



## Upton Soccer Association Fall 2019

### Soccer Supplies - Player/ Parent's Responsibility

#### *Practice*

- Soccer Ball
  - 4u/6u/8u            Size 3
  - 10u/12u            Size 4
  - 14u & up            Size 5
- Soccer Cleats
- Shin guards covered w/ socks
- Athletic Clothing
- Water

#### *Games*

- Soccer Ball
  - 4u/6u/8u            Size 3
  - 10u/12u            Size 4
  - 14u & up            Size 5
- Cleats
- Shin guards covered w/ socks.
- Water
- Full Uniform (in case players need to change)

### Soccer Dates To Remember:

- July 9, 16, 23            Registration (fee covers jersey, shorts, socks)
- August 8                Draft/Coaches' Meeting (coaches ONLY)
  - U4 and U6 Draft    6 pm
  - U8 Draft              7 pm
- August 12                Tentative Practice date to begin
- September 4             Picture Day...in CC gym (evening) times to be announced
- September 7             Opening Day - Games Begin

## Upson Soccer Association Fall 2019

### Soccer Information

Website: <https://www.upsoncountyga.org/305/Soccer>  
Facebook: Upson Soccer Association  
Thomaston-Upson Civic Center  
Sports Hotline: 647-4002 (Cancelled practices or games)

- **No refunds after teams are drafted on August 8, 2019**
- *Registration Fee covers*
  - *U4, U6, & U8 team jersey, short, socks. Players must wear issued uniform to all games.*
- *U10 & up will receive home/ away jersey, shorts & socks.*
  - You will need to purchase shin guards & cleats
- **PLEASE REMEMBER THE ROAD INTO THE SOCCER COMPLEX IS A ONE-WAY ROAD.**
  - ENTER AT CIVIC CENTER & EXIT AT TRIUNE ROAD.
  - THIS IS FOR SAFETY PURPOSES. **SPEED LIMIT 5 MPH.**

## **U4 (birth year 2016)**

*Practice:* Teams will practice Once a week at the Civic Center. Your coach will call you after draft on August 8, 2019. (coaches only attend draft)

*Games:* Games will start on September 7, 2019.

Parents responsible for providing a size #3 ball, cleats, shin guards covered w/ socks, and something to drink at practices and games. Must bring ball and water to all games and practices. Player must be dressed appropriately for practice. (w/shin guards and cleats). Players must wear provided uniform for games.

U4 Coordinators: Ashlee Simonds 706-975-8129

## **U6 (birth years 2014-2015)**

*Practice:* Teams will practice twice a week at the Civic Center. Your coach will call you after draft on August 8, 2019. (coaches only attend the draft)

*Games:* Games will start on September 7. Once games start teams will have one game and one practice per week.

Parents responsible for providing a size #3 ball, cleats, shin guards covered w/ socks, and something to drink at practices and games. Must bring ball and water to all games and practices. Player must be dressed appropriately for practice. (w/shin guards and cleats). Players must wear provided uniform for games.

U6 Coordinators: Ashlee Simonds 706-975-8129

## **U8 (birth years 2012-2013)**

*Practice:* Teams will practice twice a week at Civic Center. Your coach will call you after draft on August 8, 2019

*Games:* Games will start on September 7. Teams will continue to practice once games start.

Parents responsible for providing a size #3 ball, cleats, shin guards covered w/ socks, and something to drink at practices and games. Must bring ball and water to all games and practices. Player must be dressed appropriately for practice. Players must wear provided uniform for games.

U8 Coordinator: Brandy Chastain 706-975-5224

## **U10 (born 2010-2011)/ U12 (born 2008-2009)**

*Practice:* Teams will practice twice a week at Civic Center. Your coach will call you after draft on August 8, 2019

*Games:* Games will start on September 7. Teams will continue to practice once games start. Both girls' and boys' teams will travel to Pike, Lamar, Griffin, Stockbridge, Henry County and Lovejoy. You will have home and away games. Transportation to games is parent's responsibility.

Parents responsible for providing a size #4 ball, cleats, shin guards, and something to drink at practices and games. Must bring ball and water to all games and practices. Player must be dressed appropriately for practice. (w/shin guards and cleats). Players must wear provided uniform for games.

## **U14 (birth years 2006-2007)**

*Practice:* Teams will practice twice a week at the Civic Center.

*Games:* Games will be played on Saturday and Sunday, starting September 7. You will have home games and away games, up to 60 miles. Transportation to games is parent's responsibility.

Every child will need a size 5 ball, cleats, shin guards covered w/ socks, and something to drink at practices and games. Bring entire uniform to all games.

PARENTAL CODE OF CONDUCT & RESPONSIBILITIES

\*\*\*\*Contract\*\*\*\*

The Thomaston-Upson County Recreation Department would like to share with you standards, procedures and policies for our YOUTH SOCCER PROGRAM. Soccer is a sport that belongs to the players.

REFEREES:

Parents should not use foul or abusive language toward any referees. Referees are trained to make calls. At times it will be a judgment call or an opinion of that referee. **Remember that a parent has never over ruled an official and never will.** Understand that no one (including a referee) is perfect...referees call games as they see them to the best of their ability. We encourage anyone interested in becoming a referee to take the entry-level course and become a referee for our youth program. Parents' conduct should be conduct that you would want your child or other children to model. Please remember this in your tone, your words and your actions. Youngsters are watching you and will be influenced by your behavior.

PLAYERS

Your player has registered to play soccer. Playing a sport requires practice, conditioning and perseverance. Playing a team sport requires having team members present at practice to be conditioned, evaluated and trained for positions. It is important for a team sport to have all members present for practice. Players may have limited playing time if they do not adequately attend and participate in practices. . Please make sure you can get your player to practices and games.

Players/parents need to let coaches know as soon as possible if they will not be able to play in a game or will miss scheduled practice. This will allow coach adequate time to revise team strategy. A coach may limit/restrict playing time for missed practices and games.

CONCERNS

If as a parent you have questions or concerns..please be courteous and professional. Periods prior to practices or games are not appropriate times to discuss problems you may have with you players' soccer experience. Coaches should be focusing attention on practice and or the game. We suggest either a telephone call, email or arrange a time to meet/discuss concerns at a mutually convenient time. Please speak with your coach first. Follow the chain of command. If you still have concerns then bring them to the attention of the League Administrator. Please submit concerns in writing using the Youth Sports Complaint Form. He/She will review, make recommendations and respond. If after this course of action, your concerns have not been sufficiently addressed, then present your written concerns to Director, Mindy Daniel. She will review and respond.

PARENT CONDUCT

Enthusiasm for the sport is admirable, but controlled enthusiasm is best. Always show respect for other team players, spectators and coaches. Loud and abusive yelling will not be tolerated. Parental and spectator comments should be positive and controlled. Spectators must sit on the side of field opposite the players. Only coaching staff is allowed on the side with players. Spectators are subject to disciplinary actions including warning, probation, suspension and expulsion from soccer program activities. *Disciplinary actions for inappropriate behavior are available upon request.* **UPSON SOCCER ASSOCIATION also has a referee abuse policy. This policy is provided to families at registration.**

*I (we) have read the above information and accept these conditions as part of my player's commitment to the Thomaston-Upson County Recreation Department's Youth Soccer Program and acknowledge the consequences of my (our) actions.*

CHILD'S NAME PARTICIPATING:

\_\_\_\_\_

FATHER'S (guardian) SIGNATURE/DATE

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MOTHER'S (guardian) SIGNATURE/DATE

\_\_\_\_\_

LEGAL GUARDIAN SIGNATURE/DATE

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# HEAT FACT SHEET

## YOUTH RECREATION TEAMS

For sports like football, fall baseball, fall soccer, and cheerleading...temperatures can be above the 95 degree mark. Heat indexes are even higher. Here are some tips to make sure your player is as well prepared as possible for these high temperatures.

1. Players should consume 16 - 24 ounces of fluid 1 to 2 hours before workout/competition.
2. Drink 4 - 8 ounces of water during every 20 minutes of exercise.
3. Drink before you feel thirsty. When you feel thirsty, you have already lost needed fluids.
4. Remember sports drinks *should contain less than 8% carbohydrates*. Carbohydrate content greater than 8% requires stomach to work and empty and should be avoided.
5. Remind your player to take advantage of all water breaks. We strongly encourage drinking water.
6. Wear light weight and light colored clothing when possible.
7. Avoid wearing articles that prevent water absorption. Wear natural absorbent fibers close to skin are best.
8. Athletes should wear sun screen on exposed skin.
9. Please be aware that medications can increase risk in extreme heat. Please inform coach if your player is taking diuretics, antihistamines, beta blockers and or anti-cholinergics. These medications can make player more prone to heat exhaustion.
10. Please exercise caution if your player is recovering from an illness. Again this could make player more prone to heat problems.

### PARENTS:

Please stay close to practices and or check back often. If temperatures do become a problem...practices may be cut short. Provide your coach with a cell phone number that you may be reached in case practices are cut short or canceled.

# A FACT SHEET FOR Youth Sports Parents



This sheet has information to help protect your children or teens from concussion, or other serious brain injury.

## What Is a Concussion?

A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells.

## How Can I Help Keep My Children or Teens Safe?

Sports are a great way for children and teens to stay healthy and can help them do well in school. To help lower your children's or teens' chances of getting a concussion or other serious brain injury, you should:

- Help create a culture of safety for the team.
  - Work with their coach to teach ways to lower the chances of getting a concussion.
  - Emphasize the importance of reporting concussions and taking time to recover from one.
  - Ensure that they follow their coach's rules for safety and the rules of the sport.
  - Tell your children or teens that you expect them to practice good sportsmanship at all times.
- When appropriate for the sport or activity, teach your children or teens that they must wear a helmet to lower the chances of the most serious types of brain or head injury. There is no “concussion-proof” helmet. Even with a helmet, it is important for children and teens to avoid hits to the head.

**Talk with your children and teens about concussion.** Tell them to report their concussion symptoms to you and their coach right away. Some children and teens think concussions aren't serious, or worry that if they report a concussion they will lose their position on the team or look weak. Remind them that *it's better to miss one game than the whole season.*

## How Can I Spot a Possible Concussion?

Children and teens who show or report one or more of the signs and symptoms listed below—or simply say they just “don't feel right” after a bump, blow, or jolt to the head or body—may have a concussion or other serious brain injury.

### Signs Observed by Parents

- Appears dazed or stunned
- Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events *prior to or after* a hit or fall

### Symptoms Reported by Children and Teens

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness, or double or blurry vision
- Bothered by light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Confusion, or concentration or memory problems
- Just not “feeling right,” or “feeling down”

**GOOD TEAMMATES KNOW:  
IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON.**



[cdc.gov/HEADSUP](http://cdc.gov/HEADSUP)

# CONCUSSIONS AFFECT EACH CHILD AND TEEN DIFFERENTLY.

While most children and teens with a concussion feel better within a couple of weeks, some will have symptoms for months or longer. Talk with your children's or teens' healthcare provider if their concussion symptoms do not go away or if they get worse after they return to their regular activities.

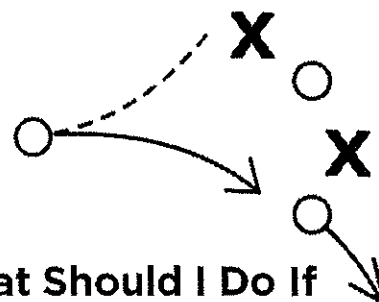
**Plan ahead.** What do you want your child or teen to know about concussion?

## What Are Some More Serious Danger Signs to Look Out For?

In rare cases, a dangerous collection of blood (hematoma) may form on the brain after a bump, blow, or jolt to the head or body and can squeeze the brain against the skull. Call 9-1-1, or take your child or teen to the emergency department right away if, after a bump, blow, or jolt to the head or body, he or she has one or more of these danger signs:

- One pupil larger than the other
- Drowsiness or inability to wake up
- A headache that gets worse and does not go away
- Slurred speech, weakness, numbness, or decreased coordination
- Repeated vomiting or nausea, convulsions or seizures (shaking or twitching)
- Unusual behavior, increased confusion, restlessness, or agitation
- Loss of consciousness (passed out/knocked out). Even a brief loss of consciousness should be taken seriously

**Children and teens** who continue to play while having concussion symptoms or who return to play too soon—while the brain is still healing—have a greater chance of getting another concussion. A repeat concussion that occurs while the brain is still healing from the first injury can be very serious and can affect a child or teen for a lifetime. It can even be fatal.



## What Should I Do If My Child or Teen Has a Possible Concussion?

As a parent, if you think your child or teen may have a concussion, you should:

1. Remove your child or teen from play.
2. Keep your child or teen out of play the day of the injury. Your child or teen should be seen by a healthcare provider and only return to play with permission from a healthcare provider who is experienced in evaluating for concussion.
3. Ask your child's or teen's healthcare provider for written instructions on helping your child or teen return to school. You can give the instructions to your child's or teen's school nurse and teacher(s) and return-to-play instructions to the coach and/or athletic trainer.

Do not try to judge the severity of the injury yourself. Only a healthcare provider should assess a child or teen for a possible concussion. You may not know how serious the concussion is at first, and some symptoms may not show up for hours or days. A child's or teen's return to school and sports should be a gradual process that is carefully managed and monitored by a healthcare provider.

Revised January 2019

To learn more,  
go to [cdc.gov/HEADSUP](http://cdc.gov/HEADSUP)

