturday, April 18

Rec 1st Games—Week of April 21

U19 Tournament — May 15-17

Memorial Day Weekend — No Games or Practices

Rec Awards Night -- Friday - May 29th at 6:30 PM

U12 & U14 Tourney — May 30 — June 1

Weather Conditions

Soccer IS played in the rain. However, lightning, severe conditions, 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 in Indiana. However, if we cancel, we will notify coaches before posting weather cancellations on our website and Facebook. When in doubt, assume that the games or practices are on, or contact your coach for information.

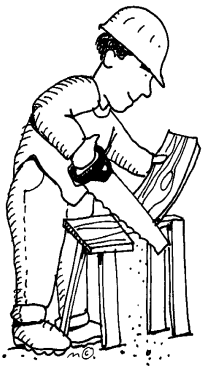
The temperature at the fields can be ten degrees cooler because of the openness. Dress the players so they can be comfortable on the field of play. Players can wear clothing underneath their uniform. For the RecPlus players, clothing must match the uniform. Players may also wear mittens and hats if needed.

Special Help Needed

Each season our club is looking for a few extra helpers for the season. Would you consider helping in one of these special areas?

Golf Cart Drivers: The board would like to have a few people willing to operate our golf cart on Saturdays and Thursdays, as well as an occasional Tuesday during the season. The main objective is to drive people who cannot walk all the way down to the fields, so they can watch their child, grandchild or friend play.

Board Member Positions: If you have been enjoying our soccer club, we are ALWAYS looking for people who are willing to help plan and organize. If you think you'd like to help, please contact Melissa Phillips or a current board member.



Building Planner: The soccer board would like to begin planning for a new shed and concession stand closer to our fields. It would be great to have someone that has had experience, help us figure out the best place for the new shed and concession stand as well as design it, and get approval from the school board. It's a big task, but someone in our club may have the experience needed. :o)

Remember, we are doing all this for our children!

The Optimist Club

Our club is under the Mill Creek Optimist Club. One of the purposes of the Optimist Club is to aid and encourage the development of youth, in the belief that the giving of one's self in service to others will advance the well-being of humankind, community life and the world. To learn more about the Mill Creek Optimist Club consider attending one of their meetings. They meet the first and third Wednesday of each month. The Optimist Club does a lot for the community!!!



Dress Code

Our soccer club is growing, and with growth comes new concerns. One of these concerns is how our soccer players should dress while at the field. Basically, soccer players should dress modestly, since most of our practices are mixed with boys and girls.

While at the field and on school property, all players are required to wear shirts. Shirts that are cut down the sides are not permitted. Shirts must completely cover undergarments, including sports bras. Shorts should be comfortable, but not too short, or too tight.

Thank you for your help and attention in this area.



Parking

The Mill Creek School Corporation has kindly asked us to use the parking lot behind the High School to park, instead of the Administrative Building parking lot. The school corporation does SO much for us, I hope that we can honor this request.

Once parked, you can use the sidewalk that goes down past the restrooms and football field to our fields.

Please DO NOT drop off or pick up your child along 200 West. The homes along the west side of the field are private property. The MCOSC does not have permission to "cut through" these yards.

Golf Cart

Our soccer club has does have a golf cart which is very helpful for quite a number of reasons. It helps transport injured players up to the parking lot; it helps us with maintenance items throughout the season; as well as transport people back and forth to the fields.

If you need transportation from the parking lot to the soccer fields, please don't hesitate to call the "Board Member on Duty" which will be posted on the message board near the concession stand; or ask the concession stand workers to contact the golf cart driver by the walkie talkies.

The Very Basics

Here's what the players will need:

- SHIN GUARDS:** mandatory for all ages at all games and practices.
- CLEATS:** recommended but not required. Cleat bottoms must be "soccer" with no toe cleat. Soft-ball or baseball cleats are acceptable, but the "toe" cleat must be cut off.
- BALL:** every player must have a ball to bring to all practices. The following are the sizes needed for the different age groups:
 U4-U8Size 3
 U10-U12Size 4
 U14-U18Size 5
- HYDRATION:** Players should always have a water bottle or sports drink available at practices and games.
- SAFETY:** Check out our safety guidelines to ensure that your child will be safe on the fields.
- BASIC RULES:** We have posted basic rules on our website for parents. Rules change slightly for the levels (<http://millcreeksoccerclub.org/referees/>).

Here's a simple overview of the very basics of each division:



- U4:** 3v3, four 4 minute periods, 1-2 min. rests
- U6:** 3v3, four 10 minute periods, 3 min. rests
- U8:** 5v5, four 12 minute periods, 3 min. rests
- U10:** 6v6, two 25 minute periods, 5 min. rest
- U12:** 8v8, two 30 minute periods, 5 min. rest
- U14:** 11v11, two 35 minute periods, 5 min. rest

Lines of Communication

There are a number of ways that the Mill Creek Optimist Soccer Club tries to keep the lines of communication open throughout the season.

The biggest way is through email. Please check your email at least once a week throughout the season. You can email the soccer club at millcreeksoccerclub@gmail.com. We check our email daily! :o)

Our website (www.millcreeksoccerclub.org) is also a very important part of our communication with the coaches, players, and parents. Please visit it often throughout the season.

FACEBOOK! You can follow us on Facebook. We send out quick reminders, updates, and cancellations.

The **SHED** has a bulletin board where we will also post the Rec schedules as well as the newsletters.

Your child's COACH! If you are not sure of something, first ask your coach.

Board Members: If you still can't find the answer to a particular question, just contact one of the board members! We are glad to answer questions.

Corporate Sponsors

We are SO thankful to our corporate sponsors. Without them, we could not keep our prices at the lowest in the county. Sponsors also help cover registration fees for families in need each season. Please take a moment to thank our sponsors.

Harold Tinsley with Edward Jones
Mill Creek School Corporation
Avon Sports Apparel
Ray's Trash Service

Avon Sports Apparel

"REC PACK"

\$39.95

Any \$25 or less youth shoe, any \$10 shin guards, any \$15 soccer ball, and a water bottle (no additional discounts may be used on this package) Available at any Avon Sports Apparel store 10% Team Discount off any regular-priced merchandise.

Avon Sports Apparel is located just east of the corner of S.R. 267 and U.S. 36.

Sportsmanship

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 escort from the field and/or possible expulsion from the program. All misconducts are reviewed by the soccer board, and, if necessary, the Mill Creek Optimist Club Board.



Therefore...A Word about Referees

Most of our referees are just learning how to be referees. Even though the referees always try their hardest and do their best, **referees WILL make mistakes**. So, please treat the referees with respect and do not make comments to the referees during the game.

For the Rec games (U6-U10), you may directly ask the coach during half-time or either the coach or referee after the game. For the Rec Plus games (U12-U18), please remember that the referees at other fields are also learning.

You Can Help the Referees!

Our referees are required to check for a variety of safety issues with the players. We are working with our referees to be consistent; but they are still learning. However, there are a number of ways that YOU can help our referees. Here are a few:

- #1: Check your child's cleats to make sure there is no toe cleat. This is especially important if you are using baseball cleats.
- #2: If your child wears eyeglasses, please make sure they have a safety strap attached.
- #3: Check to make sure your child is not wearing jewelry of any kind including earrings, bracelets, or necklaces.
- #3: Check to make sure your child is not wearing metal barrettes/hair pins, plastic barrettes, or other hard items in their hair.
- #4: Check to make sure your child put on their shin guards UNDER the socks. If they don't like the feel of the shin guards, purchase a very thin pair of socks to wear underneath the shine guards. "Officially" the shin guards are to be put on first and should not be seen.

Safety on the Soccer Fields

Safety is one of our biggest concerns. There are a number of things that the players can do to remain safe. Here are some safety pointers.

- **Goals/Nets:** Each year there are reports of soccer goals falling over and hurting young children. Therefore, please do not allow your children to climb on the nets or hang from the soccer goals. The goals are heavy, and if they fall over onto a child, they will cause serious injuries. The nets are designed to stop balls, not to hold the weight of children climbing on them.
- **All eye glasses must have a safety strap.** If the glasses are hit with the ball, there is a chance of the glasses falling off and breaking.)
- **Jewelry of any type cannot be worn.** (This includes earrings, bracelets, rings, etc. If you are considering allowing your child to get their ears pierced, please wait until **AFTER** the soccer season. Earrings must be removed for the games -- no exceptions!)
- **No metal barrettes or hard plastic.** Instead have your daughter wear elastic hair bands. Believe it or not, injuries have occurred because a hard kicked ball hit a head with metal barrettes.
- **Head Gear.** This is not mandatory, but it is available at Avon Sports, and proven to reduce the risk of concussions from head to hear contact.

Referees & Injured Players

This past season a couple of players were injured on the field. The player's parent started out immediately until the field to attend to their child. The center referee stopped the parent, who then got upset, understandably so. However, the Indiana Referee Administration stated that is was the proper procedure since the referee does not know why this person is coming out onto the field. Is the parent coming out to help? Is the parent seeking revenge because of the injury?

It would be best to wait until the coach assesses the situation. If needed, the coach will ask you to assist.

Mill Creek Optimist Soccer Club

Code of Conduct

- Our goal is to provide an environment for fun and learning in which we all work together to develop a positive experience for the children involved. Parents, we cannot do this without your help!
- Be your child's #1 fan. Offer encouraging words. Remind your child to focus on the process of improvement instead of wins/losses and scoring goals.
- Keep safety a top priority. Report to coaches all injuries or special circumstances that may affect your player.
- Show appreciation and kindness to our coaches, board members, concession workers, and other volunteers at the fields. Without them, our club could not operate!
- Let the coaches coach. You have entrusted the care of your player to the coaches, and they need to be free to do their job. Critiquing the coaches and "coaching from the sidelines" are confusing to children. This can actually cause a decline in his/her performance and growth as a player.
- Respect the officials and their decisions. Refrain from speaking to officials during a game. If you have questions or concerns regarding a referee, speak to your coach after the game or at practice. Referees are officiating to the best of their ability. Keep in mind, many of our referees are young kids without much experience.
- Exhibit good sportsmanship. Foster teamwork. Root for all players on the team. Teach your child to be graceful in victory and loss.
- Understand and display appropriate game behavior. Be supportive; cheer. Applaud good plays by your team and by members of the opposing team. Remember you are representing our club and setting an example for your child. Keep it classy!
- Attitude is everything! Be positive and encourage the kids. No booing or rude comments toward any players, coaches, refs, or other parents.
- Keep the game in perspective. Soccer should not be larger than life. If your child's performance produces strong emotions, suppress them. Take a step back and breathe! Soccer should be fun!
- Help us enforce the dress code. All players are to dress according to school guidelines while at the fields and on school property. Shirts are required (for both boys & girls) and must completely cover undergarments, including sports bras. Shirts that are cut down the sides are not permitted. Shorts should be modest in length, comfortable but not snug fitting. Players and their parents will be notified upon the 1st offense. If there is a 2nd offense, the player will not be allowed to participate until in full compliance with the dress code. Continued failure to comply may result in dismissal from the program.
- Help us to keep the soccer fields free of drugs, alcohol, tobacco, and pets.
- Support the program. Be positive. Volunteer.