



2009 Parents & Players Handbook

Region 289
North Shore, Oahu



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A NOTE FROM THE REGIONAL COMMISSIONER

As your new Regional Commissioner, I want to thank the most important people in this organization, “**Volunteers**”. Without you the season would not be possible and could not operate. This organization relies solely on volunteers to coach, assistant coach, referee, field coordinators, team mom or dads, helping at opening day, picture taking or other essential venues. So for those of you who haven’t volunteered, when you have the time to help please do so even if it might be a small and simple thing like helping to put up or take down the nets and goals during the weekends of your games. To you it’s a simple thing, but to the AYSO organization and me, it’s a big help!

Soccer is a great sport and AYSO provides our children the opportunity to play, learn, grow, and make new friends. But we must all understand that this season is for the kids and this is their time to enjoy the sport and fellowship with their friends. The players will make new friends as well as renewing old friendships and we as parents and volunteers must remember that we must not obstruct the kids’ enjoyment by our competitive minds. **It’s only a game.** We must support and cheer for the whole team. This is a team sport, not an individual sport, and most kids will not remember the score a few weeks after the game. AYSO provides five great philosophies for our children which are 1) balanced teams, 2) everyone plays, 3) open registration, 4) positive coaching, and 5) good sportsmanship, so please let them enjoy their childhood.

Thank you again to all those that help to make this season possible and supporting our organization, so that we can continue to provide the community these opportunities for our children.

**Aloha, Tim Kawahakui
Commissioner, Region 289**

REGIONAL BOARD OF DIRECTORS

<u>POSITION</u>	<u>NAME</u>	<u>PHONE</u>
Regional Commissioner	Tim Kawahakui	637-4217
Asst. Regional Commissioner	Racquel Achiu	637-7800
Coach Administrator	Bruce Wilkinson	927-3027
Referee Administrator	Andrew Rigterink	638-7352
Treasurer	Veronica Mock	637-1962
Safety Director	Diane Kawahakui	637-4217 927-4250
Volunteer Coordinator	Heather Browning	664-4108
Child & Volunteer Protection Advocate	Diane Kawahakui & Momi DaMate	637-4217 294-4421
Registrar	Racquel Achiu	637-7800
VIP Coordinator	Faith Craycroft	381-2532
Field Coordinator	Diane Kawahakui	927-4250
Secretary	Moana Bjor	479-8261
Fund Raising Coordinator	Racquel Achiu	637-7800
Auditor	Vacant	
PR & Advertising	Vacant	
Area Director	Lei Leong	630-4046

Age Group Coordinators

U5 & U6	Brant Wojack	383-8591
U8	Diane Kawahakui	637-4217
U10	Moana Bjor	479-8261
U12	Heather Browning	664-4108
U14 & up	Tim Kawahakui	637-4217

**REGION 289
MISSION STATEMENT**

To provide a quality soccer program for the youth of the North Shore that inspires self-confidence, increased physical fitness, a moral sense of fair play, team spirit, and, most of all, is good fun for all, win or lose.

EVERYONE PLAYS

Our goal is for kids to play soccer. So we mandate that every player on every team must play at least half of every game.

BALANCED TEAMS

Each year we form teams as evenly balanced as possible - because it's more fun when teams of equal ability play.

POSITIVE COACHING

Kids win when they are built up, not when they are torn down! We train and encourage our coaches to make the extra effort to understand and offer positive help to our players, rather than negative criticism.

OPEN REGISTRATION

Our programs are open to all children between the ages of 4-1/2 and 18 who want to register to play soccer. Interest and attendance is all that is required to be on a team: no "try-outs" are used to choose players.

GOOD SPORTSMANSHIP

We strive to create a positive environment based on mutual respect, rather than a win-at-all-cost attitude. All our programs must be designed to instill good sportsmanship in every facet of AYSO.

**North Shore AYSO Region 289
2009 Schedule**

June 14	9am – 11	LATE AYSO Registration - WCA
July 9-12		AYSO Youth Soccer Camp
July 12		<u>LAST Wait List Registration</u>
July 26	8:00- 9:30	MANDATORY VIP, U5, U6, U8 Coach meeting at WCA Cottage #2. Deliver rosters, uniforms, schedule, permits, etc.
July 26	10:00 – 11:30	MANDATORY U10 - 19 Coach meeting at WCA Cottage #2. Deliver rosters, uniforms, schedule, permits, etc.
July 28		<u>Public Schools Start Statewide</u>
August 1		Fall Season Practice Allowed to Begin for VIP, U-5 thru U-12
August 1		<u>Season Starts</u> for U14, U16, U19 (Island Wide)
August 9	9am – 1 pm	<u>Opening Day Ceremonies</u> Haleiwa Beach Park
August TBA		Assistant Ref Clinic at WCA
August TBA		Returning Referee Workshop
September 1		<u>Season Starts</u> for U5, U6, U8, U10, U12 (Kaiaka Park) U 5 – 6 (Haleiwa Field) U 8 – 10, VIP Sunset Field U 12
September TBA		Workshop for Referee Teams
September 13	8am-12	Picture Day
September 20	8am-12	Picture Day
October (TBA)		Sign-up Spring Select Season
December (TBA)		Haleiwa Christmas Parade

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's your team 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 your skills and feel good. Don't be a showoff or a ball hog.

Cooperate with your coaches, teammates, opponents and the referees.

PARENT'S CODE

As a parent, you play a special role in contributing to the needs and development of youngsters. Through your encouragement and good example, you can help assure that all the boys and girls learn good sportsmanship and self-discipline.

Support Your Child: Supporting your child by giving encouragement and showing interest in their team is very important. 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 - that way your child will always be a winner despite the outcome of the game!

Always Be Positive: Parents are role models for their children. Be aware of this and work to be a positive role model. Applaud good plays by your child's team as well as good plays by the opposing team. Support all efforts to remove verbal and physical abuse from youth sports activities.

Remember Your Child Wants To Have Fun: Remember that your child is the one playing soccer, not you. It's very important to let children establish their own goals to play the game for themselves. Take care not to impose your own standards and goals on them. Children play for the fun of playing.

Reinforce Positive Behavior: Positive reinforcement is the best way to help your child achieve their goals and their natural fear of failure. Making mistakes is a part of learning, so encourage your child's efforts and point out the good things your child accomplished.

Don't Be A Sideline Coach Or Referee: Coaches and referees are usually parents just like you. They volunteer their time to help make your child's youth soccer experience a positive one. They need your support too. Refrain from coaching or refereeing from the sidelines. As a volunteer organization, there's usually always an opportunity for you to take your interest in coaching or refereeing to the next level and become one yourself!



AMERICAN YOUTH SOCCER ORGANIZATION
a nonprofit corporation dedicated to youth soccer
everyone plays

COACH'S CODE

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

Be responsible in your demands on a young player's time, energy, enthusiasm and performance on the 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 physician when determining when an injured child is ready to play again.



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REFEREE'S 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.

AGE GROUP RULES AND REGULATIONS

UNDER 5: Ages 4 to 5 years

Field Size:	40 yards by 25 yards
Ball Size:	3
Roster Maximum:	Jamboree style
Max Players on Field:	Jamboree style
Game Length:	Four 5-minute quarters
Practice Session:	Maximum 1 hour, 2 times a week

Rule Modifications:

- No goal keepers
- No corner kicks (use a corner throw-in)
- Goal kicks: Ball to be placed approx. 1 yard in front of goal
- No offside violations
- No slide tackling
- No free kicks (explain infraction to both teams, restart with drop ball)
- No heading the ball or the penalty will be a dropped ball.
- In the event one team is short the normal number of players, the opposing team must reduce the number of players on the field. Both coaches should agree on the number of players to be on the field.

Coaching Modifications:

Coaches may enter the field of play to coach in a positive manner.

Referee Modifications:

No carding of players allowed (recommendation: each coach should referee one-half of the game). Encourage **ONLY POSITIVE** comments from the spectators.

Practice:

Practice for this age division should be very informal and optional. Make these sessions a fun time for everyone.

AGE GROUP RULES AND REGULATIONS

UNDER 6: Ages 5 to 6 years

Field Size:	40 yards by 25 yards
Ball Size:	3
Roster Maximum:	5
Max Players on Field:	3
Game Length:	Four 5-minute quarters
Practice Session:	Maximum 1 hour, 2 times a week

Rule Modifications:

- No goal keepers
- No corner kicks (use a corner throw-in)
- Goal kicks: Ball to be placed approx. 1 yard in front of goal
- No offside violations
- No slide tackling
- No free kicks (explain infraction to both teams, restart with drop ball)
- No heading the ball or the penalty will be a dropped ball.
- In the event one team is short the normal number of players, the opposing team must reduce the number of players on the field. Both coaches should agree on the number of players to be on the field.
- No substitutions of players allowed except for injuries, quarters, and half.

Coaching Modifications:

Coaches may enter the field of play to coach in a positive manner.

Referee Modifications:

No carding of players allowed (recommendation: each coach should referee one-half of the game). Encourage **ONLY POSITIVE** comments from the spectators.

Practice:

Practice for this age division should be very informal and optional. Make these sessions a fun time for everyone.

AGE GROUP RULES AND REGULATIONS

UNDER 8: Ages 6-7 years

Field Size:	50 yards by 25 yards
Ball Size:	3
Roster Maximum:	8
Max Players on Field:	5
Game Length:	Four 10-minute quarters
Practice Sessions:	1 1/2 hours, 2 times a week

Rule Modifications:

- No goal keepers
- Direct free kicks for all fouls with the opponents at least 8 yards away
- No offside violations
- No slide tackling
- "Goal Box" will be six-yards from the goal line and twelve-yards wide
- No heading the ball. Infractions of this rule will result in an indirect free kick for the opposing team
- In the event one team is short the normal number of players, the opposing team is expected to reduce the number of players on the field. Both coaches should agree on the number of players to be on the field.
- No substitutions of players allowed except for injuries, quarters, and half.

Coaching Modifications:

May offer words of encouragement and will refrain from shouting from the sidelines. The coach is also responsible for the actions of the parents.

Referee Modifications:

- No carding of players allowed
- If referee is unavailable, coaches may referee
- Your job is to instruct both players and parents of the Laws of the Game

AGE GROUP RULES AND REGULATIONS

UNDER 10: Ages 8 - 9 years

Field Size:	50 yards by 80 yards
Ball Size:	4
Roster Maximum:	10
Max Players on Field:	7
Game Length:	Four 12 1/2 minute quarters
Practice Sessions:	1 1/2 hours, two times a week

Rule Modifications:

- No slide tackling
- No heading. Heading of bouncing balls allowed. Penalty for unallowed heading is an indirect free kick by opponent
- A player may play no more than one quarter as goalkeeper and must play at least one quarter in a field position.
- In the event one team is short the normal number of players, the opposing team is expected to reduce the number of players on the field. Both coaches should agree on the number of players to be on the field.
- No substitutions of players allowed except for injuries, quarters, and half.
- Adhere to FIFA rules

Coaching:

Coaches should incorporate sportsmanship in their lesson/practice sessions.

Referee Modifications:

- Referee is to maintain the safety of players and provide explanations for infractions of the rules
- No carding of players allowed
- Referee may ask player(s) to leave the field for dangerous, flagrant or unsportsmanlike behavior. In this age group and above, the players are more competitive

AGE GROUP RULES AND REGULATIONS

UNDER 12: Ages 10-11 years

Field Size:	60 yards by 110 yards
Ball Size:	4
Roster Maximum:	12
Max Players on Field:	9
Game Length:	Four 15 minute quarters
Practice Sessions:	1 1/2 hours, two times a week

Rule Modifications:

- No Slide tackling
- Heading of the ball is allowed
- A player may play no more than two quarters as goalkeeper and must play at least one quarter in a field position.
- In the event one team is short the normal number of players, it is preferred that the opposing team reduce the number of players on the field.
- No substitutions of players allowed except for injuries, quarters, and half.
- Adhere to FIFA rules

AGE GROUP RULES AND REGULATIONS

Under 14: Ages 12 -13 years

Field Size:	65 yards by 120 yards
Ball Size:	5
Roster Maximum:	15
Max Players on Field:	11
Game Length:	Four 17 1/2-minute quarters
Practice Sessions:	1 1/2 hours, two times a week

Rule Modifications:

- Substitution by quarters and half, except for injuries
- In the event one team is short the normal number of players, it is preferred (but not required) that the opposing team reduce the number of players on the field.
- Minimum 7 players from both teams to start the game
- Adhere to FIFA rules
- Substitution of goalie not required, but if substituted goalie must play at least one quarter on the field

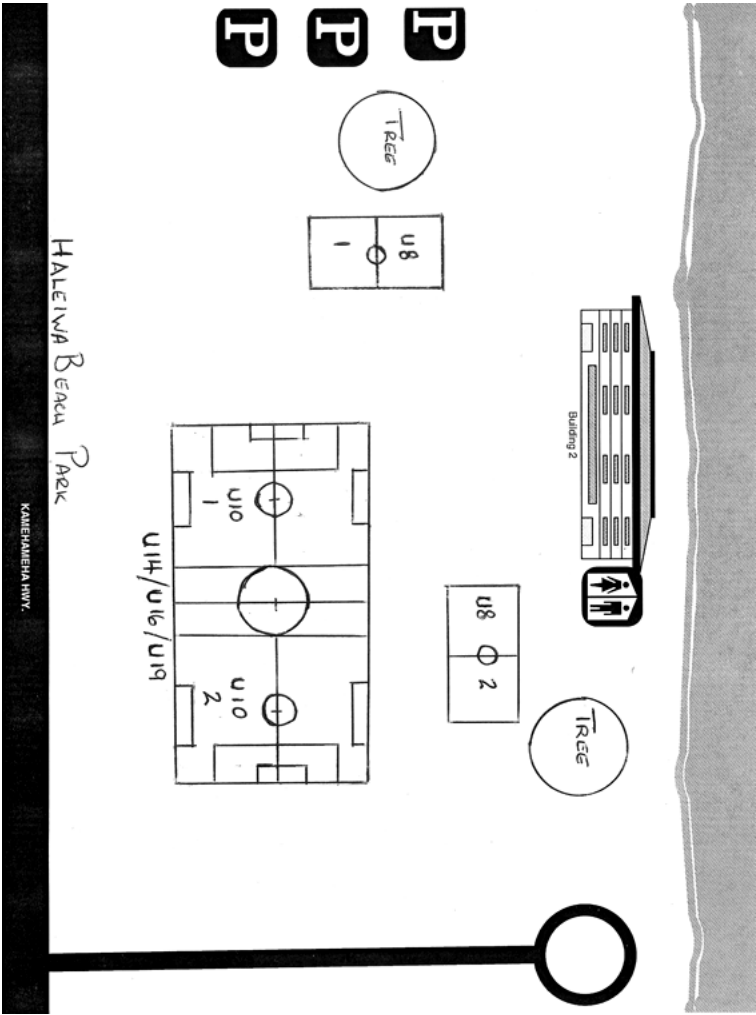
Under 16: Ages 14-15 years

Field Size:	65 yards by 120 yards
Ball Size:	5
Roster Maximum:	15
Max Players on Field:	11
Game Length:	Four 20-minute quarters
Practice Sessions:	2 hours, two times a week

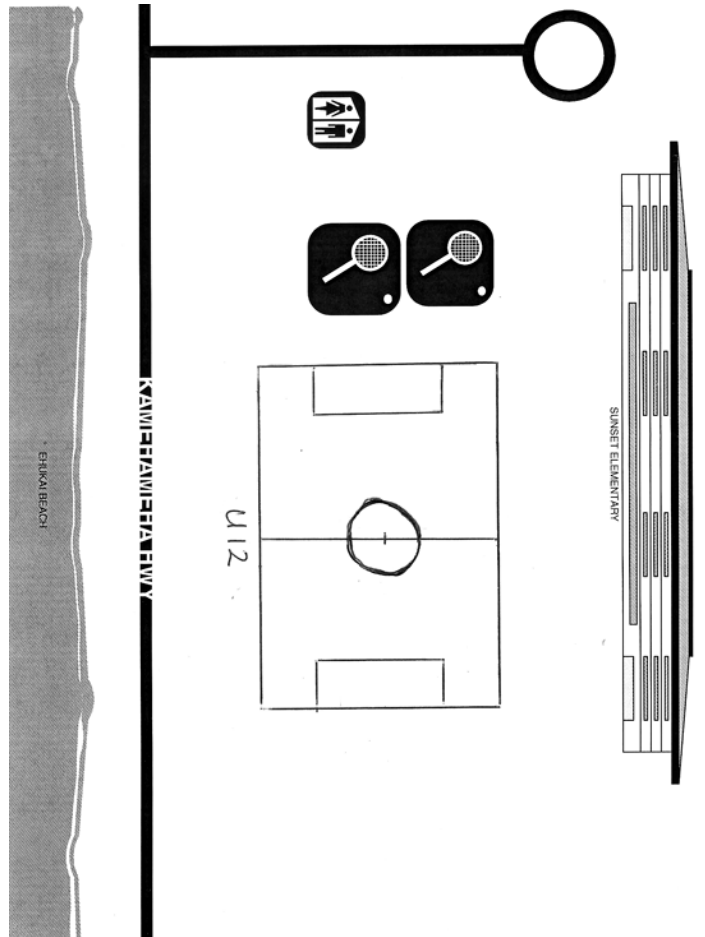
Rule Modifications:

- Substitution by quarters and half except for injuries
- In the event one team is short the normal number of players, it is preferred (but not required) that the opposing team reduce the number of players on the field. Both coaches should agree on the number of players to be on the field.
- Minimum 7 players from both teams to start the game
- Adhere to FIFA rules
- Substitution of goalie not required, but if substituted goalie must play at least one quarter on the field

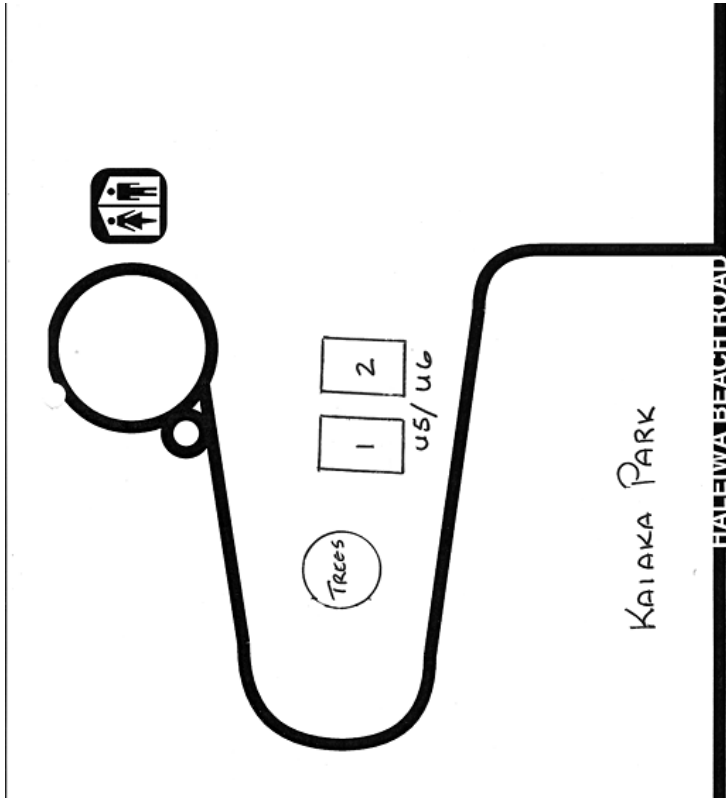
**FIELD LAYOUT:
HALEIWA BEACH PARK**



**FIELD LAYOUT:
SUNSET BEACH ELEMENTARY SCHOOL**

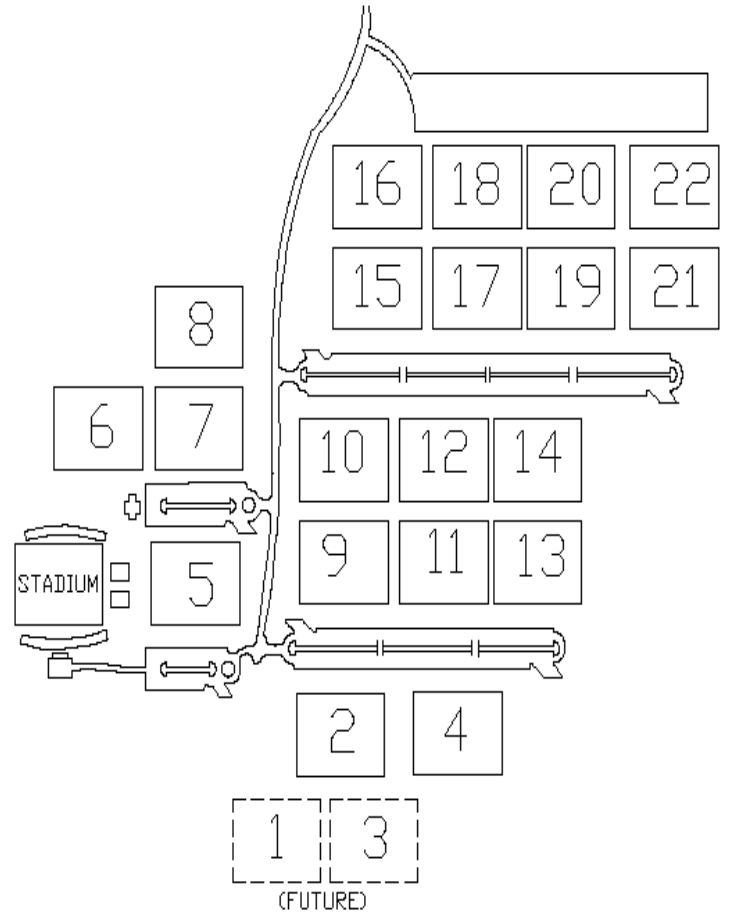


KAIAKA PARK, HALEIWA

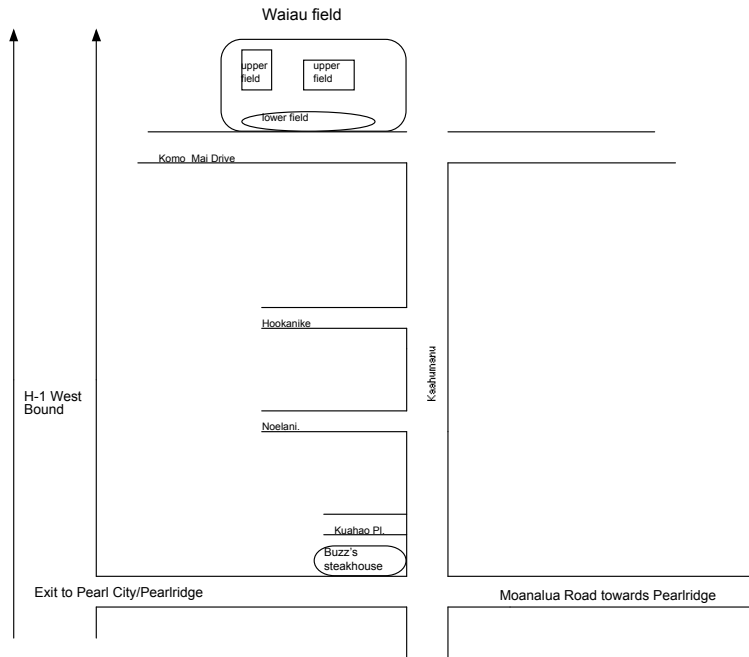


**FIELD LAYOUT:
WAIPIO PENINSULA SOCCER COMPLEX**

**LOCATION: END OF WAIPAHU DEPOT ROAD.
ENTER OFF FARRINGTON HWY. BY WAIPAHU HIGH.**



WAIIAU PARK PEARL CITY



Refund Policy for registration fees, refunds for players withdrawing from the scheduled AYSO 2009 Season.

Withdrawal of play before August 1 (official season start date) will result in a refund less fees totaling \$26.00. Withdrawals after August 1 will result in a refund less fees totaling \$41.00

Requests for withdrawal of play must be submitted in writing before August 1 and sent to:

North Shore AYSO Region 289
Attention Registrar
P.O. Box 121
Waialua, HI 96712

Requests must be postmarked before August 1 to be eligible for refund. Refunds will be based on the Registration Fees paid less **\$26 per player**.

Requests on or after August 1 (the official start date of the season), will not be eligible for refund, unless due to medical matters, in which case, would require a doctor's note to accompany players written request and would result in a possible refund of registration fees paid less **\$41 per player**.

REFUNDS WILL BE PROCESSED AT THE END OF THE SEASON (approximately the beginning of November)

Returned Check Policy:

Returned checks will be charged a \$15 returned check fee. Repayment of Registration plus Returned Check Fee must be paid via Certified Check or Money Order and mailed to:

North Shore AYSO Region 289
Attention Treasurer
P.O. Box 121
Waialua, HI 96712

NON-PAYMENT OF FEES WILL AFFECT THE REGISTRATION STATUS OF THE REGISTERED PLAYER AND MAY RESULT IN SAID PLAYERS NAME TO BE REMOVED FROM THE TEAM ROSTER AND/OR PLACED OR REMAIN ON A WAIT LIST.

In which case, player's registration will be considered late and player will have to wait for an available spot on a team when it becomes available.

Child and Volunteer Protection Advocate (CVPA)

The AYSO position of child and volunteer protection advocate is intended to oversee the child and volunteer protection program in the region in accordance with the AYSO Safe Haven program.

According to the safe haven rules:

- Background checks will be conducted on all volunteers.
- Child abuse and neglect will not be tolerated.
- No drugs/ alcohol allowed where AYSO activities are occurring.



The AYSO name, marks and all associated trademarks and logotypes are owned by the American Youth Soccer Organization (AYSO).

The official Health, Wellness and Nutrition Products of AYSO are:

Herbalife Kids™ Shakes and Multivitamins
Essential vitamins and key nutrients growing kids need everyday.

H³O Fitness Drink
A thirst-quenching 3-in-1 drink that provides hydration, sustained energy and antioxidant protection.

Protein Bar Deluxe
A delicious, healthy snack that satisfies hunger with 10 g of protein.

For more information please contact:
Debra Agoo
Approved Herbalife Independent
Distributor
(808) 748-3975