



2011 HSC Parent's Guide

Highlands Soccer Club

HSCLUB.ORG

Practice Sessions

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Location

We have all practice sessions at the Central Park turf fields in the Issaquah Highlands. Parking is limited.

Dates

Our 2011 Schedule:

- April 10, 17
- May 1, 15, 22
- June 5, 12
(Summer Break)
- Sept. 11, 18, 25
- Oct. 2, 9, 16, 23

Time

- 3:00 to 3:45:
U-5 teams (ages 3, 4)
U-7 teams (ages 5, 6)
- 4:00 to 5:00:
U-9 teams (ages 7, 8)
U-10 teams (age 9)
U-13 teams (ages 10-12)

Equipment

It is important for parents to check their children for:

- A water bottle
- Suitable shoes (soccer cleats or turf shoes) with double-tied shoe laces
- Shin guards, preferably worn under socks
- Properly inflated ball of the correct size: size 3 for U-5 and U-7; size 4 for U-9 and U-10/13

Water Breaks, Snacks

- Water bottles for each child should be left on the sidelines and clearly marked with their names.
- Food or non-water drinks should not be consumed during practices
- Providing snacks for the entire team is not required.

On-Field Restrictions

- Per the City of Issaquah's posted rules, non-players or non-coaches are required to remain off the fields.
- At no time can a person use chairs or bring food or drinks (other than water) onto the fields.

Late Arrivals

Late arrivals can be highly disruptive to the team. It is very important that your child arrives on-time to practice.

Weather Cancellations

Parents are responsible to check online for weather based cancellations at 2:00 pm Sundays at www.hsclub.org. Once a practice is cancelled, it cannot be rescheduled.



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First Day of Practice

Uniform Pick-Up

- If you ordered a uniform during registration, it will be available for you to pick-up on the field at the first practice in the Spring or Fall season.
- If your child is on U-5 or U-7, you can pick-up the uniform at 2:30. U-9, U-10 and U-13 will pick-up their uniforms at 3:45.

Mandatory Waiver Form

- All new members of the soccer club are required to complete a 2011 waiver form before any of their children can play on a team. It can be downloaded at www.hsclub.org/forms.
- The waiver form must be handed-in at the first practice. This needs to be done at the same time as your uniform pickup.

Teams

- Team assignments will be posted one week before the first day of the Spring or Fall season at www.hsclub.org/teams2011.
- A **required password** will be emailed in advance.
- Our Website will include team pages where you can get to know your child's coaches and learn more about our coaching program.

Field Assignment

- Your child's team will play always at a specified area on the reserved field space. Refer to the diagram on the following page once you know your team assignment.
- Please do not walk across another team's field or play area.

Blog

For your reference, this message is also viewable at our blog: www.hsclub.org/blog. The blog is where all our email announcements will be stored.

Contact

For questions, you can contact the club's director, Umit Gokce, at umit@hsclub.org.

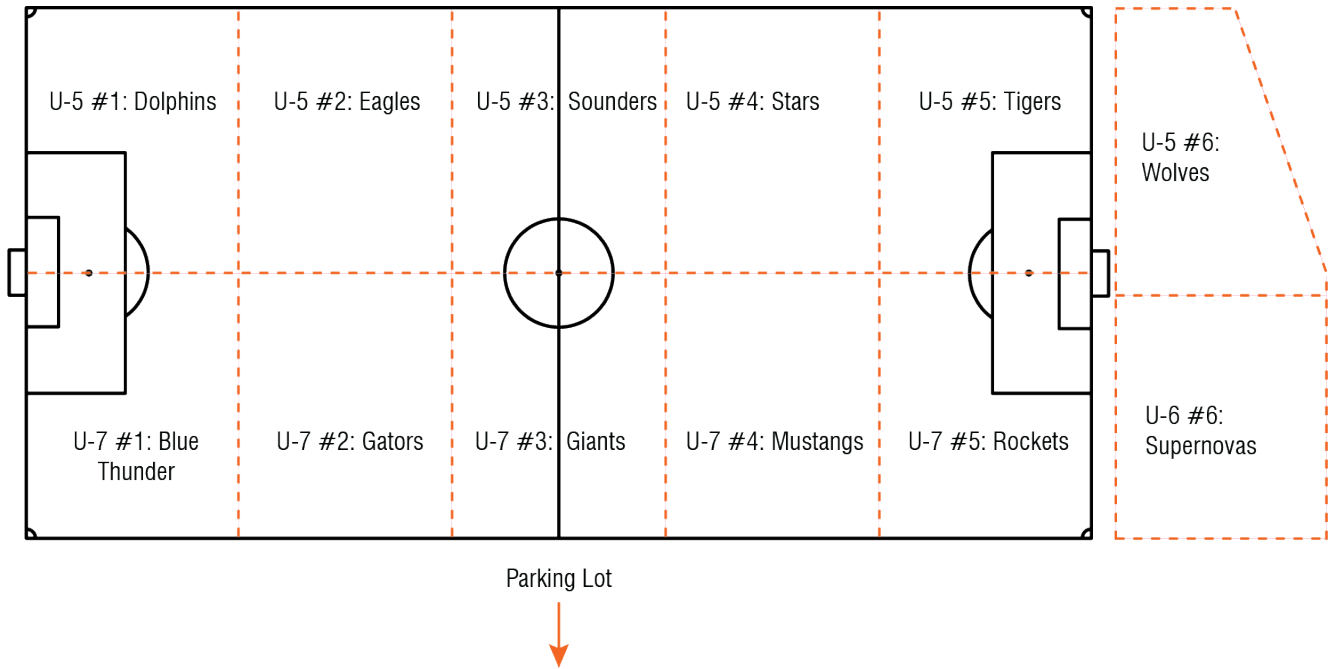


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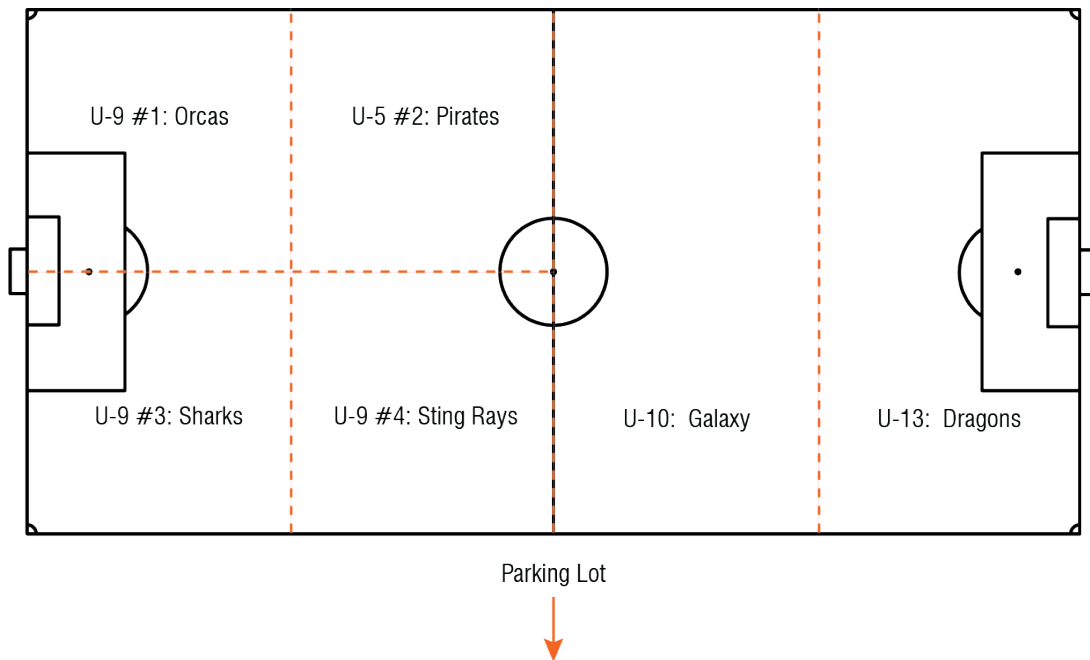
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U-5, U-7 Field Configuration



U-9, U-10, U-13 Field Configuration





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HSC Coaching Program

True to its origins, the Highlands Soccer Club operates as a grassroots, non-profit organization. The club's all-inclusive nature, recreational level, and the accessibility of soccer can be said to create a "gateway" to a wide range of options for positive and health-minded youth development.

The HSC coaching program was created to help the club realize its full potential of service to its members and their communities. It is built upon two core concepts:

I. Soccer FUNDation

Fun first, followed by effective player development

- We emphasize fun activities and small-sided games over drills and full scrimmages
- Youth soccer skills are best learned through immersive participation: doing and refining not observing and imitating
- Ball handling, not kicking, is the primary skill
- Each activity focuses on providing players with a high number of touches

II. EDUcommunicate

Applying best practices to support on-field activity

- Coaches and parents as partners with common vested interests
- Good communication with families correctly sets expectations and fosters cooperation
- Web technology is an excellent facilitator for education and communication
- Helps compensate for our 1x/week program