



Rowland AYSO
Region 215
2015 Fall Season
Team Parent
Book



American Youth Soccer Organization

Thank you for Volunteering.

You must do the following as quickly as possible:

- 1) Go onto www.eayso.org and register as a volunteer. You can use your same login and password you set up to register your child.
- 2) Go onto www.ayso.org and take the Safe Haven and Concussion class online. This is very important as it will protect you and the children in our region.

Again, thank you for your time and participation within our region. We are always looking for new volunteers such as, Coach, Team Parent, Referee, Board Members. Visit our website for more information.

Sincerely,

Dena Florez

Dena Florez
Regional Commissioner
AYSO Region #215



Rowland AYSO Region 215, 19745 Colima Rd #1-501, Rowland Heights, CA 91748

Everyone Plays ® • Balanced Teams • Open Registration • Positive Coaching • Good Sportsmanship • Player Development



American Youth Soccer Organization

Contact Information:

Tournament Applications and Checks –

Contact for any important issues and/or concerns

Dena Florez – Regional Commissioner

Email: 4florez@msn.com – Phone (626) 552-5662

Deposits, Financial Statements

Maria Der – Treasurer

Email: mariader1@yahoo.com – Phone (909) 964-9075

Registration

Teresa Petrillo – Registrar

Email: tp4smiles@yahoo.com – Phone (951) 454-2577

Kellie Wright - Registrar

Email: kelliemwright@yahoo.com – Phone (626) 523-3419

Referee Issues/Questions

Rob Garcia – Referee Administrator

Email: robgarcia121@msn.com – Phone (626) 201-0167

Coach Issues/Questions

Rufino Caceres – Coach Administrator

Email: rufino11@aol.com – Phone (951) 237-5987



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CALENDAR DATES FOR 2015 ROWLAND AYSO

SEPTEMBER 2015

Candy Fundraiser will be this month. Pre-Sale of Breast Cancer T-Shirts

09/09 – Referee Class 6-9:30pm
09/12 – Games Begin
09/16 – Referee Class 6-9:30pm
09/19 – Candy Money Due
09/20 – Referee class 9-12:30pm
09/26 – Picture Day

OCTOBER 2015

Breast Cancer Awareness Month

10/03 – Picture Make up Day
10/07 - Board Meeting 7pm-9pm
10/10 – Picture & T-shirt Pick Up
10/17 – Buckboard Parade – No Games (Teams can participate in the Parade more information to come)
10/24 – 2nd Season Registration (U5-U8 only)

NOVEMBER 2015

Canned Food Drive Month

11/04 – Board Meeting 7pm-9pm
11/07 & 14th – Can Food Drive
11/21 – Season ends

DECEMBER 2015

AREA Playoffs – Date & Field TBA

12/05 – Our Playoffs

Picture Day

09/26/15

**Schedules and Package will be
provided at a later date.**



Breast Cancer

Awareness

Month

Pink Rowland

Soccer T-shirts

\$10.00 each





NOVEMBER 7th & 14th

BRING CANS OF UNEXPIRED FOOD

(THERE WILL BE A BOX AT THE TENT)



FOUR SOCCER PARENTS

This is story about four soccer parents named
EVERYBODY, SOMEBODY, ANYBODY and NOBODY.
There was an important event to prepare for and EVERYBODY
was positive that SOMEBODY would do the work.
ANYBODY could have taken care of it, but NOBODY did.
SOMEBODY was angry because they realized that
EVERYBODY should have done their part.
SOMEBODY thought that ANYBODY could do it, but
NOBODY thought that EVERYBODY would do it.
It ended up that EVERYBODY blamed SOMEBODY, when
NOBODY did what ANYBODY could have done, and what
EVERYBODY should have DONE!

Tell me, I'll Forget
Show me, I may Remember
Involve me, and I'll Understand!

So Many Ways to be Involved.....Just ASK to Help!

Contact me

Veronica Carbajal
Team Parent Coordinator
team_parent@rowlandayso215.org



DO REGISTRATION FEES COVER EVERY EXPENSE?

Unfortunately, NO. Registration fees do cover Uniforms, Basic Picture Package, End of Season Participation Awards, AYSO Player Insurance and National Registration Fees. Because of our non-profit, all-volunteer status, it's essential we raise additional funds to cover the costly expenses of fields, equipment, field maintenance, lighting, and player supplies.

This year more than ever we ask that our families participate by supporting our fundraising events. These fundraisers can help generate much needed funding.

Players and their families will be asked to solicit Sponsorships, and make small donations to our snack in the form of merchandise and or money (\$2.00 per player snack bar startup fee). Is it necessary? You bet!

It is our goal to provide the best possible organized sporting activity in which your child will have the opportunity to participate. Especially during these tough times when Fields Fees are increasing because of their budget cuts. You can help by supporting our fundraising activities! We thank you for your support, and appreciate your concern for the children of our community!

If we work as a TEAM we can make the Goal!

Together

Everyone

Achieves

More

“SAMPLE TEAM LETTER”

Coach Name: _____

Contact Info: _____

Division: _____

Team #: _____

August 2013

We are asking for your participation in the following:

\$2.00 Snack Bar Startup Fund

\$?? Team Banner

\$?? End of Season Party

Approximate Total

Please make your payment to, _____(team parent) no later than???

Schedules (game, snack bar, after game snacks) will be distributed as soon as it is available.

Fundraiser Candy will be available for pick up on _____ (date). All parents participating must pick up their own candy and turn in the money them selves. Please make checks payable to AYSO REGION 215.

Thank you in advance for your support.

(Name)

Team Parent

SPRING 2013-14 SEASON

Team Division: _____

Team Name: _____

Coach: _____ AYSO ID: _____ Home/Cell: _____ Email: _____

Assistant Coach: _____ AYSO ID: _____ Home/Cell: _____ Email: _____

Team Manager:	AYSO ID:	Home/Cell:	Email:
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[illegible]

REFeree INFORMATION

[illegible]

SNACK BAR

U5-U14

DONATIONS ARE NEEDED TO START UP OUR SNACK BAR

As you know AYSO Region 215 is a non-profit organization. The success of our program depends on the support and donations of family and friends. In addition to our fundraiser, the Snack Bar Start Up donation is of great help to our region.

WE NEED YOUR HELP!

SNACK BAR FUND.

- This year we are asking every Player to donate \$2.00 towards the Snack Bar Start Up fund.
- Team Parents can give their team's donations to the Team Parent Coordinator beginning Saturday, September 7th at the tent.

FUNDRAISER

- This year each parent will be responsible for picking up the candy and turning in the money. The team parents will be responsible for delivering the information to the parents.

SNACK BAR ASSIGNMENTS.

- Team assignments for Snack Bar Duty will be available on the website as soon as the game schedule is completed.
- The Snack Bar Duty list will also be available on the Regional Board located next to the Snack Bar.
- Please be prepared to help out when your day comes.
- Every U5-U12 team will need to do at least two Saturday's in the Snack Bar.
- Every U14 team will need to do at least one Saturday in the Snack Bar and 1 day of field set up.
- This does not include playoffs games.

Thank you in advance for all you do so our children can play soccer!



SNACK BAR

U16-U19

DONATIONS ARE NEEDED TO START UP OUR SNACK BAR

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WE NEED YOUR HELP!

SNACK BAR FUND.

- This year we are asking every Player to donate \$2.00 towards the Snack Bar Start Up fund.
- Team Parents can give their team's donations to the Team Parent Coordinator beginning Saturday, September 7th in the envelope provided.

U16&U19

- Will provide one case of Gatorade to the Snack Bar in lieu of fundraising.
- The case must be quantity 24 of the 20oz bottles.
- Cases may be taken to the snack bar beginning September 7
- Please mark the Gatorade case with the players name and division

SNACK BAR ASSIGNMENTS.

- Players needing to do Citizenship hours may sign up to work the snack bar.
- Please coordinate your time ahead of time.

Thank you in advance for all you do so our children can play soccer!





American Youth Soccer Organization

Instructions for Incident Reports & Insurance Claims

1. Fill out incident report and give parent the attached information. It is important that the incident reports be filled out and sent to the Safety Director within the 48 hours so that they can be sent in to National.
2. Incident report must be sent to the Safety Director (Maria Der) within 48 hours.
Send by mail to: Rowland AYSO 215
Attn: Safety Director
19745 Colima Rd. #1-501
Rowland Heights, CA 91748

Email: safety@rowlandayso215.org.
3. If the Parent has no insurance make sure to remind them to read the information and follow the instructions to file an insurance claim. They must fill it out the form, print it, obtain the signatures of the Commissioner and Safety Director before mailing it in with a copy of the incident report. ***Coaches, Team Managers and Team Parents are not to fill out or file the claim for the Parent.*** It is the responsibility of the parent to do so. If they need help they should contact the Safety Director. The parents have 90 Days to file a claim which is explained on the information sheet provided to them in English and Spanish.
4. **An Incident Report is NOT an Insurance Claim.**

If you have any question please feel free to give me a call at (626) 482-3915 or email at safety@rowlandayso215.org.

Sincerely,

Letty Maldonado
Safety Director
Rowland AYSO Region 215
19745 Colima Rd. #1-501
Rowland Heights, CA 91748



AYSO INCIDENT REPORT FORM

Coaches: Return completed form to the Regional Commissioner, Area Director, Safety Director or Tournament Director.

Region, Area or Tournament Staff ONLY: Forward copy of completed form to AYSO, Attn: Risk Mgmt, 19750 S Vermont Ave, Suite 200, Torrance, CA 90502

Complete this form for:

1. Injuries
2. Incident – threats
3. Incident – fighting – any type
4. Property damage
5. Law enforcement summoned

AFFECTED PARTY: <input type="checkbox"/> Player <input type="checkbox"/> Official <input type="checkbox"/> Coach <input type="checkbox"/> Spectator <input type="checkbox"/> Volunteer <input type="checkbox"/> Other				Section		Area		Region								
Last Name		First Name		MI		Male		Female								
						Birth date:										
Address:						AYSO ID #										
City:		State:		Zip:		Telephone: ()										
Contact email(s):																
Does the injured person have other medical insurance?				<input type="checkbox"/> Yes <input type="checkbox"/> No		If yes, please provide name of company and policy #:										
Employer Name & Address:																
GUARDIAN/PARENT (if affected party is a minor):																
Last Name		First Name		MI		Telephone Number: ()										
Address:		City:		State:		Zip:										
INCIDENT INFO:	Date of Incident:		Age Division:		<input type="checkbox"/> Boys <input type="checkbox"/> Girls		Time of Incident:		AM / PM							
Tournament Name & Location (if applicable)																
Team Involved #1:				Coach Name:				Region #								
Team Involved #2:				Coach Name:				Region #								
BODY PART INJURED			If ankle injury, was ankle:			PRIMARY INJURY										
<input type="checkbox"/> Ankle (L/R) <input type="checkbox"/> Knee (L/R) <input type="checkbox"/> Leg <input type="checkbox"/> Foot <input type="checkbox"/> Toe <input type="checkbox"/> Arm <input type="checkbox"/> Hand			<input type="checkbox"/> Shoulder(L/R) <input type="checkbox"/> Wrist (L/R) <input type="checkbox"/> Finger <input type="checkbox"/> Eye (L/R) <input type="checkbox"/> Ear (L/R) <input type="checkbox"/> Nose <input type="checkbox"/> Head			<input type="checkbox"/> Tooth <input type="checkbox"/> Back <input type="checkbox"/> Neck <input type="checkbox"/> Internal <input type="checkbox"/> No injury <input type="checkbox"/> Other			<input type="checkbox"/> Taped/Supported <input type="checkbox"/> Unsupported Shoes: <input type="checkbox"/> Yes <input type="checkbox"/> No If knee injury, was knee: <input type="checkbox"/> Braced/Supported <input type="checkbox"/> Unsupported Knee Pads: <input type="checkbox"/> Yes <input type="checkbox"/> No				<input type="checkbox"/> Abrasion <input type="checkbox"/> Burn <input type="checkbox"/> Cardiac <input type="checkbox"/> Cold Injury <input type="checkbox"/> Concussion <input type="checkbox"/> Contusion <input type="checkbox"/> Dislocation <input type="checkbox"/> Foreign Body <input type="checkbox"/> Fracture <input type="checkbox"/> Heat Exhaustion <input type="checkbox"/> Laceration <input type="checkbox"/> Nausea <input type="checkbox"/> Pain <input type="checkbox"/> Seizures <input type="checkbox"/> Sting/Bite <input type="checkbox"/> Strain <input type="checkbox"/> Sprain			
LOCATION		INCIDENT				DISPOSITION										
<input type="checkbox"/> Before Competition/Event <input type="checkbox"/> During Competition/Event <input type="checkbox"/> After Competition/Event <input type="checkbox"/> Competition Area <input type="checkbox"/> Concession Area <input type="checkbox"/> Parking Lot <input type="checkbox"/> Restrooms <input type="checkbox"/> Off Property <input type="checkbox"/> Bleachers/Stands		<input type="checkbox"/> Collision (participant/spectator) <input type="checkbox"/> Collision (with object) <input type="checkbox"/> Collision (participant/participant) <input type="checkbox"/> Collision (spectator/spectator) <input type="checkbox"/> Struck by falling /flying object <input type="checkbox"/> Caught in, on, between goal				<input type="checkbox"/> Animal/insect bite/sting <input type="checkbox"/> Slip/Fall <input type="checkbox"/> Overexertion <input type="checkbox"/> Assault/Sexual <input type="checkbox"/> Assault/Non-Sexual <input type="checkbox"/> Property Damage				No care given: <input type="checkbox"/> Not Needed <input type="checkbox"/> Patient Refused Released: <input type="checkbox"/> To Parent <input type="checkbox"/> To Personal Vehicle Referral <input type="checkbox"/> To Doctor <input type="checkbox"/> To Hospital/Clinic EMS transport:: <input type="checkbox"/> Region Recommended <input type="checkbox"/> Patient/Parent Requested						
FIELD SURFACE <input type="checkbox"/> Dirt <input type="checkbox"/> Grass <input type="checkbox"/> Turf <input type="checkbox"/> Indoor		CLASSIFICATION <input type="checkbox"/> Non-Injury (threat, assault) <input type="checkbox"/> Minor Injury or Illness <input type="checkbox"/> Serious Injury or Illness														
POLICE REPORT FILED: <input type="checkbox"/> Yes <input type="checkbox"/> No				If yes, report number:		Officer's Name& badge #:										
Describe how the incident, injury or property damage occurred: (use the backside or attach a separate sheet if necessary – may attach a copy of the Referee Game Misconduct Report)																
WITNESS INFORMATION - Confidential																
Name			Address				Tele Number									
Person/volunteer completing/submitting this form:																
Name:			Signature:				Ph: () Cell: ()									
Position Title:			e-mail address:				Date:									
Regional Commissioner: print name			Signature:				Date:									

AYSO Incident Report Form - Instructions

Purpose:

The AYSO Incident Report Form is used whenever there is a personal injury, damaged property, or threats of or actual physical violence surrounding an AYSO game, practice, event or property. The form should be prepared by the coach, AYSO Official, or AYSO Volunteer which may be a member of the regional staff such as the regional safety director, or by tournament or event staff members. ***This form should NOT be completed by a parent unless the parent is the coach.***

Entry Instructions:

Form Preparation	<p>The regional safety director should supply each coach with several copies of the form at the beginning of each season. Additional copies should be available at each field site. Coaches who take teams to tournaments should carry several copies of each form throughout the tournament season.</p> <p>If there is an incident involving injury to a player or volunteer which will result in the filing of a SAI claim, then an Incident Report Form should be completed as well.</p> <p>If there are multiple affected parties to the same incident, then all parties should fill out their own form.</p> <p><i>Note: The Region is responsible for mailing a copy of the Incident Report to AYSO, Attn: Risk Management, 19750 S Vermont Ave, Suite 200, Torrance, CA 90502.</i></p>
Form Entries	<p>Fill out all entries on the form that pertain to the incident.</p>
Witness Information	<p>When an incident occurs, it is important to gather as much witness information as possible, especially if the witness is independent or neutral. Use a separate page to collect each witness's statement. In addition to gathering the name, address and phone number of all witnesses, gather and attach as many written statements as possible from the key witness. If the incident happened during a game, attach the referee's Game Misconduct Report as well.</p>
Description of Incident	<p>Provide as full a description as you can of the events surrounding the incident, attaching additional pages if necessary (be sure that all additional pages are numbered and securely attached to the report.)</p>
Routing	<p>During an event or activity related to a region's primary season, the completed form should be submitted to the respective Regional Commissioner or Safety Director.</p> <p>During a secondary activity (e.g. a tournament), the form should be submitted to the Regional Commissioner, secondary activity's director, or Regional Safety Director.</p> <p>At a tournament, the tournament staff may prepare a report as well. In this case, a copy of the report should immediately be sent to the respective Regional Commissioner(s).</p> <p>In all cases, copies of the Incident Report should always be sent to the Regional Commissioner, Area Director, Safety Director, and in the case of a secondary event the Secondary Event Director.</p> <p><i>Note: A copy of the Incident Report must be sent to the AYSO, Attn: Risk Management, 19750 S Vermont Ave, Suite 200, Torrance, CA 90502.</i></p>
Retention	<p>Incident forms should be maintained in a regional file and stored for a minimum of <u>15 years</u>. In the case of a secondary event which is sponsored at the area or section level, the secondary event host should retain the original copy for a minimum of <u>15 years</u>. Secondary events must also send copies of the Incident Reports to AYSO, Attn: Risk Management for storage.</p>

AYSO Online Certification & Training Courses



The following Volunteer (Coach, Team Parent) courses can be completed online.
Go to www.ayso.org,
Go to Online Training,
Click on Certification and Training.

[Course MT02 - AYSO's Safe Haven](#) (approx. 60-70 min course)

[Course C002 - U-6 Coach](#) (approx 30-40 min course)

[Course C003 - U-8 Coach](#) (approx 20-30 min course)

[Course C004 - U-10 Coach](#) (approx 30-40 min course)

You will need to be a registered volunteer with and AYSO ID to take the courses.

**Please check our website regularly, www.rowlandayso215.org,
for information about our upcoming events.**

**All volunteers must be Safe Haven Certified and have a volunteer
form on file. Any questions please contact:**

Joseph Santana

CVPA

cvpa@rowlandayso215.org

AYSO REGION 215

Rowland Heights

(909) 979-8500

(Information Line Only)

Website: rowlandayso215.org

DATES FOR REFEREE CLINICS



ALL VOLUNTEERS ARE REQUIRED TO BE SAFE HAVEN CERTIFIED

Safe Haven Certification can be completed on-line.

Visit www.ayso.org. Go to On-Line Certification

AUG 17	7:30AM-5:00PM	BASIC REFEREE CLINIC	LOCATION TBD
AUG 18	7:30AM-5:00PM	BASIC REFEREE CLINIC	LOCATION TBD

EACH TEAM WILL BE REQUIRED TO SEND THREE (3) VOLUNTEERS TO ATTEND THE CLINIC.

Lunch will be served at the Referee Clinics

AUG 30 & 31	INTERMEDIATE REFEREE COURSE (See enclosed flyer)
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Codes Of Conduct - Be A Good Sport

AYSO has always encouraged good sportsmanship in its programs. In fact, "Good Sportsmanship" is one of the six philosophies listed in the AYSO National Bylaws. AYSO strongly recommends that its individual Regions promote good sportsmanship through dynamic programs.

Elements of these programs may vary from Region to Region, but all define the conduct of players, coaches, referees and even parents. They explain the fundamentals of good behavior- which is simply showing courtesy and respect for all involved in the game.

We figure that if players, volunteers and parents understand what is expected of them when it comes to good sportsmanship, that's probably how they will act. AYSO is proud of its many good sports, but understands that good sportsmanship doesn't just happen. It needs to be taught, encouraged and demonstrated.

Player's Code

- Play for the fun of it, not just to please your parents or coach.
- Play by the Laws of the Game.
- Never argue with or complain about referees' calls or decisions.
- Control your temper. Most of all, resist the temptation to retaliate when you feel you have been wronged.
- Concentrate on playing soccer with your best efforts. Work equally hard for your team as for yourself.
- Be a good sport by cheering all good plays, whether it is your team's or your opponent's.
- Treat all players as you would like to be treated.
- Remember that the goals of the game are to have fun, improve skills and feel good. Don't be a showoff or a ball hog.
- Cooperate with your coaches, teammates, opponents and the referees.

Referees Code

- Always remember that the game is for the players. Player safety and fair play come first.
- Study and learn the Laws of the Game and understand the "spirit" of the Laws. Help fellow referees do the same.
- Encourage and enforce the AYSO philosophies of "Everyone Plays," "Positive Coaching" and "Good Sportsmanship."
- Respect other referees' decisions, and do not publicly criticize another official.
- Wear the proper uniform and keep it in good condition.
- Maintain good physical condition so you can keep up with the action.
- Stay calm when confronted with emotional reactions from players, coaches and parents.

- Honor accepted game assignments. In an emergency, find a replacement.
- Support good sportsmanship with a kind word to players, coaches and parents of both teams when deserved.
- Always be fair and impartial, avoiding conflicts of interest. Decisions based on personal bias are dishonest and unacceptable.

Parents Code

As a parent, you have a special role in contributing to the needs and development of these youngsters. Through your encouragement and good example, you can help assure the effectiveness of the AYSO program.

Support Your Child

Support your child by giving encouragement and showing an interest in his or her team. Help your child work toward skill improvement and good sportsmanship in every game. Teach your child that hard work and an honest effort are often more important than victory. Your child will be a winner, even in defeat.

Always Be Positive

Parents are not participants on their child's team. However, they do contribute to the success experienced by their child and the team. Parents serve as role models for their children. Applaud good plays by your child's team and by the opposing team. Support all efforts to remove verbal and physical abuse from youth sporting activities.

Be Enthusiastic and Supportive

Let children set their own goals and play the game for themselves. Be careful not to impose your own standards and goals on your child. Don't put too heavy a burden on your child to win games. Surveys reveal that 72 percent of children would rather play for a losing team than ride the bench for a winner.

Reinforce Positive Behavior

The best way to help a child to achieve goals and reduce the natural fear of failure is through positive reinforcement. No one likes to make a mistake. If your child does make one, remember that he or she is still learning. Encourage your child's efforts and point out the good things your child accomplished.

Let Coaches Coach and Refs Ref

Coaches and referees are usually parents. They volunteer their time to help make your child's youth soccer experience a positive one. They need your support, too. What coaches and referees don't need is your help in coaching from the sidelines. So please refrain from coaching during games and practices. Referees are not the "bad guys." They are volunteers, too, and need your support and encouragement. Treat them and their calls fairly and respectfully.

Coaches Code

Enthusiastically support and practice the "Everyone Plays," "Good Sportsmanship," "Positive Coaching" and "Player Development" philosophies of AYSO.

Be reasonable in your demands on a young player's time, energy, enthusiasm and performance on the soccer field.

Impress on your players that they must abide by the Laws of the Game at all times.

Develop team respect for the ability of opponents, and for the judgment of referees and opposing coaches.

Ensure that your players' soccer experience is one of fun and enjoyment (winning is only part of it). Players should never be yelled at or ridiculed for making mistakes or losing a game.

Set a good example and be generous with your praise when it is deserved. Children need a coach they can respect.

Keep informed of sound principles of coaching, growth and child development.

Check your equipment and playing facilities. They should meet safety standards and be appropriate for the age and ability of your players.

Follow the advice of a physician when determining when an injured child is ready to play again.

ALERT!

**You are
entering
an**

**By entering this
kids zone,
you agree to
the following:**



- Kids are #1
- Fun – not winning – is everything
- Fans only cheer, and only coaches coach
- No yelling in anger
- Respect the volunteer referees
- No swearing
- No smoking
- Leave no trash behind
- Set a proper example for our children

**If you can agree to the above, we welcome you.
IF NOT, WE ASK THAT YOU PLEASE LEAVE NOW.**

AYSO – it's for the kids!

Kids Zone®

Unique Program Promotes Sideline Cheerleaders

In AYSO, fans are asked to be cheerleaders, not critics. Kids Zone® is a unique program that includes a parent pledge that moms and dads sign to commit to positive, encouraging behavior when they're watching the games. It also includes signs, buttons and other game-day reminders.



Soccer is a player's game. Players learn the game by trying new things, making mistakes and trying again. Sideline critics who scream instructions at players or criticize referees or coaches just slow down the learning process and make it less fun for everyone.

Negative, even violent, behavior of players, coaches and parents involved in youth sports has become almost epidemic in the U.S. Kids Zone is a proactive effort to counteract this trend.

As part of AYSO's education agenda, Kids Zone is a dynamic program aimed toward producing a thoroughly positive experience for everyone involved in youth soccer. To execute this program, four basic elements are involved:

- **The Button.** This is a pin-on button with the Kids Zone logo. This is worn by program supporters at games and serves as a reminder of the importance of positive sideline behavior.
- **The Sign.** A large sideline poster, which lists positive behavior standards, designed to be posted at the entrance of participating fields. Parents and spectators who will abide by these standards are welcome -- all others are not.
- **The Pledge.** AYSO requests all parents to sign a pledge that holds them to the Kids Zone standards.
- **The Video.** This is a 12-minute documentary that introduces AYSO's principles and its Kids Zone action plan to new participants. Viewers will also watch a parent intervene to change another parent's negative behavior. In order to make this program work, everyone must help!





Parent/Athlete Concussion Information Sheet

A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by bump, blow, or jolt to the head or body that causes the head and brain to move rapidly back and forth. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

WHAT ARE THE SIGNS AND SYMPTOMS OF CONCUSSION?

Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury.

If an athlete reports **one or more** symptoms of concussion listed below after a bump, blow, or jolt to

Did You Know?

- Most concussions occur *without* loss of consciousness.
- Athletes who have, at any point in their lives, had a concussion have an increased risk for another concussion.
- Young children and teens are more likely to get a concussion and take longer to recover than adults.

the head or body, s/he should be kept out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says s/he is symptom-free and it's OK to return to play.

SIGNS OBSERVED BY COACHING STAFF	SYMPTOMS REPORTED BY ATHLETES
Appears dazed or stunned	Headache or “pressure” in head
Is confused about assignment or position	Nausea or vomiting
Forgets an instruction	Balance problems or dizziness
Is unsure of game, score, or opponent	Double or blurry vision
Moves clumsily	Sensitivity to light
Answers questions slowly	Sensitivity to noise
Loses consciousness (<i>even briefly</i>)	Feeling sluggish, hazy, foggy, or groggy
Shows mood, behavior, or personality changes	Concentration or memory problems
Can't recall events <i>prior</i> to hit or fall	Confusion
Can't recall events <i>after</i> hit or fall	Just not “feeling right” or “feeling down”

CONCUSSION DANGER SIGNS

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. An athlete should receive immediate medical attention if after a bump, blow, or jolt to the head or body s/he exhibits any of the following danger signs:

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that not only does not diminish, but gets worse
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people or places
- Becomes increasingly confused, restless, or agitated
- Has unusual behavior
- Loses consciousness (*even a brief loss of consciousness should be taken seriously*)

WHY SHOULD AN ATHLETE REPORT THEIR SYMPTOMS?

If an athlete has a concussion, his/her brain needs time to heal. While an athlete's brain is still healing, s/he is much more likely to have another concussion. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to their brain. *They can even be fatal.*

Remember

Concussions affect people differently. While most athletes with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer.

WHAT SHOULD YOU DO IF YOU THINK YOUR ATHLETE HAS A CONCUSSION?

If you suspect that an athlete has a concussion, remove the athlete from play and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says s/he is symptom-free and it's OK to return to play.

Rest is key to helping an athlete recover from a concussion. Exercising or activities that involve a lot of concentration, such as studying, working on the computer, or playing video games, may cause concussion symptoms to reappear or get worse. After a concussion, returning to sports and school is a gradual process that should be carefully managed and monitored by a health care professional.

It's better to miss one game than the whole season. For more information on concussions, visit: www.cdc.gov/Concussion.

Student-Athlete Name Printed

Student-Athlete Signature

Date

Parent or Legal Guardian Printed

Parent or Legal Guardian Signature

Date