

U5 (team name)- INFORMATION SHEET

Welcome to the _____ under 5 soccer season! Let's have a great season filled with a lot of fun.

To help everything run smoothly here's some information I hope will be helpful.

- Your coaches are _____(phone #) and _____(phone #). If you would like to help during the drills, **please do**. In U5 the more people involved in drills the smoother they run and we can also do some very fun activities during the practice time. If you are interested just let me know and I will plan drills that involve more than one or two adults.
- We play every Wednesday from 6:30 to 7:45 at various locations, check the schedule. Games are rain or shine, lightning is the only reason a game would be cancelled. The kids love to play in the rain most of the time, anyway. The usual plan is a 20-30 minute practice followed by a game with 2 twenty minutes halves.
- What to wear? Team members should wear their uniform every week. In U5 cleats and shin guards are not required, but if you have them I recommend that they are used (especially the shin guards). Ontario Soccer Association rules state that there is no jewelry allowed to be worn during a game. That means no earrings, necklaces, rings etc. Also, there are no hats or sunglasses allowed on the field. It is important to bring water or another drink, the children will be running a lot and they will get hot and thirsty.
- Most people will miss some games due to vacations or other commitments, if it is possible let me know if you won't be able to make it so I can plan the practice and game ahead of time.
- This is house league soccer so my intention is to have all players get equal time on the field (including playing keeper). I will be stressing fair play to the team at all times.
- During games I am going to try to have those players not on the field sitting together watching the game and cheering their teammates. **I need your help to make this work**, encourage your child to be with the rest of the team. This can be a great way to increase their enjoyment of the game and feel involved during the entire game.
- Please be positive with the children when discussing anything that happens, find the silver lining and highlight the fun stuff. Also, if you have a concern or anything that you need to discuss with me let's try to keep it away from the field during the practice or game. Approach me before we start, after the game is over, or give me a call at home. This lets the kids have more activity time. I am always open for suggestions & comments so please let me know if there is anything that we need to discuss.
- We were hoping to do a freezie rotation, with each family bringing enough for everyone once during the season. In past years this has been a big hit. There will be a sign up sheet so we know who is bringing the treats each week. My only request is that you remember the kids only have 5 minutes to eat the treats, so keep it simple.