



PLAYER AND
PARENT
HANDBOOK



Welcome to the Mount Pleasant Soccer Club!

Mount Pleasant Soccer Club (MPSC) is a non-profit organization dedicated to promoting the growth of competitive youth soccer in the Central Michigan area while providing a safe and enjoyable environment.

Our Mission

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Our Vision

Mount Pleasant soccer club strives to develop soccer players who pursue their personal best as athletes and individuals, alongside coaches and parents.

Our Values

- Respect and Responsibility
- Integrity and Sportsmanship
- Passion and Commitment
- Excellence and Perseverance

Objective:

The Mt. Pleasant X-TREME Soccer Club is a 501c3 non-profit organization that provides young athletes an opportunity to hone their soccer skills through competitive travel league matches.

How is a travel league different from recreational soccer?

A travel team or “select” team offers boys and girls, ages 8 thru 18, a competitive environment to play matches against teams in the Mid-Michigan area. Opponents typically fall within an hour and a half radius and are fielded from cities such as Midland, Saginaw, Flint, Frankenmuth, Flushing, Lansing, Traverse City and Owosso.

How are players selected?

Select team members are chosen through a try-out process, which are typically held in mid June. Sometimes there are supplemental try-outs in the winter to fill open spots for the spring season.

Tryouts

The Mt. Pleasant Soccer Club and the coaching staff are committed to conducting tryouts in a manner that allows for multiple evaluators to view each player. MPSC may change the protocol before June tryouts.

Evaluators

The tryouts for each age group will be conducted by the Mt. Pleasant Soccer Club staff, in conjunction with the Coaching Staff. Evaluators will look for the following characteristics in determining if players are able to play for MPSC. It is common for different characteristics to be emphasized at different ages based on common sense developmental factors. This list covers characteristics all age groups will be judged on.

This is not inclusive of all areas of evaluation.

- Pace/athleticism
- Technical skill and speed
- Tactical awareness of shape and space
- Work ethic/rate and individual motivation
- Competitiveness

Playing up

Players may be assigned to play for a team in an older age group based on the following:

- Tryouts- Players may be asked to tryout for an older team if they have been evaluated as a top player in their age group AND it is clearly in the players best interest for LONG TERM DEVELOPMENT, mentally, socially, technically, tactically and

physically as determined by the Director of Coaching, the Board and MPSC Coaching Staff.

- Assignment- Players may be asked to play up on a team based on the Director of Coaching and coaching staff's belief that this player will be an impact player on the older team and will allow for appropriate, continued development of the player. The general rule that is followed in these circumstances is that the player has been evaluated to be in the top 2-3 players in the older team. The player and parents will be consulted about this possibility and have the ability to choose which team they would like to play for.
- Players are evaluated each year even if a player has "played up" the previous year that will not automatically place them on the older team.
- Under most circumstances, the use of a club pass will be used to keep players registered at age yet allow that player the opportunity to play up with an older age as appropriate. The assigned team is the team of priority, playing up will only happen if there is not a conflict with the assigned team.
- During season playing up is only acceptable when the purpose is to introduce a younger player to a higher level of play. Or if there is not enough team members to play. Benching players in order to host guest players is **NOT** acceptable and needs to be brought to the attention of a Board Member to address with the Coach. MPSC is fortunate to generally have full teams therefore playing up should be a very limited team need.

MPSC reserves the right to move players between teams within the club at anytime if there is a deemed need.

TEAM ORGANIZATION

Based on US Soccer's recommendation and MPSC's player development model, ALL soccer training, coaching and playing activities will be organized and/or conducted by MPSC coaching staff members.

No other person will be permitted to coach MPSC players, organize tournaments, open practices, etc.. without written consent from the Director of Coaching or President of the Club.

- For logistical issues like club payment, uniforms, travel information, please contact your team manager
- For soccer related issues like playing time, performance, scheduling conflicts, please contact your coach using the protocol set forth in the PLAYER, COACH, PARENT EXPECTATIONS. It is expected that if there is an issue that you feel you need to discuss with the Coach, you wait 24 hours to discuss it especially if it occurs during game play. This will allow the player, parent and coach to process what occurred and open the door for discussions to occur without reactions and emotions influencing the discussion.

Club Conflict resolution for Players/parents

STEP 1

If a conflict arises between your player and the coach, please contact your coach to schedule a meeting time after a practice or a game. At U13 and older, we believe that part of growing as a player is to be able to communicate with your coach so it is important that your player be present for such issues as playing time concerns, effort concerns, performance questions or questions on the evaluations.

STEP 2

For other concerns and if your concerns above were not satisfactorily met, please inform your coach that you would like the Director of Coaching or Player Representative to be involved. Contact the Director of Coaching and/or Player Representative to arrange a time to discuss the concerns.

STEP 3

If the concerns are still not addressed and you feel you need to talk to the MPSC Board, please inform the Director of Coaching/Player Representative and they will arrange to have a meeting with the current Executive Board Members. The full board and executive board will be notified of the request and reserves the right to be present at the meeting.

How long is the commitment?

Select soccer is a two season commitment and requires members to commit to playing in the fall and spring. Players must re-qualify for a roster spot each year at try-outs.

Where does the club practice & play their matches?

Training and match play occurs at Horizon Park. The park is located at 1535 Sweeney Street and is few blocks to the southeast of Mt Pleasant High School. The soccer fields at the 22.5 acre park are maintained by the Club and paid for through club fees in coordination with Mt Pleasant High School and the City of Mt. Pleasant.

Does the club play in tournaments?

Tournaments are played above and beyond the select league scheduled matches. The decision for a specific team to enter into a tournament is based upon the availability and interest of the players and their families. Typical entry fee per player is \$30-\$45 and is an added expense above club fees. Each team will enter into a variety of tournaments over the course of a fall and spring cycle. Entire club participation is encouraged for the Petoskey tournament that annually occurs the weekend before Father's Day weekend in June. Hotel, travel and meal expenses are the responsibility of each player as tournaments can span over multiple days.

What qualifications do the coaches have?

X-TREME Soccer coaches are licensed for their specific age bracket. Licensing is administered through the Michigan Youth Soccer Association. All coaches, assistants and team managers must pass a State of Michigan background check.

How often and how long do players practice?

Official practice typically begins at the beginning of August and will occur two nights a week through the end of the season and usually last 90 minutes. Indoor winter practices can take place one night a week beginning in mid-January through mid-March. Locations for indoor practices vary by team. There will be a crossover directly from winter practice into the spring practices and matches.

The Club follows "The Rule of 5" the player is allowed to have 5 soccer related events per week not including tournaments. This can be broken down into 2 practices and 3 games per week. The premise behind this relates to player safety to assist with avoiding injury. The Rule of 5 was developed in the Fall of 2016 and began being enforced for all teams in Spring 2017.

When does the season begin & when are matches played?

The Fall season typically begins the first week of August and runs through the first week of November. The spring season will run from the first week of April through the middle of June. Matches can be scheduled for any day of the week however; the overwhelming majority of games are scheduled on Saturdays and Sundays. The expectation of club members is that they would be available and willing to play weekend matches for the spring and fall seasons. Coaches schedule games typically 1 month prior to the start of each season. In order to reduce out of town trips it is common for teams to play multiple away matches on one day. For example, when traveling to the Flint area a coach might look to schedule 2 matches on the same day in that area (e.g. Goodrich at 1PM and Davison at 4PM).

What are the costs of playing club soccer?

Club dues for 2024-2025 are \$475 for select teams. This covers fall and spring league play. Half-year teams/players are \$325. Premier team fees are higher and are calculated dependent on premier assignments.

Are there any additional costs?

Uniforms are above and beyond the club dues. Uniform costs range from \$100 to \$125. Most players can wear their uniform for multiple seasons and need not buy a new one every year. Uniforms are on a 2 year cycle by the manufacturer. Players are assigned a number and thus can typically carry it with them as they move from team to team. The Home Uniform is White Jersey, Blue Shorts and White Socks. Away kit is the Blue jersey, Blue Short and Blue Socks. It is the expectation that if a team is playing as Mt. Pleasant Soccer Club the team will wear the Mt. Pleasant Soccer Club Uniform. While teams often want different uniforms for tournaments, purchasing special uniforms or having ones donated is not acceptable, unless the team is **NOT** playing as Mt. Pleasant Soccer Club. An example would be entering a tournament as the “Crazy Kickers” then the team would not be expected to wear the Mt. Pleasant Soccer Club Uniform and able to purchase a different tournament uniform. These uniforms would be an additional cost for the players. As mentioned earlier additional tournaments and travel costs to and from games are the responsibility of families.

What are the age requirements for club soccer?

Our club currently fields teams at the U9 thru U19 age brackets. The age bracket is determined by the player’s age on January 1 of each year. Depending on the availability of players, age brackets may be combined or canceled depending on player enrollment in a given season.

Mt. Pleasant Soccer Club’s Spectators, Parents/Guardians, & Player Code of Conduct

Players

We have a responsibility to promote high standards of behavior in the game. Mt. Pleasant Soccer Club will implement this code of conduct to ensure soccer can be enjoyed in a safe, positive environment. Remember, youth soccer is a time for players to develop their technical, physical, tactical and social skills. Winning isn’t everything. Play your part and help enforce the Mt. Pleasant Soccer Club Code of Conduct for Players at all times.

When playing soccer, I will:

- Always play to the best of my ability
- Play fairly – I won’t cheat, complain or waste time
- Respect my teammates, the other team, the referee or my coach/manager
- Play by the rules, as directed by the referee

- Shake hands with the other team and referee at the end of the game
- Listen and respond to what my coach/team manager tells me
- Talk to the coach and then director if not resolved when unhappy
- Never engage in, or tolerate, offensive, insulting, or abusive language or behavior on or off the field, in person or through other forms of communication.

I understand that if I do not follow the Code, any/all of the following actions may be taken by Mt. Pleasant Soccer Club. I may:

- Be required to apologize to my teammates, the other team, referee or team coach
- Receive a formal warning from the coach or the club committee
- Be substituted
- Be suspended from training or match play
- Be required to leave the club

CLUB POLICIES

Payment of Fees

ALL players will be expected to pay their first payment **before August 31st**. MPSC does have a payment plan which can be requested upon registration. MPSC will work hard to help parents and players navigate the payments but it is the responsibility of each MPSC family to make sure they are up to date on payments.

Risk Management

The MPSC, on behalf of the Michigan State Youth Soccer Association (MSYSA), requires the submission of a Risk Management form for all persons over the age of 18 that will directly work with youth players (e.g. Head Coaches, assistant coach, team manager and trainers). Additional information may be found at <http://www.michiganyouthsoccer.org/Page539.aspx> in the Risk Management section.

Player Safety Policy

- Mt. Pleasant Soccer Club is committed to providing a safe environment for players, parents, coaches and administrators. MSC has adopted KidSafe risk management guidelines set forth by US Youth Soccer.
- All coaches undergo a hiring process.
- All coaches, managers and Executive Board Member's go through a background check with MSYSA.
- All players go through a tryout process each year. No one is guaranteed a spot on a roster but we work hard to make sure that most players who want to play have an avenue to pursue that passion.
- Coaches may have limited tenures with teams and assignments may change.
- During the registration process, players, parents and coaches agree to follow Club Expectations and Club Policies

Concussion protocol-

Guidelines are in place through Michigan State Youth Soccer Association, which outline the proper protocol when dealing with a suspected concussion. All Mt. Pleasant Soccer Club Coaches have watched the Heads-up Concussion Training Video required by the state. As mandated by US Soccer, players age 11 and under will not head the ball. As mandated by US Soccer players age 10 and under will play using the Build Out Line as opposed to the Goalie punting.

MPSC Concussion Return to Play Form

This form is adapted from the Acute Concussion Evaluation (ACE) care plan on the CDC website (www.cdc.gov/injury). All medical providers are encouraged to review this site if they have questions regarding the latest information on the evaluation and care of the scholastic athlete following a concussion injury. **Please initial any recommendations that you select below.**

1. Athletes should not return to practice or play for at least 24 hours after their head injury has occurred.
2. Athletes should never return to play or practice if they still have ANY symptoms.
3. Athletes: Be sure that your coach and are aware of your injury and symptoms, and that they have the contact information for the treating physician.

PLEASE NOTE:

Athlete's Name:

Date of Birth:

Date of Injury:

THIS RETURN TO PLAY IS BASED ON TODAY'S EVALUATION

Date of Evaluation: Care Plan Completed By:

Return to This Office (Date/Time):

Return to School On (Date):

RETURN TO SPORTS

The following are the return to sports recommendations at the present time:

Sports: Do NOT return to sports practice or competition at this time.

May gradually return to sports practices under the supervision of the healthcare provider for your school or team.

May be advanced back to competition after phone conversation with attending physician (MD/DO/PAC/LAT/ARNP/Neurophysiologist)

Must return to physician (MD/DO/PAC/LAT/ARNP/Neurophysiologist) for final clearance to return to competition.

- **OR** - Cleared for full participation in all activities and restrictions. Return of symptoms should result in re-evaluation by physician (MD/DO/PAC/LAT/ARNP/Neurophysiologist) for assessment.

Medical Office Information (Please Print/Stamp):

Evaluator's Name: Office Phone:

Evaluator's Signature:

Evaluator's Address:

Return to Play (RTP) Procedures After a Concussion

1. Return to activity and play is a medical decision. The athlete must meet all of the following criteria in order to progress to activity:

Asymptomatic at rest and with exertion (including mental exertion in school) AND have written clearance from their primary care provider or concussion specialist (athlete must be cleared for progression to activity by a physician other than an Emergency Room physician, if diagnosed with a concussion).

2. Once the above criteria are met, the athlete will be progressed back to full activity following the step-wise process detailed below. (This progression must be closely supervised by a Certified Athletic Trainer. If your school does not have an athletic trainer, then the coach must have a very specific plan to follow as directed by the athlete's physician).

3. Progression is individualized, and will be determined on a case by case basis. Factors that may affect the rate of progression include: previous history of concussion, duration and type of symptoms, age of the athlete, and sport/activity in which the athlete participates. An athlete with a prior history of concussion, one who has had an extended duration of symptoms, or one who is participating in a collision or contact sport may be progressed more slowly.

4. Stepwise progression as described below:

Step 1: Complete cognitive rest. This may include staying home from school or limiting school hours (and studying) for several days. Activities requiring concentration and attention may worsen symptoms and delay recovery.

Step 2: Return to school full-time.

Step 3: Light exercise. This step cannot begin until the athlete is no longer having concussion symptoms and is cleared by a physician for further activity. At this point the athlete may begin walking or riding an exercise bike. No weight-lifting.

Step 4: Running in the gym or on the field. No helmet or other equipment.

Step 5: Non-contact training drills in full equipment. Weight-training can begin.

Step 6: Full contact practice or training.

Step 7: Play in game. Must be cleared by physician before returning to play.

- The athlete should spend 1 to 2 days at each step before advancing to the next. If post-concussion symptoms occur at any step, the athlete must stop the activity and the treating physician must be contacted. Depending upon the specific type and severity of the symptoms, the athlete may be told to rest for 24 hours and then resume activity at a level one step below where he or she was at when the symptoms occurred

Weather policy

Mt. Pleasant Soccer Club rents the land on which the fields sit. We take great pride in our fields as great deal of time and money is spent on their upkeep. As such, when the fields are wet and the potential of harming field integrity are high, ALL fields will be closed.

Practice Cancellations

On those days where bad weather forces the complex to close, you will be contacted either via email or text message by your coach or team manager.

Weather

Mt. Pleasant Soccer club follows common guidelines on weather delays. Practice and games will be suspended and will not resume until 30 minutes after the last sign of lightning/thunder.