

LEGENDS SOCCER CLUB

Brave Creative Leaders

f i t NWALEGENDSSOCCER.COM



2022-2023

PARENT PACKET

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Hello future and current Legends Soccer Club families,

Thank you for taking the time to join us for player evaluations. We are honored to be a part of your child's development. Whether you are a new or current Legends family, please take some time to do a couple things during your placement sessions.

First, please read through this informational packet. This contains some of the information we think parents will find helpful as you are planning for our next soccer year. You will find information about our coaching philosophy, answers to frequently asked questions from parents, and information about how to get started with your new team.

Second, please introduce yourself to some of the other parents. If you are new, ask questions! Our veteran parents can offer their perspective on how our club operates, our approach to developing players, and how it has impacted their children.

If you have any questions or concerns, please reach out to me or one of the coaches or volunteers.

Again, thank you for joining us!

Matt Holdaway
Club Owner





Hello prospect and current Legends families,

It is a sheer pleasure to have you join our club for the first time. If you have been with us for a short time or even a long time, we have greatly appreciated our time working with your player and will continue to create memories together. Our identity, our style of play, and who we are shines on the soccer field with creative ball movement, skillful moves, and pure attacking play.

Our belief is that **character** drives the **process** and the **process** drives the **results**. We teach life lessons through the game such as: courage to try new skills, working with teammates and friends, dealing with adversity, and so much more. These skills prepare the player for the road of life. We don't pave the road for the player, we prepare the player for the road. We go beyond just teaching the game - we teach life skills.

Thank you for your consideration!

Max von Rabenau
Legends Director





CLUB PRINCIPLES

Philosophy of Coaching Overview

Environment

We strive to build an environment that allows players to build a love of the game that motivates them to play.

Player-Centric

A successful team is made of brilliant individual players who are able to read the game, make quick decisions, and execute technically under pressure.

Total Footballer

The Total Footballer requires intelligence and diverse technical abilities in order to play all positions at any time.

Fearless & Courageous

Legends are encouraged to take risks on the field and are willing to try and fail over and over to overcome adversity and failure.

Attacking Style of Play

We encourage the “go for it” attitude! We continuously & relentless drive forward with the ball, thus creating the best dribblers, combination players, and finishers.



CLUB PRINCIPLES

Philosophy of Coaching Overview

Economical Training

Training time is designed to inspire creative dribbling skills and goal scoring opportunities.

Character Building

We believe the challenges and pressures found on the soccer field create the optimal environment to teach life lessons.

Autonomy

Our approach is unscripted freedom of thought and action. We allow our players to dictate what they do next - learning from each decision.

Player First Club

Every player is taught individual tactics and trained to be successful with the ball at their feet.

Enjoyment

“Success is no accident. It is hard work, perseverance, learning, studying, sacrifice and most of all, love of what you are doing or learning to do.”

-Pelé

PARENT GUIDELINES

**1. AVOID
'COACHING'**

FROM THE SIDELINE

**2. DON'T
CRITICIZE THE
REFEREE OR
COACHES**

**3. FOCUS ON THE
BENEFITS
OF THE GAME
RATHER
THAN THE SCORE**



**4. THINK WHEN
INTERACTING
WITH**

OPPOSING FANS

**5. DON'T
STRESS OUT
OVER THE
GAME**

**6. SAVE ISSUES
WITH THE
COACH FOR THE
NEXT DAY**





Legends Soccer Club: Parent Code of Conduct

The NWA Legends Soccer Club has adopted the following Code of Conduct for parents. Please read through the guidelines below and commit to implementing them throughout the season.

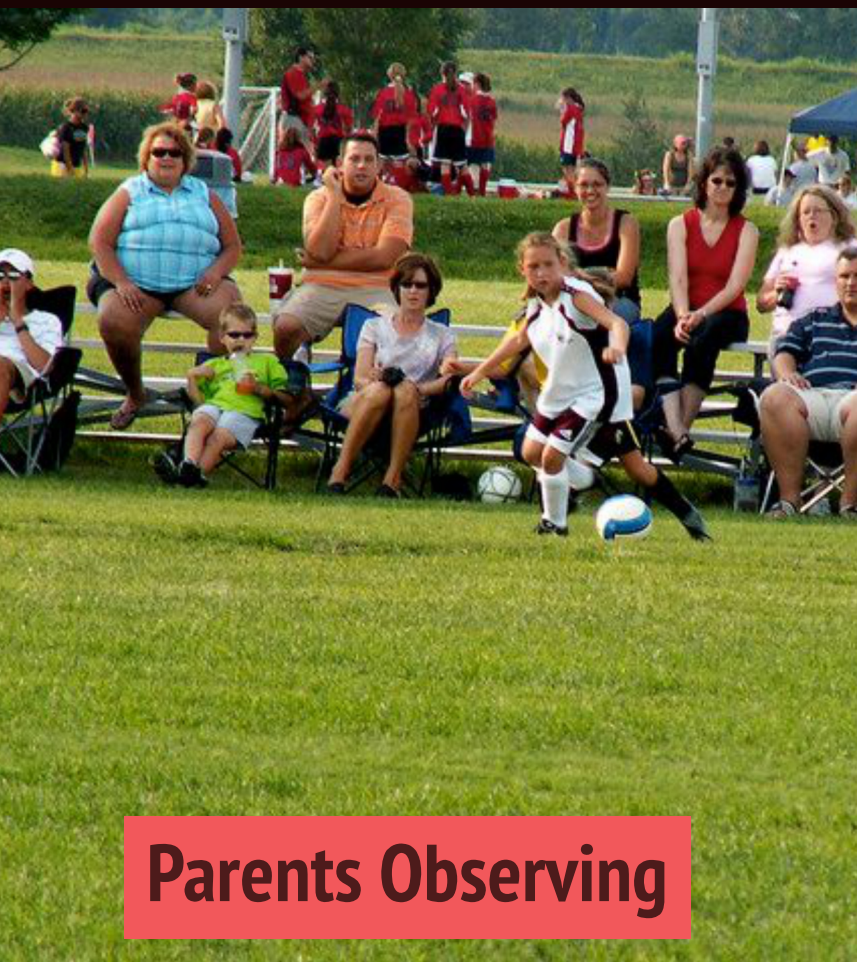
1. **CHILD FIRST.** Remember that players participate to have fun and grow. Our programs are designed for the players' best interests, even if that stretches the parents' comfort level.
2. **BE A PARENT.** Refrain from coaching any player from the sidelines during games and practices.
3. **RESPECT.** Parents should not criticize their child or any other player on any part of the player's game. All soccer-related criticism should come from the coaches to prevent any confusion and to protect the child's confidence.
4. **ENCOURAGEMENT.** Be your child's biggest fan. Your love and support should not be conditional on their soccer performance. Focus on the positive aspects of the game or practice; let the coach work on the negative aspects. Keep in mind the Six Most Important Words you can say to your player: "I love to watch you play."
5. **INTEGRITY.** Be a positive role model for your player on the field. Show respect and sportsmanship to other parents, players, coaches, and referees.
6. **HUMILITY.** Encourage your child to follow the rules of the game and all team guidelines. Encourage them to display positive sportsmanship at all times.
7. **APPRECIATION.** Respect the authority of the officials and coaches during games.
8. **LEADERSHIP.** Encourage your child to speak with their coach. If your child has questions or concerns, have them try to ask their coach about these issues. This is a huge part of the responsibility and leadership a child can learn through team sports.
9. **COMMUNICATION.** Address all concerns respectfully with your coach before they grow into bigger issues.
10. **ACCOUNTABILITY.** Teach your player to prepare for the next game or practice. Help them pack their own bag, remembering their cleats, ball, and water bottle.
11. **RESPONSIBILITY.** Remember the importance of nutrition and sleep for physical performance. If you fail to teach them healthy life habits, they will never reach their maximum potential.
12. **TRUSTWORTHINESS.** Show up. Your coaches work hard to prepare for every training session and game. Legends players are expected to be at every event unless cleared by your coach.
13. **DELAYED GRATIFICATION.** Help your child focus on the performance, rather than just the result of the game. Winning is not the end result. Losses are an important part of a child's character development.



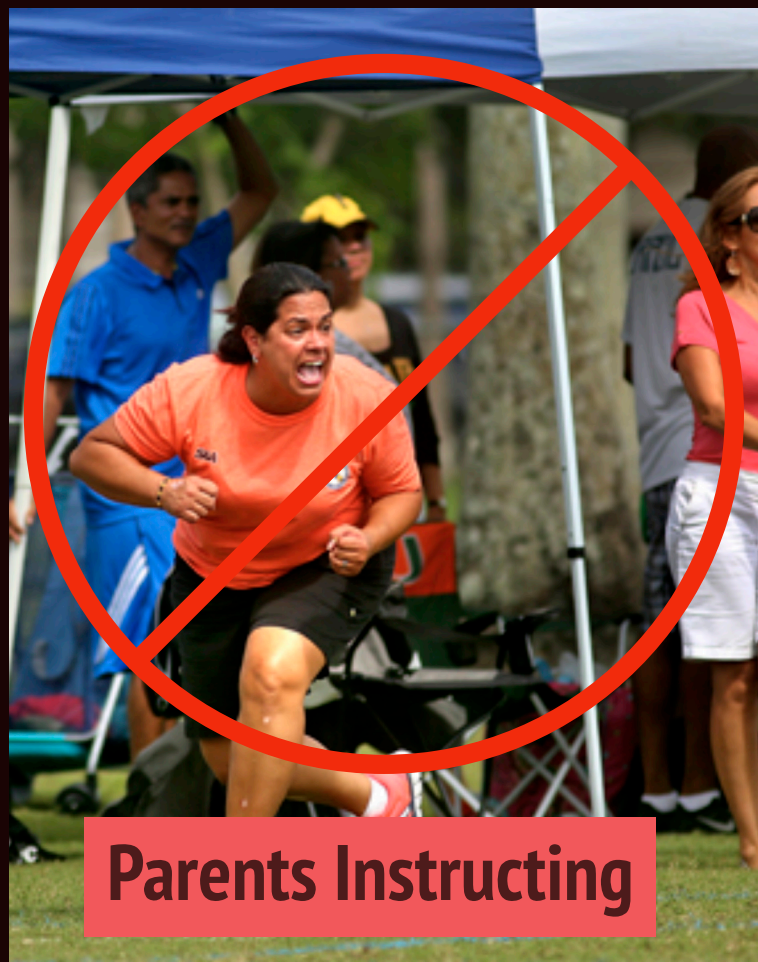
Parents Cheering



Parents Fighting



Parents Observing



Parents Instructing



CLUB FEES OUTLINE

Program Commitment

Our Legends soccer year is 11 months long: July - May. Teams will practice twice per week (plus optional Friday evening training) and have weekend games throughout most of the year. We ask players to commit to an entire year with the team, just as the coaches are committing to their team for the year.

Club & Coaching Fees

Annual Club Registration: \$75 (Includes a PDF copy of Training Soccer Legends by Andy Barney)

Age Group Breakdown

- U8: \$979 annually (can be paid 11 monthly installments of \$89 per month)
 - U9-U10: \$1089 annually (can be paid 11 monthly installments \$99 per month)
 - U11-U12: \$1144 annually (can be paid 11 monthly installments \$104 per month)
 - U13+: \$1199 annually (can be paid 11 monthly installments \$109 per month)
 - High School Players: \$981 annually (can be paid in 9 monthly installments \$109 per month)
- *Families who choose to pay the annual fee in one payment will receive a \$50 discount.

What do my Club Fees cover?

- Year-round coaching
- Administrative club operations
- Extra academy sessions
- Virtual training resources

Priority access to TRIBE Soccer Facility

- Team training in an environment that maximizes the efficiency of player development
- Individual access for training when fields are open - contact us for ideas if interested
- Safe, controlled environment with multiple coaches and staff present
- Clean restrooms

Team Fees

All additional league and/or tournament costs will be divided evenly among all players and paid directly to the event providers through each team's manager. Team Managers calculate team costs by season (Fall, Winter, Spring) according to the events each team chooses to participate in.

Tournaments

There will be a tournament entry fee of approximately \$50-55 per player per tournament. Most teams will participate in 3 tournaments: 1 fall, 1 winter, 1 spring. Teams will also have the opportunity to participate in 1-2 local fall tournaments and 1-2 local spring tournaments.

Leagues

These fees will include any necessary registration fees, referee fees, or field rentals required to participate in these leagues.

Uniforms

Each individual player is responsible for purchasing a Legends uniform which includes two primary jerseys, an alternate training jersey, shorts, and socks. Club-wide uniforms will be updated every 2 years. New uniforms for Fall 2022.

New Balance Uniforms

New Balance Jerseys – White (Home) + Red/Grey (Away) + Grey (Training/Alternate)

New Balance Shorts – Red + Grey

New Balance Socks – Red + Grey

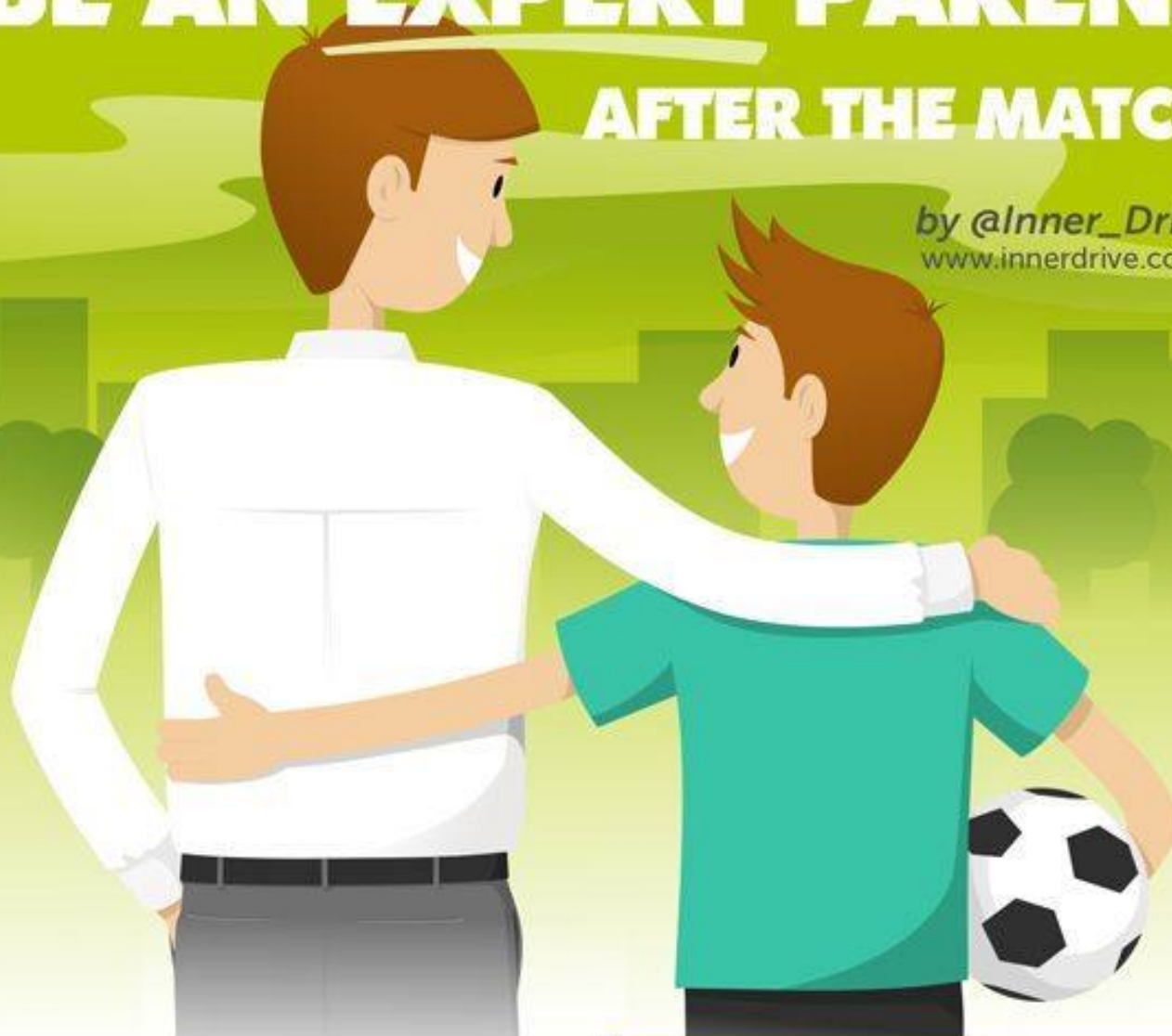
Association and Insurance Card

US Youth Soccer Association and Arkansas Soccer Player Card: \$20 (U8-U10) or \$28 (U11+)

BE AN EXPERT PARENT

AFTER THE MATCH

by @Inner_Drive
www.innerdrive.co.uk



What Not to Say

Did you win?

You played rubbish

Why did you do that?

You're so talented

False praise

**You were so much
better than X**

It doesn't matter

What to Say

Did you have fun?

How did you play?

What did you learn?

**What would you do
differently next week?**

Did you try your hardest?

I'm proud of you

I love you



BETTER ATHLETES
BETTER PEOPLE

Parent Pledge

Our organization is committed to the principles of Positive Coaching Alliance (PCA). Therefore, we ask that you read, sign and return this form to your child's coach or any appropriate representative of our organization.

Initial each
line below

In keeping with PCA's ideal of the **Double-GoalCoach®** – who has a goal of winning and an even more-important goal of teaching life lessons through sports – I will be a **Second-GoalParent®**, focused on the goal of **using sports to teach life lessons**, while leaving the goal of winning to players and coaches. _____

I will use positive encouragement to **fill the Emotional Tanks** of my children, their teammates, and coaches. I understand that, like the gas tank of a car, a full Emotional Tank can take people most anywhere. _____

I will reinforce the **"ELM Tree of Mastery"** with my child (E for Effort, L for Learning, M for bouncing back from Mistakes). Because I understand that a mastery approach will help my child succeed in sports and in life, I will: _____

- encourage my child to exert maximum **Effort**
- help my child **Learn** through sports
- urge my child to get past **Mistakes** by using a Mistake Ritual, such as a flushing motion, to trigger a reminder to flush the mistake and move on to the next play.

I will set an example for my child by **Honoring the Game**, respecting ROOTS (Rules, Opponents, Officials, Teammates, and Self). If I disagree with an official's call, I will Honor the Game and be silent. _____

I will use a **Self-Control Routine** to avoid losing my composure if I grow frustrated. I will take a deep breath, turn away from the game to refocus, count backwards from 100 or use self-talk ("I need to be a role model. I can rise above this.") _____

I will **refrain from negative comments about my child's coach** in my child's presence so that I do not negatively influence my child's motivation and overall experience. _____

I will be as prompt as possible dropping my child off and picking my child up from practices and games. _____

I will engage in **No-Directions Cheering**, limiting my comments during the game to encouraging my child and other players (from both teams). _____

PRINT ATHLETE'S NAME

PARENT'S SIGNATURE

For more Resources, visit: www.PCADevZone.org
For more information on Positive Coaching Alliance, visit: www.PositiveCoach.org



Program Commitment

_____ I understand I am committing my player to an 11 month team commitment. Should my player decide to leave the team prior to the end of the season, I must give both the coach and the Legends Club office a 30-day notice.

Club Fees

_____ I understand it is my responsibility to pay club fees in full or to maintain current monthly payments for my player to participate in team activities. Failure to maintain payments can result in my player being ineligible to play with the team.

Team Fees

_____ I understand it is my responsibility to pay all other team fees for tournaments, registration fees, referee fees, field rentals, etc. to my Team Treasurer. It is my responsibility to pay these fees by the date determined by the Team Treasurer. Failure to pay team fees can result in my player being ineligible to play with the team.

Team Deposit

_____ I understand to start my initial payment to the team fee with a \$100 deposit

Uniform Fees

_____ I understand I am responsible for the purchase of my player's uniform.

***Please initial above and sign below**

I confirm that I have read, understand, and agree to the above policies and procedures for enrolling in the Legends Soccer Club.

X _____



Legends Club Team Checklist

Login to Legends Account – www.nwalegendssoccer.com

- ☐ Review Legends Fees information located under the Premier Teams tab
 - ☐ Program Commitment
 - ☐ Club & Coaching Fees
 - ☐ Team Fees—seasonal (Fall, Winter, Spring) determined by team events
 - ☐ Uniform Costs
- ☐ Club Team Registration (3 Steps to complete online registration)
 1. Register through Legends website - redirects to Gotsport account
 2. Enter payment information (no payment due until July 1st)
- ☐ Purchase Uniform: link to soccer.com team store is listed under the Premier Teams Tab
 - ☐ Confirm player's jersey number with coach
 - ☐ New Balance Jersey – White (Home)
 - ☐ New Balance Jersey – Red (Away)
 - ☐ New Balance Jersey – Grey (Away/Training)
 - ☐ New Balance Shorts – Red + Grey
 - ☐ New Balance Socks – Red + Grey
- ☐ TeamSnap
 - ☐ Download TeamSnap App
 - ☐ Accept email invitation
 - ☐ Enter player information and upload player photo (head shot)
 - ☐ Enter all parent contact information
- ☐ Important Documents (provide to Team Treasurer)
 - ☐ Copy of player birth certificate
 - ☐ Copy of health insurance card
 - ☐ Signed player medical release form
 - ☐ Pay Team Fee Deposit (\$100)

Standards Chart



	U6	U7	U8	U9	U10	U11	U12	U13
Maximum Field Size (yards)	30x20	30x20	30x20	47x30	47x30	75x47	75x47	112x75
Number of Players	4v4	4v4	4v4	7v7	7v7	9v9	9v9	11v11
GK	No	No	No	Yes	Yes	Yes	Yes	Yes
Playing Times (minutes)	4x8	4x8	3x15	2x25	2x25	2x30	2x30	2x35
Break Times (minutes)	5	5	5	10	10	10	10	15
Ball Size	3	3	3	4	4	4	4	5
Goal Size (feet)	4x6	4x6	4x6	6.5x18.5	6.5x18.5	6.5x18.5	6.5x18.5	8x24
Offside	No	No	No	Yes	Yes	Yes	Yes	Yes

LEGENDS COACH PROFILE

BRAVE CREATIVE LEADERS



**ENCOURAGING
MOTIVATOR**

**INTENTIONAL
COMMUNICATOR**

**LONG-TERM
THINKER**

**CREATIVE
ARCHITECT**

**LOVING
EDUCATOR**

CORE VALUES

INTEGRITY

TRANSPARENCY

WOW

BE A LEGEND

LEARN

LEGENDS COACHES TAKE A HOLISTIC APPROACH TO PLAYER DEVELOPMENT.

We focus on long-term development and battle the temptation to zoom in on any one result. We recognize that our greatest mission is to develop the self-concept, physical, emotional, social, and psychological capacities of our players. Developing the most skillful players in our community, while important, is our second priority. This is summarized by our operation in learning mode vs. performance mode.

LEGENDS COACHES WILL LEAD THEIR TEAMS IN LINE WITH THE GUIDING PRINCIPLES OF ANDY BARNEY, AS OUTLINED IN HIS BOOK, TRAINING SOCCER LEGENDS, AND OTHER COACHING RESOURCES.

The Legends Philosophy of Coaching offers clear direction on maximizing player motivation, soccer-specific skill acquisition, and general athletic development. While this approach to player development is explicit, it does leave significant room for creative guidance from Legends coaches in many aspects of how they lead a team. We hold firm to the Legends Philosophy of Coaching; we are flexible about many other elements of team leadership: team logistics, event choice, player and parent communication, team discipline and culture, team-building approach, and individual care for players and their families.

LEGENDS COACH PROFILE

BRAVE CREATIVE LEADERS



**ENCOURAGING
MOTIVATOR**

**INTENTIONAL
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**LONG-TERM
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WOW

BE A LEGEND

LEARN

**LEGENDS COACHES WILL STRIVE TO BE
EDUCATORS FOR THEIR TEAM PARENTS.**

This includes using every opportunity to lead conversations about the WHY behind what we do. Post-game speeches, team meetings, and 1 on 1 conversations should be filled with explanations of the Legends philosophy of coaching. This educational language should permeate the club-to-parent conversations in all aspects.

**LEGENDS COACHES WILL WORK TO CREATE
AND PROTECT TEAM UNITY AMONG OUR
COACHING AND ADMINISTRATIVE STAFF.**

This includes using integrity and discretion in all conversations regarding club, team, and player situations.

**LEGENDS COACHES WILL TREAT PLAYERS
AND PARENTS WITH DIGNITY.**

This is especially important in how coaches communicate player progress, status, or roster changes with families. Coaches must initiate personal communication before changes are made public.

**LEGENDS COACHES TAKE RESPONSIBILITY
FOR HOLDING THEIR PARENTS TO THE
PARENT CODE OF CONDUCT.**

**LEGENDS COACHES WILL ACCEPT THE
BURDEN OF LEADERSHIP AND THE LIFESTYLE
OF A ROLE MODEL.**



Teams and Coaches

Legends Boys

Legends Boys 2005-07	Bijan Timjani + Jay Metzger
Legends Boys 2008	Jovane Salinas + Jason Laurie
Legends Boys 2009	Jimmy Myers + Nathan McMurray
Legends Boys 2010	Tony Aguilar + Chris Cano
Legends Boys 2011	Thomas Corona + Tony Aguilar
Legends Boys 2012	Alberto Hurtado + Pedro Munoz
Legends Boys 2013 Red	Pedro Munoz + Alberto Hurtado
Legends Boys 2013 Black	Pedro Munoz + Alberto Hurtado
Legends Boys 2014 Red	Brady Wade + Jay Metzger
Legends Boys 2014 Black	Sam Suarez + Jay Metzger
Legends Boys 2015 Red	Jimmy Myers + Nickolas Hernandez
Legends Boys 2015 Black	Bijan Timjani + Zach Berry

Legends Girls

Legends Girls 2009-10 Red	Max von Rabenau + Lauren Saunders
Legends Girls 2011-12 Red	Matt Holdaway + Carolina Salinas
Legends Girls 2013-14 Red	Justin Cheung + Jay Metzger
Legends Girls 2013-14 Black	Max von Rabenau + Lauren Saunders
Legends Girls 2015 Red	Nickolas Hernandez + Kay Jones



Legends Soccer Club: Frequently Asked Questions

PLAYER PLACEMENTS

What should we expect to see at player placements?

Each player will check-in at the tent upon arrival and receive an evaluation number. Coaches for each age group will run a technical & physical warm-up to get them ready to play games. Then, based on age group they will either play 4v4, 5v5 all the way to 11v11 games for older age groups. Parents must remain in the parking lot during the evaluation process.

What are you looking for from players during player placements?

Our coaches will be looking for confidence, athleticism, and positive attitudes. Skillful dribblers with a willingness to take on other players are legendary players! Players will also be rated on their work rate and overall attitude toward other players, the coach, and themselves. We want players that bring their best effort to the field and can respond positively to mistakes and pressure.

How should we prepare our player for player placements?

A little pressure is healthy, so be honest with them about the process. We will be watching them play, evaluating their strengths and identifying their opportunities for improvement, and determining which team in their age group will serve their development best. Just encourage your player to give their best effort!

ROSTERS

What do Legends team rosters look like?

When there is more than one team roster in any age group, the players will be divided on to teams determined first and foremost by the skill level of each individual.

How are roster decisions made? What influences roster decisions?

Roster decisions are made based on evaluations of each individual player's technical ability, effort, attitude, and attendance. Among many other characteristics, coaches look for players with dribbling and finishing skills, a desire to compete at an elevated level, sportsmanship, grit, and internal motivation.

Who makes roster decisions?

Roster decisions are made entirely at the discretion of the coaching staff and Director of Coaching.

Are roster placements permanent?

Roster placements are NOT permanent. It is the responsibility of each individual player to work to keep or change their team assignment by continuing to improve each and every day. The coaches for each age group will determine how much movement is appropriate and necessary for their prospective team(s) throughout the season. Movement between rosters in the Legends Club is used to motivate players along their development pathway.



Legends Soccer Club: Frequently Asked Questions

PLAYING TIME

How much playing time can I expect for my player during the season?

The Legends Club believes in equal playing time for all players that contribute equally to the team in effort, attitude, and attendance. The individual skill level of each player does NOT determine how much or how little playing time a player is allotted.

What influences a coach's playing time decisions?

A coach can choose to reduce a player's time on the field due to any of the following circumstances:

1. EFFORT: If a player is not giving their best effort on the field. Every player is expected to work at their highest capacity from the kickoff to the final whistle. Mistakes will be made by all players, but their effort is key to continued development.
2. ATTITUDE: If a player is disrespecting his teammates, the other team, his coach, the other coach, the referee or assistant referees, or parents from either team on the sideline. Legends are expected to act with integrity in every situation.
3. ATTENDANCE: If a player is frequently absent from practice or is not completing team assignments. Any player that is not putting in an equal amount of work as his/her teammates should not expect to have equal amounts of playing time.

FEES

What costs are covered by monthly Legends fees?

Legends fees cover coaching costs, use of the indoor facility, administrative expenses, virtual training resources, and technical training through our Academy Session program.

Are there additional costs to expect throughout the season?

Each individual player is responsible for purchasing a Legends uniform, a soccer ball, shin guards, cleats, and travel costs to out of state tournaments or events as determined by the coach.

Each age group is responsible for any costs accrued outside of the individual Legends fees. These costs can include, but are not limited to, tournament registration fees, league registration fees, optional social events, coach-mandated training materials.

How are additional costs calculated?

Seasonal fees are collected within each age group to cover the costs accrued by their teams. These costs will be divided among every member of the team(s) in each age group regardless of the player's availability to participate in the determined events for that season.



Legends Soccer Club: Frequently Asked Questions

TRAVEL

How often will our team travel out of town?

Out of town travel is determined by the coach. Typically, participation in 2-4 out of town tournaments can be expected, with the older teams traveling more than the youngest teams. Not all out of town travel will require staying overnight. Travel events are typically in Kansas City, Tulsa, Springfield, or Little Rock.

Will all the players travel with the team?

Every player in an age group can anticipate traveling with their team. Exceptions can be made if the coach feels it is not in the best interest of all the players to participate in any given event due to the level of competition, unrealistic number of players available, etc., in which case, other playing opportunities will be arranged for those players by the coach.

Who arranges travel accommodations?

Volunteer team managers will generally arrange travel accommodations for each age group or each team, but it is up to each family to follow the instructions provided by the manager.

COACHES

Who will be my player's coach?

This will vary by age group. After the completion of placements, we will begin finalizing coaching assignments for the season. This can sometimes change during June-July depending on registration numbers and players who join later in the summer. Your player's coach will contact you directly following placements. Each team will have a parent meeting with their coach or coaches at the beginning of the season. This team meeting is usually held right before the first practice of the year in mid-July.

Will my player's coach be the coach for the entire season?

The Legends Soccer Club uses a co-coaching system. Our goal is to balance coaching consistency with coaching variety. We want players to have enough consistency to bond with their coach. We also want players to be exposed to a variety of coaching styles and personalities over the course of the year. You can expect to have a primary coach; but, also expect for your child to be coached by at least one other Legends coach at different times throughout the year.

Is my coach a volunteer?

No. Your coach will be a hired and trained soccer educator. We hire coaches for their technical ability and their desire to encourage and empower the next generation. Your coach will participate in ongoing coach education, both within the club and guided by USYS.

Legends Partnership with



TRIBE SOCCER

Tribe Soccer is a brand new, soccer-specific facility with four indoor fields and box-soccer courts. More than just a building, Tribe Soccer will be a central part in strengthening the soccer community of NW Arkansas. Tribe Soccer will offer all levels of soccer leagues, tournaments, events, and training opportunities.

From Tribe Soccer:

**OUR TRIBE IS WHAT DRAWS US TO THE FIELD.
OUR TRIBE IS WHAT KEEPS US COMING BACK.**

**AND FOR THOSE OF US WHO PLAY THE GAME OF SOCCER,
OUR TRIBE IS WHAT UNITES US.**

**OUR TRIBE IS BIGGER THAN YOUR SIDE OF THE FIELD,
THE COLOR OF YOUR JERSEY, OR THE CLUB YOU CHEER FOR.
FROM THE FIELD DOWN THE STREET TO THE STADIUM UPTOWN,
FROM THE WORLD CUP TO THE WORLD'S SLUMS -**

**OUR PASSION IS THE SAME.
WE ARE ALL IN THE SAME TRIBE.**

What this means for your Legends experience:

- Access to indoor training, multiple sessions per week, year-round! No rainouts!
- A huge advantage on player development with fields designed to maximize touches on the ball and speed of play
- A massive leap in first-time finishing ability by training in the box-soccer courts
- Continue to strengthen our family-first culture: many team practices will happen under the same roof, minimizing drive time for families with multiple children in the club, and allowing families to connect across teams.
- Access to organized, well-run indoor leagues and tournaments

I am thrilled for what this soccer facility means for our community, but even more excited for what this opportunity will mean for our current and future Legends soccer players. Thank you for your continued support of our club and making it a great place for families and coaches!

-Matt Holdaway, Club Owner



PARENT RESOURCES

Legends for Life - A Documentary to Chronicle 30 Years of Legends Soccer

<https://www.youtube.com/watch?v=aYXuE3ZBjE>

Legends Youtube Playlist: Coaching Philosophy and Skill Videos

<https://www.youtube.com/playlist?list=PLwThjLmSjJjeIW7m06zKcyn3ybJl1NA0>

Lifestyle of a Legend: F.A.S.T - Fuel | Attitude | Sleep | Training

Articles and information to help you parent a young athlete

<https://www.nwalegendssoccer.com/FAST>

Positive Coaching Alliance: Better Athletes Better People

Resources that cultivates a positive, character-building environment

<https://www.positivecoach.org/>

Changing the Game Project: "I love to watch you play"

Resources for parents and coaches to put 'play' back into the 'game'

<https://changingthegameproject.com/about/>

US Youth Soccer: Code of Conduct Policy

Ethical standards for governance and committee volunteers and staff of USYS

<https://www.usyouthsoccer.org/file.aspx?DocumentId=800>