

Soccer Sidelines

2016 Edition 1

Dates to Remember

Rec Plus Practices can begin anytime after March 1
Rec Plus Games begin weekend of Fri., April 8
U19, U14, & U12 Tournaments — May 20-22

Rec Plus Coaches Meeting
Saturday, March 5, at 10:00 AM

Rec Coaches Meeting
Sat., March 12, 9am-1 at the fields

Referee Meeting - To Be Announced

U6, U8, U10 Rec Opening Day — Sat., April 9
U6 - 9:00 AM; U8 - 10:15 AM; U10 - 11:30 AM

U4 Practices begin Tues., April 12th at 6 PM

Picture Day ALL Divisions — April 30

Rec Division Games begin April 23

Rec Awards Night -- Tuesday, May 24

Mill Creek Optimist
Soccer Club



SPRING
2016

www.millcreeksoccerclub.org

Welcome our **NEW** Board of Directors

A huge "thank you" to
Melissa Phillips for her
many years of service
as Director of our
soccer program!

The Board has been
working hard and
looking forward to a
successful season
ahead.

As always, let us know
of any problems or
concerns that may arise
throughout the season.
We are dedicated to
your kids!

Director

Angel Chattin
539-3357

millcreeksoccerclub@gmail.com

Treasurer

Michelle Kelley

410-4086 // Michelle.ann22@yahoo.com

Secretary

Kristi Thompson

626-3709 // kristideanne@gmail.com

Registrar

Jen Tinsley

910-1997 // jtinsley@tds.net

Rec Plus Coordinator (U12-U19)

Chris Shearier

504-9463 //

chris.shearier@yahoo.com

Rec Coordinator (U4-U10) **OPEN**

Player & Coach Development

Chris Chittenden

372-3702 // amochris37@gmail.com

Field Maintenance Director

Jessica Shearier

765-341-8908 // star5_11@yahoo.com

Member

Don Kinkle

710-8241 // dek_61@yahoo.com

Referee Assignor/Member

Melissa Phillips

539-5279

dmphillips@tds.net

Optimist Club President

Jack Nichols

539-6731 // Jackieking@tds.net

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.

U4-U8	Size 3
U10-U12	Size 4
U14-U18	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?

U4: 3v3, four 4 min. periods, 1-2 min. rests

U6: 4v4, four 10 min. periods, 3 min. rests

U8: 5v5, four 12 min. periods, 3 min. rests

U10: 6v6, two 25 min. halves, 5 min. rest

U12: 8v8, two 30 min. halves, 5 min. rest

U14: 11v11, two 35 min. halves, 5 min. rest

U19: 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. Our coaches do a great job teaching our kids, but we need your help too!

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, alcohol & drug free areas!

Thank you for your compliance!

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.

Code of Conduct

Please take a moment to read through our NEW Code of Conduct adopted last year.

Golf Cart

Our club has a golf cart which 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.

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 has a NEW location at 7710 E. US Highway 36, in Avon.

Communication?

Email- check daily; 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

Shed- (outside) bulletin board contains copies of the schedule and newsletters

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

Harold Tinsley with Edward Jones

Avon Sports Apparel

Ray’s Trash Service

Wonderful Parent Volunteers- *We could not have a successful program without the help of our parents! There are many ways to help out- from coaching to driving the golf cart.*

***We are currently seeking another Board member to fill the Rec Coordinator position.*