



TRANSITIONING FROM RECREATIONAL TO COMPETITIVE

First off, welcome to the MSC Competitive Program! We are excited for your child to be venturing into a strong soccer development pathway and look forward to watching them grow and succeed on the pitch! Here is some helpful information that can provide you with what you can expect and the changes you will notice coming from the recreational league into the competitive program.

Coach Selections

We do our best to select the most qualified individuals as head coaches for our competitive teams. We are limited on available and experienced options and most if not all of our competitive coaches coach more than one team. We mentor and assist our coaches consistently along the way during their coaching seasons and we encourage and highly recommend that they earn their foundational US Soccer coach licensing appropriate for the age level they are coaching. For most if not all of our competitive coaches, soccer is year round for them. They earn their licensing over the summer, start training in late summer, coach the fall season, some coach an indoor winter season, coach the spring season, and start a new year again at tryouts.

Coach/Parent Communication

We would like to encourage all parents and coaches to talk openly with one another. If parents do not understand a particular coaching method or have any questions, concerns, or suggestions please go talk directly to the coach. Our coaches have an open door policy and would love to hear from you and will listen to your feedback. Please allow 24 hours after a match to approach the coach with any concerns. The coaches are the most invested people in the matches and this is an emotional time for everyone. We find that a 24 hour cool off period allows for cooler heads and a much more effective discussion. If any issues arise at all that need attention from the MSC Coaching Committee feel free to reach out to one of us at any time. We want you and your child to have a positive and growing experience in the competitive soccer pathway.

Player/Parent Commitment

The competitive program requires our very best effort and talent on the field. We play strong teams across the valley. There are even teams from La Grande, Sun Valley, Mountain Home, Twin Falls, and Ontario that come to the Treasure

Valley for several Saturdays to play in this league. Half of our games will be at home and half will be across the Treasure Valley. Most of the away games are played at the Simplot Sports Complex by Micron. Our biggest competition comes from the Boise teams we will play. They have large and strong player pools that form strong and solid rosters. Here in Middleton we don't have that luxury being that we are a smaller community, but we can compete and play right with those bigger teams any day. Our players and maybe more importantly our parents will need to be 100% committed to practices and games. Most coaches send out weekly emails letting you know of the practice and game schedule that week. That would be a perfect time (or earlier if you knew) to inform them of any schedule conflicts. When our coaches are aware of who will be absent they can adjust their training sessions and can invite other players to "guest play" in their place for the game. We can not stress this enough . . . commitment is very important.

Effort, Dependability, & Accountability

Players will need to give 100% effort at practices. Trainings are where habits are formed. If they can train like it is game day they will be successful in their matches. Please ensure your child is prepared to train (well fed, well rested, well hydrated, properly equipped, etc.). Our coaches plan out their training sessions from minute 1 to minute 60 or 90 and start on time. Please ensure that you make the necessary adjustments needed to get your child to practices and games on time. US Soccer U10 guidelines state that players should be receiving 50% playing time in the game as long as they are fulfilling their player commitments (making it to practices and games on time, following the player code of conduct, etc.) Here are MSC's code of conducts:

- <http://www.middletonsoccer.org/coaches-code-of-conduct.html>
- <http://www.middletonsoccer.org/player-code-of-conduct.html>
- <http://www.middletonsoccer.org/parent-code-of-conduct.html>

The Competitive League is a Big Jump

These ages are the youngest players entering into the competitive league. Coming in from the recreational league is the first jump to make. It's an adjustment with a bit more expectation and commitment required. For the U9's (2010)

coming in, these players are starting in a league that starts at U10. They will be playing teams that are mostly U10 (2009). So why are we having U9's enter this league? In the years past we have seen strong talent at the U9 level that could benefit more from entering the competitive program verses staying in the recreational league another year. The following year the U9's will be true U10s and will stay in that division one more year, so they will get two years in this division. It will set them up well for their second year in the U10. With that said, it is critical that parents and coaches create a positive, fun, and encouraging atmosphere for their child to play. It will be a challenge. They may not win any games for a season and that's ok. Keep it fun, keep it positive. Personal and team goals will be set and as they accomplish those goals that will define success, not the scoreboard. Here are a few helpful videos that can help accomplish this:

- <https://www.youtube.com/watch?v=O1ozcAkPtGU>
- <https://devzone.positivecoach.org/resource/video/mesage-parents-why-it-bothers-me-you-coach-stands>
- <https://devzone.positivecoach.org/resource/video/dare-chill-re-think-sports-parent-behavior-sidelines>

Competitive Fees vs Recreational Fees

The fees in the competitive program are higher than the recreational fees. This is due to higher referee fees, liability insurance covered by the Idaho Youth Soccer Association, Simplot Park usage fees, team equipment needs, coaches training and licensing, and league entry fees. Our fees are listed here: <http://www.middletonsoccer.org/20182019-fees.html>, they are the ISL Competitive fees. Fees can be paid as one payment or in four installments. Teams are open to participate in team fundraisers to help offset costs.

Competitive Uniforms vs Recreational Uniforms

Uniform fittings for new players will be held on Tuesday, June 12th from 6-8 pm at Foote Park. Players in the ISL Competitive and Outback leagues are required to wear the competitive uniform pieces. **These are completely different from their past recreational uniform pieces.** The uniform kit is more expensive but is of higher quality and if ordered at a slightly larger size should last a few years. The set includes two jerseys (blue and white), shorts and socks. You can view more information and order replacement pieces here: <http://www.middletonsoccer.org/uniforms.html>. By attending our uniform fitting nights you can select correct sizes and place orders.

7v7 Modified Laws of the Game

Please read and familiarize yourself with the modified laws and concussion protection changes here <https://www.ussoccer.com/coaching-education/resources/us-soccer-player-development-initiatives>. The U9-U12 ages are the most critical years in a soccer player's development. This is when their touch on the ball, passing/receiving, composure, movement off the ball etc. is developed. If they do not receive this specific

training to establish strong soccer skills and habits they will struggle to compete at the 11v11 level of play.