

WELCOME TO CHURCHLAND SOCCER LEAGUE SPRING 2010 GENERAL INFORMATION

Welcome to Churchland Soccer League! Our league is growing by leaps and bounds and we are glad you have decided to be a part of it. Soccer is a great way for kids to get outside and get exercise, learn teamwork, and most of all to have fun. Churchland Soccer League is a recreational, advanced and travel/select league and its sole purpose is to provide a safe and fun environment in which our kids, coaches, referees, and parents can learn and enjoy the number one sport in the world, SOCCER! We wish you the best as you enjoy your season with us!

DATES TO REMEMBER

Parents' Meeting - TBA

SEASON BEGINS 3/6/10 (Schedules will be posted to website)
No Recreation games on 4/3/10 (Spring Break)

SEASON ENDS 5/8/10

Uniform Requirements: Uniforms are distributed to the coaches for handout at team practices before the start of the season. All of our players are required to play in the uniforms assigned to the team. We do ask if your child needs a special size uniform, whether a smaller size or larger size, to please contact the coordinator or equipment coordinator for an exchange before wearing or washing or altering, then we can exchange the uniform at no charge. If you have lost your uniform or pieces, please contact the age group coordinator or equipment coordinator; there will be an extra charge. During the cool weather, players may wear long pants (ex. Sweat pants-no jeans) and shirts underneath their jerseys. The jersey **MUST** be on the outside! Players can wear knit hats (with no brim) and gloves. All players are required to wear shin guards both during practice and games. Shin guards are worn under the soccer socks. CSL does not require your child to wear soccer cleats, but we do encourage wearing them. Soccer cleats provide good traction, especially for those early morning games when the fields may be slick with dew or it just finished raining. But, if you choose, your child may wear sneakers. **IN NO CASE** may players wear any type of football, baseball, or softball cleats, or any modified version of those cleats. The referee will check equipment prior to the game and may not allow your child to play if not properly outfitted. Also, jewelry or watches of any kind are not to be worn during games and practices. This includes hair jewelry. New pierced earrings must be taken out before games, so please schedule your piercing after the season. Again, this policy is for your child's safety.

Parking/Field Locations: Parking areas are located in the Churchland Middle and Academy Schools parking lot (please do not park in the fire lines-you may be ticketed), the small road behind the soccer complex (gets very congested), and across Cedar Lane by the apartments. Please be careful when arriving and leaving games for small children! Attached is a CSL field location map.

Teams: The Age Group Coordinator (AGC) will select in a random distribution of players, will determine the makeup of the teams within a division. Requests for coaches, teams, and players will be considered on a case-by-case basis by the AGC. Beginning with the U8's, teams will be

made up based on gender, all girl teams and all boy teams. Teams are assembled each season based on the AGC's assignments. U4, U5, U6, U8 age groups do not use goalkeepers. Beginning at U10, a goalkeeper will be placed on the field.

AGE GROUP	TEAM SIZE RECREATIONAL	PLAYERS ON FIELD RECREATIONAL	TEAM SIZE ADVANCED	PLAYERS ON FIELD ADVANCED	TEAM SIZE SELECT	PLAYERS ON FIELD SELECT
U4	6 MAX	3V3				
U5	6 MAX	3V3				
U6	6 MAX	3V3				
U8	8 MAX	4V4				
U9	12 MAX		12 MAX	6V6		
U10	12 MAX	6V6	12 MAX	6V6	14 MAX	7V7
U11	14 MAX		14 MAX	8V8	18 MAX	7V7
U12	16 MAX	8V8	14 MAX	8V8	18 MAX	8V8
U13>U19	18 MAX	11v11	18 MAX	11V11	18 MAX	11V11

Ball Requirements: All players are asked to have the appropriate size ball for their age group practices. Please write the child's name and phone number on the ball, in case it is placed in the lost and found.

AGE GROUP	SOCCER BALL SIZE
U4	3
U5	3
U6	3
U8	3
U9	4
U10	4
U11	4
U12	4
U13 > U19	5

Practices: All of our coaches are volunteers, which means they may set the practices during the week to their schedules. These practices can be less, but not more than what is below.

AGE GROUP	PRACTICE LENGTHS (MAX)
U4	1 PER WEEK – 45 MINUTES
U5	1 PER WEEK – 45 MINUTES
U6	2 PER WEEK – 1 HOUR
U8	2 PER WEEK – 1 HOUR
U10	2 PER WEEK – 1-1/2 HOUR
U12	2 PER WEEK – 1-1/2 HOUR
U13>U19	2 PER WEEK – 1-1/2 HOUR

Schedules: Recreation schedules will be made based on the number of teams and available play dates. Recreational games are usually played on Saturday mornings and some in the early afternoon if needed for makeup games. There is a 5-minute half time for all games.

AGE GROUP	LENGTH OF GAMES RECREATIONAL	LENGTH OF GAMES ADVANCED	LENGTH OF GAMES SELECT
U4	2 – 10 MINUTE HALVES		
U5	2 – 10 MINUTE HALVES		
U6	2 – 15 MINUTE HALVES		
U8	2 – 20 MINUTE HALVES		
U9		2 – 25 MINUTE HALVES	
U10	2 – 22 MINUTE HALVES	2 – 25 MINUTE HALVES	2 – 25 MINUTE HALVES
U11		2 – 30 MINUTE HALVES	2 – 30 MINUTE HALVES
U12	2 – 30 MINUTE HAVLES	2 – 35 MINUTE HAVLES	2 – 30 MINUTE HALVES
U14	2 – 30 MINUTE HALVES	2 – 35 MINUTE HALVES	2 – 35 MINUTE HALVES
U16	2 – 35 MINUTE HALVES	2 – 35 MINUTE HALVES	2 – 40 MINUTE HALVES
U17>U19	2 – 45 MINUTE HAVLES	2 – 35 MINUTE HAVLES	2 – 45 MINUTE HAVLES

Fund Raisers: **Per family requirement** - Pay \$25.00 "profit margin" and forget about selling any products of any kind. Sell 5 or more items to get your prepaid profit margin back. You will receive your \$25.00 fundraiser fee back at the time of product delivery.

Team Pictures: Each season CSL will set up picture taking for teams and individual pictures. Your coach/manager/team parent will be contacted early in the season to set up an appointment for your team to have pictures taken. Payment is due at the time pictures are taken. There is no obligation to purchase pictures but all team members are required for the TEAM picture.

Team Parties: Team parties and trophies for players, along with a coach's gift are set up and paid for by the parents of the team. These are optional and should be discussed per team. Usually a team parent or manager will handle the arrangements. Location and themes for the parties are up to the individual teams. Normally, these are held at the conclusion of the each season.

Restrooms: Will be open during the season games and some practice nights. Board members are responsible for opening and closing the restrooms. There is a baby-changing station in the girl's restroom. Churchland Middle School (if open) and the fire station are other sources to use, along with a port-a-john alongside the building and at the U4/U5 fields.

Summer Camp: Each summer CSL will host at least one soccer camp chosen by the board. These camps are usually held during the day or evenings. Information will be sent by e-mail. These camps have been very successful for CSL and beneficial to players.

Concession Stand: The concession stand is open every Saturday during the season when games are being played. Normally, the concession stand is not open during practices during the weeknights. *Each season your team will be required to work at least 1-2 hours in the concession stand.* The schedule is posted in the calendar section of the website. This includes serving drinks, snacks, cooking, etc. The money from concessions is considered a fundraiser to outfit the league. Please do not hesitate to say yes when asked to work. Unfortunately, when no help arrives (a team forgets) others are forced to work longer or the concession is shut down for a period of time. The concession stand is the tan/white building located centrally among the playing fields. You will also find a board member nearby to help you with any questions or concerns you may have.

CSL Merchandise: CSL has several different types of items for sale at the concession stand with the CSL logo. These items include short and long sleeved t-shirts, hooded and non-hooded sweatshirts, drawstring bags, seat cushions, water bottles, etc. If you are interested, please see the board person on duty for that day.

Clinics: Prior to the beginning or in season or in-between seasons, CSL will hold players, parents, coaches clinics at the fields. They may be broken down into age groups, topics, etc. These clinics will be announced and available at little or no cost.

Hotline Phone Number: CSL phone number is: 484-4209. This number is for information about cancelled games due to weather, sign ups, or leaving a message for a particular board member.

Cleat Exchange: Are there old cleats lying around in the home or garage? CSL has a cleat exchange program at the concession stand on Saturday mornings. Just bring the old out-grown shoes and turn them in for another child to wear. You may find a pair that fits your child's growing feet!

Volunteers: If you would like to get more involved in the league, there are many volunteering opportunities available. We could always use help, the players benefit, and it's fun! Here are some ideas on ways to help CSL: coach, asst. coach, team manger or team parent, special projects, field preparation, board member, publicity, committees, referee, fund raising, clerical, reporter, newsletter, concessions, donor or sponsorship. Every little bit helps!

We hope this information has been helpful in getting you started with CSL!

Visit the CSL website: www.churchlandsoccer.org

CSL Hotline: 484-4209

INCOMPLETE APPLICATIONS (PAYMENT DUE, PROOF OF AGE, SIGNATURE) WILL BE ACCEPTED AND PLACED IN PENDING STATUS. YOUR CHILD WILL NOT BE PLACED ON A TEAM UNTIL THE APPLICATION IS COMPLETE. WHEN THE APPLICATION IS COMPLETE YOUR CHILD WILL BE PLACED ON A TEAM IF THERE IS AVAILABLE SPACE IN THE AGE GROUP AT THAT TIME. IF NOT, YOUR CHILD WILL BE PLACED ON A WAITING LIST!

PARENTS: IF YOU NEED TO CONTACT ANYONE CONCERNING ANY PROBLEMS, SUGGESTIONS/CONCERNS ABOUT THE GAME, THE COACHES, THE PLAYERS, THE FIELDS, THE EQUIPMENT, THE REFEREES PLEASE CONTACT THE COORDINATOR FIRST, OR THE DIVISION COMMISSIONER AND THEN THE PRESIDENT.

Board Members are always available to answer your questions, please see the contact list

CSL LEAGUE CONTACTS

POSITION	NAME	PHONE	EMAIL
President-Board Member	Cindy Scheidemantel	673-3903	Cindy96060@aol.com
VP of Administration-Board Member	Jackie Gasparini	484-8904	CSLRegistrar@hotmail.com
Registrar	Jackie Gasparini	484-8904	CSLRegistrar@hotmail.com
Concession Stand Committee	Jennifer Perrault	686-9322	jenniferperrault@cox.net
Picture Schedule Coordinator	Melanie Graham	651-5038	melaniegraham@cox.net
Volunteer Coordinator	YOUR NAME HERE!		
WebMaster	Debbie Davis	484-7087	mokemp@thehouseofdavis.us
Secretary-Board Member	Dave Buchy	538-0265	headhotdog@charter.net
Treasurer-Board Member	Jennifer Hall	673-2155	fourhalls@cox.net
Concession Stand Committee	Caitlyn Anderson	353-9719	cande035@odu.edu
Fund Raiser Coordinator	YOUR NAME HERE!		
City Liaison –Board Member	Andrea Lirette	272-1012	Andrea.tocco@verizon.net
Technical Director-Board Member	Kevin Foley	819-8703	kevinfoley@gmail.com
Director of Coaching	YOUR NAME HERE!		
Referee Coordinator	YOUR NAME HERE!		
Facilitator Coordinator	Janette McGrath	484-6691	5mcgraths@cox.net
Camp Coordinator	Susan Buchy	538-0265	snackiex2@yahoo.com
Operations Director-Board Member	Barb Kester	508-0217	Kesterfam5@verizon.net
Field Maintenance	YOUR NAME HERE!		
Building Maintenance	Terry Gay	484-4931	
Uniform/Merchandise Coordinator	Susan Buchy	538-0265	snackiex2@yahoo.com
Select Commissioner-Board Member	Dorothy Morgan	483-4746	fieldsoccer@aol.com
Select Assistant	Dawn Mason	477-4338	dmm693@aol.com
Advanced Commissioner- Board Member	Mike Davis	484-7087	mokemp@thehouseofdavis.us
Recreation Commissioner-Board Member	Cathy HoSang	967-9109	cathyhosang4471@yahoo.com
U4 Coordinator	Brandi Stone	285-4446	stonenva@cox.net
U5 Coordinator	Alisa Smith	686-0501	alisaryan@cox.net
U6 Coordinator	Barry Augustinsky	328-8228	baug@iprojectsolutions.com
U8 Coordinator	Susan Buchy	538-0265	snackiex2@yahoo.com
U10 Coordinator	John Neagle	488-2952	cslu10soccer@yahoo.com
U12 Coordinator	Kevin Windoloski	484-4737	kwindo@verizon.net
U14 Coordinator	Kevin Windoloski	484-4737	kwindo@verizon.net
Adult Div Coordinator	Wendy Del Vecchio	650-0310	delvfam@cox.net
Adult Div Administrator	Tami Clause	353-1147	tlclause@verizon.net

Board Position Staff Position

Currently all Board Positions come up for reelection at the Fall Parent's Meeting each year. If you are interested in becoming a member of the board, there is a Board Application on the website. There are many open volunteer positions. We could use the help!