



FOS Spring 2023 Coaches Meeting

Important Dates

Wednesday, March 15 th	7:00pm – 8:00pm – Coaches Meeting & Uniform Pickup
Sunday, March 26 th	OPENING DAY – Practice Only & Uniform Handout
Sunday, April 2 nd	1 st GAME
Sunday, April 9 th	NO GAMES – EASTER HOLIDAY
Sunday, May 21 st	FINAL GAMES (There will be no make-up games this year)
Sunday, May 21 st	Field Tear Down

Background Checks

- All Head Coaches, Assistant Coaches and Team Parents are required to complete the background check. No exceptions. If you do not have a valid background check completed by the time of your first game you are not allowed on the field with the players.
- All parents that “help out” on consecutive weeks must register as an assistant coach and complete the background check. The county will allow field helpers to participate only once in a 24-hour period.
- Go to our website at www.FreedomOptSoccer.com and click the tab at the top “For Coaches”. You will find a link to the background check here.
- Badges must be displayed when you are on the field with the players.

Weather Policy

- Call the Freedom Area Rec Council Hotline at 410-549-6296 to check on field availability.
- At the first sound of Thunder OR the first sight of Lightning — All outdoor recreation council activities are to be stopped and the participants must clear the fields to a protected area and wait 30 minutes before activities can resume. Any additional occurrence restarts the 30-minute count until activities can resume.
- Heat: Approx. 30 minutes prior to the start of the activity, temp and heat index reading should be taken from www.weather.com or a comparable source. The following are to be followed:
 - Heat Index: 80-89-Use caution. Monitor athletes carefully for necessary action.
 - Heat Index: 90-104-Use extreme caution. Remove helmets and other equipment if possible.
 - Heat Index: 105-129-Practice shortened. Low intensity and limited conditioning.
 - Heat Index: 130 & above-No practices or games. Activities should be rescheduled

Practice/Games will not be rescheduled due to inclement weather

- FOS cannot cancel games until the day of the game. Even if it rained for 4 days straight and flooding has occurred, we have to wait to the day of to make the announcement.
- If fields are closed, we will post it on Facebook, the website, and send an email to the entire league.

Recruiting Assistant Coaches/Team Parents

- Assistant Coaches and Team Parents often step forward after the beginning of the season. They play very important roles on the team and will help tremendously.
- If a parent steps forward and starts helping out, ask them to register. Registration for volunteers will remain open.

Eldersburg Elementary and Springfield Field clean-up

- We do not have scheduled field clean-up in the Spring season. Please clean up all your trash on your given field at the end of your game each week.

Snack Shack

- We do not have snack shack in the spring season at any of the fields.

Referees

- Referees have the final say on the field, period.

- Do not yell at, argue with their calls or make any comments to referees.
- If you have an issue with a referee, please email Chris Fry, the Referee Coordinator at CFry@FreedomOptSoccer.com.
- You cannot and should not address the referees on the field if you do not agree with a call.

Parking at Eldersburg Elementary

- Do not park on the grass by the school.
- Do not park by the doors in the fenced in area of the school.
- Do not park on the grass by the playground or by the soccer shack.
- Do not park along Johnsville Road.

Parking at Springfield

- Park in the gravel parking lot.

Uniforms

- Uniform pick-up will be tonight at the end of the meeting.
- Coaches' shirts are available if you need one. Please email Scott Walthour at swalthour@freedomoptsoccer.com with your size and we can have them for pickup at the tables at each park the 1st day of practice Sunday March 26th.
- Players must wear their jersey on the outside of hoodies or jackets during inclement weather. Socks must be worn on the outside of leggings and match their uniform color.
- No jewelry is allowed. Necklaces, bracelets, and earrings must be removed prior to game or practice. If a player just had their ears pierced and cannot remove their earrings, then a band aid must be worn over the lobe of the ear.
- All players must have shin guards.
- Cleats are optional. All cleats worn on the field must be soccer cleats. No center toe spike on cleats is allowed. They must be cut off in order for the player to participate. Cleat cutters will be available at the field table.

Player Safety

- Players cannot be left unattended after practice or games. A coach or Team Parent must stay at the fields until every player has left.
- And accident/Injury report needs to be filled out and emailed to commissioner@FreedomOptSoccer.com within 24 hours of any accident. Paper copies are available and there is web-based version on our website.

Coaching Overview

- Referees need to be made aware of any medical conditions a player may have prior to the start of the game. If a player is an extreme asthmatic and you need to sub on the fly then let the refs know prior.
- DO NOT run up the score. If you are ahead by 4 or more, pull a player, let the other team have an additional player, don't shoot without passing 3 times, etc. We do not need to demoralize the other team and hurt kids spirit and self-esteem. As coaches, volunteers, and parents we should strive to make sure that every child on the field enjoys the game, not just our own team.
- FOS uses SportsEngine. Do not instruct your team to download a different app to use instead.
- Every player should get equal playing time.
- Teams will be released after the Coaches meeting. If your team does not show up on the mobile SportEngine app you will need to delete the app entirely and reinstall it.
- Make sure you email your team as soon as possible to introduce yourself and let them know what time to meet the first Sunday March 26th.

Practice/Games

- Sunday March 26th is a practice day and uniform handout. You will share the field with another team in your age group for 1 hour. This is a day to get to know your players and for your players to get to know each other. Feel free to run a scrimmage with the other team on this day if both coaches agree.
- First official game Sunday April 2nd.

Have a great soccer season and thank you for volunteering! This league would not be possible without you! We appreciate all that you do for the kids!