

SPORTING INDIANA FC
Madison County, Indiana U.S.A

“A Commitment to Soccer Excellence”



CLUB MANUAL

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General Club Information

The Sporting Indiana Futbol Club (SIFC) is committed to developing players through a cooperative learning experience.

Our professional training staff, as well as our volunteer team managers, strive to instill values that not only will last throughout the player's career, but a lifetime. Winning is the result of an exceptional program. We believe that our players will gain that competitive advantage by offering them a quality program of unmatched value.

SIFC will operate as a not – for – profit organization and will have a board of directors to work hand in hand with the training staff. Club business decisions will be made by the board of directors. Board of directors will be made up of seven members who serve for the greater good of the game.

SIFC will offer a complete training staff of coaches who will work with players to develop the skills needed to play at the highest level possible. The training staff will operate within the organization and very closely with the board of directors to create a cooperative club environment. Soccer decisions will be made by the training staff with the cooperation of the board of directors.

PHILOSOPHY

The primary goal of SIFC is to provide all players with the training and other opportunities necessary to attain the highest level of skill possible. This is achieved by using professional trainers who have extensive playing and coaching backgrounds, advanced coaching licenses, and the ability to train and motivate youth players. Good sportsmanship, team and club commitment, an excellent work ethic and the desire to learn and be successful are essential in achieving top levels of play.

U9's & U10's: The Gryphon Youth program is meant as an introduction to SIFC. Here the emphasis is on individual player development. The goal is to train as many U9 and U10 players as possible. 1V1 and 2V2 is the focus technically and tactically. This will lead to a large base of young soccer players who have been exposed to top quality, professional training for 2 years.

U11's-U12's: More specifically, we aim to prepare our players and teams to compete at the state level. Every effort is made to prepare players for the upcoming move to 11v11 soccer. Small number tactical training is implemented to encourage decision making not only with the ball, but without it as well.

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U13's & U14's: Junior Gryphon program, total player development is now in full swing. Individual technical and tactical development is still the focus, but team development also becomes important to our players as they advance in these age groups.

U15's & U16's: Senior Gryphon program, players at this age should be quite accomplished technically in the game. Team tactics within the player development scheme is now a main focus preparing players for play at the regional level. Players will begin the college search process and more demanding travel schedule will take place in preparation for the U17 and U18 club seasons. Players will also be attending high school during these club seasons. Giving players the opportunity to represent their respective high school programs is important to SIFC. We will work together with local high school coaches to provide the very best environment for their players when they are with us and support them when they playing with the high school team.

U17s & U18s: Team competition is now the main focus. Players are now preparing to enter college in a year or two. The college search process is in full swing and players are beginning to make their collegiate selections. Competition regionally and nationally is the goal. Technical development is very evident in every player in the program. Each player is focused on developing for the next level of play. The final stage is to assist our seniors into college soccer programs and help them receive whatever scholarship opportunity they can receive.

GOALS

5-YEAR PLAN

SIFC has established an ambitious 5-year plan.

Team Goals

Year 1: Establish (2) teams at U9/U10/U11 both boys and girls.

Year 2: Establish a competitive program at U13/14; U15 or U16 teams travel overseas

Year 3: State Semifinalist in boys and girls at U13/14/15

Year 4: State Champion in 1 age group U13 and above for boys and girls

Year 5: Region 2 semifinalist USYSA; National League Champion MWRL-Boys/Girls

Individual Player Goals

Year 1: At least 30 total players involved in State ODP pools

Year 2: At least 10 total players on ODP state teams

Year 3: 15 players on State ODP teams, at least one player on regional ODP team

Year 4: At least 20 players on State ODP teams; 10 to 15 players play in college

Year 5: 10 to 25 players going on to play in college

Additional Club Goals

Year 1: 2 times per week training for 1st teams U13-U18

Year 2:; Establish overseas travel plan for U14 and U16 age groups; Development of minimum (2) additional full-sided fields.

Year 3: Field (3) teams at U9/10/11/12 and (2) teams at U13/14/15/16/17/18 in both genders; Hold a tournament for U9-U14 during fall season annually

Year 4: Development of a minimum (4) additional full – sided fields at Falls Park

Year 5: Rated in the top 10 clubs in Indiana as a whole and in top 75 regionally

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ORGANIZATION

An Executive Director appointed by the SIFC Board of Directors (BOD) oversees all affairs of SIFC Soccer. The club is self-supporting, operating on fees charged to our players, money collected during fund-raising activities, and donations made by individuals and businesses.

CLUB STRUCTURE

The SIFC Executive Director, who reports to the SIFC Board of Directors, meets regularly in order to discuss issues pertaining to the administration of the select program.

Directors of Coaching: Full-time professionals under contract with SIFC. The DOC's serves as consultants to the SIFC Executive Director and to SIFC board in matters pertaining to SIFC and about soccer in general.

Each team will be assigned a professional trainer. This trainer is responsible for training the team. In addition, a team manager will be selected by our Director(s) of coaching. Please note, to fully support and promote sifc Soccer, team managers cannot have children playing soccer in another Select Program.

Team Trainer: Responsible for all soccer matters – selection of players, team training, match tactics (player positions, substitutions, playing time etc.), advice on tournaments, level of competition, etc. The trainer works together with the team manager to ensure program coordination. All trainers are under contract with SIFC.

Team Manager: Functions as an extension to the parent group of the team they are involved with. Other responsibilities include paperwork, finances, communication with parents and working together with the trainer.

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PARENT PARTICIPATION

One aspect of all nonprofit organizations is the continuous need for volunteers to fill roles as organizers and participants in special events as well as the general operation and administration of the Club. Aside from our professional training staff, SIFC consists entirely of volunteers who dedicate a considerable amount of their time to make sure the Club functions smoothly and provides the best environment possible to players and parents. Volunteers act as team managers, team moms, etc. and help with activities at both the club and team level. Without volunteers, the Club would not exist.

We encourage parents to become involved in the activities of the Club. If you are interested in helping, please contact your team trainer, team manager or a member of the SIFC Committee. Volunteers do not receive any special treatment or consideration from the club.

To have a successful program, there must be understanding and cooperation among parents, players, team managers and trainers. Your child's progress and success will depend on this relationship. With this in mind, we ask you to seriously consider this section as your family joins SIFC Soccer.

SUPPORT YOUR CHILD, THE TRAINERS AND TEAM MANAGERS

Your child needs your positive support at home, on the practice field and on the competition field. This will allow your child to be more confident, enjoy soccer more, and perform better in training and in competition.

A player develops best when he/she trusts and respects the trainer and team manager. The trainer's job is to motivate, teach, and constructively critique each player's performance. We want the players to relate to their trainer as soon as possible regarding soccer issues. This relationship between trainer and player produces the best results. When parents express opinions as to how a player should play, what position they should play, how much playing time they should receive, etc., it causes considerable confusion. If you have particular concerns, suggestions, or just a question, please speak to your team manager/team trainer. Above all, avoid coaching your child during a game.

COMMUNICATE THROUGH YOUR TEAM MANAGER/TEAM TRAINER

Remember, there is a time and place for everything. If you need information or wish to ask questions concerning team management or coaching decisions, please contact the team manager and/or the team trainer to obtain the information or to arrange a meeting. Concerns or constructive criticisms are welcome, but should be expressed away from training sessions and games. If you have questions concerning the Club, ask your team manager or contact the Director(s) of Coaching.

TRAINING SESSIONS

You are encouraged to observe your child and to learn more about soccer. However, when the team is training, preparing for a match or working in some other related capacity, please do not disturb or interrupt the trainers or players. Please remember that training sessions are learning situations and players need to concentrate to improve.

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BEHAVIOR AND CONDUCT

SIFC maintains high standards for its players, team managers and trainers concerning the area of behavior and conduct. These same standards apply to parents and spectators as well.

The Club and its teams are affected by the poor behavior and conduct of its parents and players. A team can be issued a yellow or a red card for the behavior of parents/spectators and thus can accumulate discipline points. Each of us, managers, trainers and parents, must set an example of good behavior and sportsmanship for our children.

PARENTAL AND OTHER SPECTATOR BEHAVIOR AT GAMES

SIFC wishes to project a positive image to both the soccer and local community. An attitude of good sportsmanship and positive support for the players, coaches and officials is essential for this type of image. The following should be used as guidelines for behavior:

1. **Consumption of alcoholic beverages during any SIFC event will not be tolerated.**
2. **Smoking is not allowed on or near the playing field.**
3. SIFC will not tolerate loud, crude, profane, vulgar, argumentative, belligerent behavior or language
4. Refrain from any comments, and especially negative comments, about the officiating. Even if you feel the quality of officiating was poor, stay away from the officials at the end of the match.
5. Only words of encouragement should be shouted from the sidelines. Be positive at all times. The comments from the sidelines should be restricted to non-coaching comments.
6. Refrain from verbal exchanges of any kind with opposition players, parents, or spectators.
7. Do not confront a trainer during, or immediately after a game. If there are any aspects of a particular game, which you would like to discuss with the team's trainer, arrange for a meeting at a later time. However, if time permits, the trainer/team manager may hold a post-game talk for players, or players and/or their parents.

It is the individual responsibility of each trainer, manager, player, parent and spectator to control his or her sideline behavior. In order to help protect the image of SIFC, as well as your own image, the SIFC Board of Directors will **review specific instances of problem sideline behavior.**

COMMITMENTS

1. Support and maintain SIFC standards.
2. Fulfill your parental, financial, and volunteer obligations.
3. Allow trainers to perform their commitments on a non-interference basis during practices and games.
4. Foster an environment for academic excellence and good sportsmanship.

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TRAINING STAFF REQUIREMENTS

In order to maintain our top quality, full-time training staff, SIFC has to offer similar workloads and comparable salaries to our primary competitors. Therefore, most of our full-time trainers train 4-6 teams each (12 training sessions per week). The club's Director makes team-trainer assignments each year. Duties and responsibilities of the training staff include:

1. Conduct club tryouts in June and in October/November. Trainers alone are responsible for the selection of players.
2. Hold at least 3 parent meetings with the team manager per year (1) ASAP after June tryouts, (2) when training starts in early August (3) after October/November tryouts.
3. Plan and conduct training sessions for all assigned teams during the year.
4. Be available to attend scheduled regular season games each weekend as possible. If coaching a team other than their own and they are familiar enough with the players, the trainer should perform duties of the sideline coach (decide on player positions, substitutions, half-time talk etc.).
5. Be available to attend approved tournaments both locally and out-of-state. To cover as many SIFC teams as possible, trainers may be required to attend games played by teams other than their own. If unfamiliar with the players, the trainer should act as an assistant coach providing guidance to the team manager. After returning from out-of-town tournaments, trainers meet with the club's Director to discuss the experience and submit written report of tournament or league weekend results.
6. Complete written or verbal player evaluations twice each season.
7. Be available to answer questions, resolve problems, etc. with team members and/or their parents.
8. Involvement in the Indiana Youth Soccer Association Olympic Development Program (ODP) is strongly encouraged and supported by the club.
9. Look the part of an SIFC trainer on game days. This entails wearing official SIFC clothing.
10. Continue to develop as a soccer trainer through national coaching courses and clinics.

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TEAM MANAGERS

Team managers are selected by a combination of SIFC Committee members and our Training Staff. Please note that to fully support and promote SIFC, team managers cannot have children playing soccer in another Select Program. A team manager is one of the most visible representatives of SIFC and must provide positive, motivated leadership for the team. A good team manager has a fundamental understanding of the game of soccer, but is willing to listen and learn from trainers and other team managers. He/she must also be a good role model for our soccer players. Our soccer players need and deserve the best, positive examples that can be provided. A team manager's commitments and responsibilities include:

1. Support the policies of the Club and the decisions of the SIFC Committee.
2. Be responsible to put the team's interest before their child's interest. In regard to team matters, a manager's child is to be treated as one of the team relative to playing time, positions, etc.
3. Monitor and record training session attendance along with the trainer.
4. Enforce all playing time and attendance policies of the Club at all times.
5. Have a first aid kit with you for all team practices and games.
6. Organize the collection of player and team fees in conjunction with club policies and dates for collection. Monitor who has not paid and remind those who have not, of all payment deadlines and consequences of not doing so in a timely fashion.
7. Act as an assistant coach during games when the team trainer is present. Serve as head coach at all other times. Follow all the trainer's instructions regarding playing time and player positions.
8. Actively support the trainers, and their efforts concerning player development, playing philosophy and team organization.
9. Act as a link between the SIFC Committee and the players/parents. Communicate Club activities, business, decisions, policies and philosophy to all team members.
10. Promote the Club and recruit players within the Indiana Youth Soccer Association rules and regulations.
11. Enforce SIFC standards of behavior for players and parents.
12. Set an example of sportsmanship and behavior for all players/parents consistent with the policies of SIFC.
13. Look the part of an SIFC team manager on game days. This entails wearing official SIFC apparel.
14. For U15 & older teams, lead the effort to market the team's players to college coaches. See the section on the Gryphon College Assistance Program (GCAP).

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PLAYER SELECTION & TRYOUTS

SIFC teams are formed in June of each year. Assuming there are sufficient numbers, we will attempt to form 3 teams (1st team “RED”, 2nd team “SILVER”, 3rd team “BLACK”) in each age group (U9 – U12), and 2 teams (1st team “RED”, 2nd team “SILVER”) for the (U13 – U18) age groups for both boys and girls. A draft is used to select as many “equal”, competitive U9 and U10 teams as possible. Players are evaluated and selected purely by our professional training staff. There are not a definite number of players required for each SIFC team. Talent level is the main determining factor. However, guidelines are:

U9 & U10: 8 – 10 players per team

U11-U12: 10 – 12 players per team

U13-U18: 16-18 players per team including 2 Goalkeepers

JUNE TRYOUTS

Tryouts are conducted for the U9 – U14 age groups at this time. Players check-in and are assigned a number (please keep the number for both tryout sessions). Parents will be required to attend a brief informational meeting prior to watching the tryouts. At this time, the Director of Coaching will explain the tryout process and answer questions. There will be 2 sessions for each age group. Unless otherwise advised by the club’s trainers, players should attend both sessions. This gives the players the best chance to demonstrate their abilities to the trainers and allows the trainers to make comparisons and the best possible decisions.

The format will be small-sided and then full-field games. All current players are encouraged to attend, however, these tryouts are used mainly to evaluate new players and have a “final look” comparing current ones. Obviously, talent is by far the main criteria in player selection with the previous year’s performance far outweighing the two 1½-hour tryout sessions. Other factors used in player selection are player/parent commitment, loyalty to the Club, player’s attitude and attendance at training, games, tournaments etc.

Player selection is a subjective process. However, since our highly qualified staff do not evaluate their own children, they can be more objective than parents of the players. Their qualifications, experience and ability and independence make the process is as fair as possible.

Regarding Play-Ups: In general, players should all play within their “correct” age group. However, there are a few cases where players will be allowed to “play up.” With an older age group. These cases are:

1. If the training staff believes a player has exceptional talent and it would be in their best interests to play with an older age group.
2. High school age players playing with others in the same school grade will be reviewed on a case by case basis.
3. When we need to complete rosters especially at the older age groups, it may be necessary to select some younger players.

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NOTIFICATION

Some (1st team) players will be notified prior to tryouts to ensure they remain with the Club. Other commitments will be made to top new players after the first tryout. All other players will be notified by their team manager soon after the second tryout. The 1st team will be selected before the 2nd team, which will be selected before the 3rd team. Therefore, it varies as to when each team manager will make calls to his/her players. All players will be contacted within 48 hours of last tryout. Once an offer to play for SIFC has been made, players/parents have 24 hours maximum to make a decision and accept. After this time, their place may be given to another player. By mid-June, all SIFC team rosters will be posted on our website.

OCTOBER/NOVEMBER TRYOUTS

In late October and early November, we have one weekend of tryouts for any new players wishing to join SIFC. However, players that are currently with another IYSA affiliated club will not be considered at anytime. At this time, trainers will also make decisions regarding player movement. For example, if a player is struggling for playing time on the 1st team, it may be better to “move down” to the 2nd team. Alternatively, a player that had a great season on the 3rd team for example, may be given the opportunity to play on the 2nd team in the Spring. Trainers obviously want to form the “strongest” 1st, 2nd, 3rd teams possible. However, they are also looking out for the interests of each individual player. Players need to be placed in an environment where they can be challenged and achieve success. It is often more beneficial to be a central player on the 2nd team rather than be the 18th player and receive limited playing time on the 1st team. Notification of any player movement or the addition of new players will take place sometime after “Player Evaluations” in December or shortly after the weekend of tryouts. SIFC commits to EVERY player for the entire year and expects the same commitment in return.

Senior Team tryouts also are conducted at this time. The following age groups (U15 – U19) will be evaluated in a (2) tryout process. Players will play small sided and full sided to show their abilities. A brief introduction by the training staff will be conducted for the parents of the players trying out. Team commitments and schedule discussions will also go on, so families know of their commitment to SIFC.

SUPPLEMENTARY TRYOUTS

At any other time, at the discretion of the team trainer, a new player may be invited to a team training session with the view of adding them to the roster (e.g., a player who moves into the area after tryouts). Players that are currently registered with another club will not be eligible for a supplementary tryout.

JUNIOR GRYPHON ACADEMY

For our Developmental Program, as many as possible, “equal”, competitive U9 and U10 teams will be drafted in June by the professional training staff. Additions will then be made as necessary by the trainers during the January and supplementary tryouts.

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TEAM MANAGER/TRAINER SELECTION

Following the selection of each team by the training staff, the SIFC Committee will choose a team manager with input from the trainers. After all SIFC teams have been selected, the Director of Coaching will assign their trainer. In order to pay competitive salaries and maintain our top quality staff, it is necessary for each trainer to be responsible for a number of teams (typically 1-3). Our current policy is to rotate our trainers, assigning them to different teams every 2-3 years. We believe that each player in the club should be exposed to a variety of different training styles and methods during their time with SIFC. We think this approach is the best preparation for high school and college soccer careers.

TEAM MEETING

After tryouts, the team manager and team trainer should hold a team meeting as soon as possible. Topics to be discussed may include:

1. Contact information for players/parents, manager, trainer, etc.
2. Goals/objectives for the team
3. Season schedule including training, league games, tournaments, etc.
4. Expectations & rules for the team
5. Finances, uniforms & fundraising issues
6. Communication channels
7. Answer any other questions

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COMPETITION LEVEL & LEAGUE PLAY

SIFC requires that all teams play at the most competitive level possible. The team trainer, the team manager and the Director of Coaching will make this decision sometime after tryouts have been completed. Typically,

1st Teams will compete in Indiana State League, GIRLS or MWRL

2nd Teams will compete in CIYSL “AA” or “AAA”

3rd Teams(U9-U12 only) will compete in CIYSL “A” or “AA”

U9s & U10s teams will be formed equally and placed at the appropriate level of competition in CIYSL

SIFC 1st Teams

The competitive goal of our 1st teams is to win the State Cup in the Spring season and for the U14 & older age groups to advance to the Regional and National Championships. As part of this plan, it may be beneficial for our top 1st teams to play an age group “up” in the Fall. In addition, the Fall season/tournaments may be used to experiment with players, positions, lineups, etc. in preparation for the State Cup games.

Midwest Regional League

This is most competitive level of youth club soccer in the greater region 2 area. Teams participating at this level will most likely be a state semifinalist in the state cup. Participation in this league is for U14 age teams and up. There is a premier division and a division 1. Playing in the league can help a team tremendously, exposing the team to different styles of play throughout the Midwest that other tournaments can not provide. League weekends are hosted by clubs with teams in the league. Typically travel is no more than 7 hours one way for a league weekend.

Indiana State League / GIRLS Premier

The most competitive level of youth soccer in the state of Indiana. Indiana premier offers both boys and girls soccer leagues. Teams are accepted once they win a play in game. Typically a competitive state cup team will be in this league.

The GIRLS Premier league is an all girls league. The league is the very best for girls in the state of Indiana. Teams are accepted once they win a play in game against the previous year’s last place team. Typically a competitive state cup team will be in this league.

Central Indiana Youth Soccer League (CIYSL)

CIYSL offers travel teams the opportunity to play against other local clubs that want something higher than recreational or recreational plus soccer. CIYSL does offer (4) levels of play, B,A,AA and AAA. Teams generally are challenge cup teams or weaker state cup teams that participate in CIYSL.

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TOURNAMENT PLAY, TRAVEL & RULES

OVERVIEW

SIFC teams should only enter tournaments approved by the SIFC DOC's (see Calendar). The criteria used to create this list include: strength of opposition, prestige of tournament, location, availability of professional trainers and dates of the event, number of college coaches in attendance, etc. All SIFC teams are expected to play a certain number of tournaments each year. The number of events and the travel involved will obviously vary greatly depending on the quality and age group of each team. In all cases, team managers should complete and mail all tournament paperwork promptly. Copies of tournament schedules **MUST** be emailed to the respective DOC's as soon as they are received so that trainers can be assigned to cover as many games as possible.

For our 1st teams, the Club strongly encourages travel to competitions where the best regional teams are participating. The Club also strongly recommends that our older teams participate in a number of college showcase events to increase exposure to college coaches. In these cases, additional fundraising by the teams involved is highly recommended to offset individual expenses.

For "approved" tournaments, the Club's Director (with input from team managers and team trainers) will assign trainers to attend SIFC games.

GUEST PLAYER POLICIES

1. Guesting players from other SIFC teams: Every manager must be aware of developing our own SIFC players where possible. When guest players are needed for tournament play, please consider players from the second team in your age or any players from within the club. When doing this, please make sure that you make contact with the team manager and team trainer before approaching the player or his/her parents to seek permission for the player to guest.
2. Guesting players from other clubs
 - a. It is the SIFC team manager's and/or trainer's responsibility to start the guesting process by communicating with either the Director of Boys/Girls Coaching of whom you wish to guest and the club they are from.
 - b. The SIFC team trainer, Director of Boys/Girls Coaching must then make an official approach to their counterparts at the club where the guest player is from to ask permission to guest their player.
 - c. Once permission is granted, the team manager must then make contact with both the guest player's family and his team manager to finalize the guest player's participation.
3. SIFC players guesting for other clubs: For SIFC to release a player to another club's team the following must occur:
 - a. There must be an official approach from a representative of the club or team that is looking to guest an SIFC player. This approach must be made to the SIFC Girls/Boys Director of Coaching or the SIFC team trainer/manager. Any unofficial approach directly to the SIFC player or parents by any representative of another club will be denied by SIFC.
 - b. If an unofficial approach is made directly to an SIFC player or their parents before the free agency period starts, they must inform the individual who is making the approach that they must make an official approach to SIFC. All SIFC players and parents are responsible to inform the MCFC Girls/Boys Director of Coaching or the SIFC team manager/trainer of this approach as soon as possible.

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TRAINING PHILOSOPHY & PROGRAMS

Although each trainer has his/her own style of coaching, all use a consistent teaching methodology. The “Games Approach to Teaching Skill” is our favored method. This method uses small-sided games and activities that require players to make decisions and perform technically under match pressure. All training sessions are designed to improve technical, tactical and fitness abilities. If you have any questions about training methods ask your trainer.

ENTRY LEVEL TRAINING PROGRAM

The Entry Level Training Program is for players on our Under 9 through Under 12 teams, and is designed to introduce young athletes and their families to the challenges and commitments required to participate effectively in CIYSL/ISL/GL. While development of all-around athletic ability and participation in other sports are important at this age, soccer is expected to be the primary sport for players competing on any of the above levels. Emphasis is placed on fundamental development (individual technical skills and decision-making) and molding individual players into a competitive team. SIFC entry level teams compete in local and state competitions. Entry-level teams that are extremely qualified will be encouraged to compete at the highest level of competition.

INTERMEDIATE LEVEL TRAINING PROGRAM

The Intermediate Level Training Program is for players on Under 13 through Under 14 teams. Demands for time and commitment are higher at this level than at the entry level. Players participating on teams competing on a ISL/GL/MWRL level are expected to make a commitment prioritizing soccer as their primary extracurricular activity. Training at this level emphasizes more advanced technical skills and group tactical development. SIFC encourages intermediate level players to participate in the State Team/Olympic Development Program. The intermediate level training program is designed for the players who are serious about making soccer the primary sport they play. Our top intermediate-level teams will be encouraged to compete in state, regional and where possible, international competitions.

SENIOR LEVEL ACADEMY TRAINING PROGRAM

The Senior Level Training Program within SIFC is for players on Under 15, Under through Under 18 teams. This is the highest level of soccer offered by the Club and the training program (team attacking and defending tactics) has been designed to be competitive with any club in the region. The athletes who qualify and desire to participate at the Senior Level should understand the demands and responsibilities of being a member of a Senior Level Team are the hardest and most demanding. SIFC provides training, matches, college scrimmages, and tournament opportunities throughout the year for athletes at the Senior Level. The Club believes that year-round soccer participation is necessary to compete effectively at the highest levels of play. For this reason, Senior Level players should understand their commitment to the Club and State Team/Olympic Development Program soccer before becoming a member of SIFC.

TRAINING SPECIFICS

All U9/10/11 & 12 teams train twice per week with the team trainer (an additional practice session may also be conducted at the trainer's request). U13-U18 1st teams will be required to train three times per week. Training sessions will be held August-mid October and mid March- mid June as long as the fields are playable and weather permits. Preseason team and age group training camps will be scheduled for late July.

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Club Fees & Benefits

OVERVIEW

The majority of the expenses incurred by SIFC are financed through fees paid by players to the Club. SIFC is a nonprofit organization and the Committee makes every attempt to hold expenses down so that fees paid by members are kept as low as possible, while ensuring that enough money is available to achieve our goals of providing excellent training for our players. Yearly fees are established by the Sporting Indiana Futbol Club Board of Directors every year, and are based on the Club's planned budgetary expenses for the coming year.

The annual financial commitment can be divided into several parts as applicable: (1) a Fall and Spring player registration fee, (2) an SIFC team membership fee, (3) an SIFC uniform fee, (4) an SIFC tournament fee (depends on age and level of play)

MEMBERSHIP BENEFITS

Benefits of membership are:

1. Players will be offered team training twice per week starting in August through mid October and March through June (U9 – U12 teams). These are rough guidelines as training may be cancelled because of weather and/or field conditions, school functions, tournament schedules, etc. Extra training/friendlies may occur in preparation for “big” games or important tournaments. Players will be offered team training 3 times a week for (U13-U18 teams).
2. Trainers attend as many regular season and provide input as a sideline coach.
3. Trainers attend as many local tournaments and some scrimmages and again provide professional coaching expertise.
4. Trainers will travel with teams to the major out-of-town tournaments.
5. Trainers will attend team meetings and be available for consultations with the team manager, players and parents.
6. Tryouts run by the Club's professional training staff. This ensures that each player is fairly evaluated and team selection is free from “politics”.
7. Our trainers are encouraged to participate in the Indiana State Team Program as selectors and/or coaches for the Indiana state teams. All SIFC trainers will promote our players that are deserving of inclusion in ODP.
8. Goalkeeper Training will be available for every goalkeeper in the Club.
9. For High School age players, our training staff will provide assistance in getting our players into college soccer programs (Gryphon College Assistance Program)
10. Benefits of our partnership with adidas and Soccer Village.

Soccer Village Partnership

A partnership with Soccer Village will enable our families to not only save money on uniform costs, but also on individual items such as footwear, shinguards, socks, t-shirts, shorts and anything else they might need. The savings would be 20% off retail guaranteed. Soccer Village is committed to serving soccer in every way. The partnership will not only serve the club but the local high schools as well.

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STUDENT ATHLETE COMMITMENTS

The following is SIFC policy concerning player commitment, dedication and conduct during all training sessions and matches. Every player is expected to reach their full potential to help their team become as successful as it can. This requires each player to realize they must be focused and committed to working as hard as they can to develop themselves and the team to their highest level. The club also asks every player to have the philosophy of putting the team's best interest ahead of any personal interests. By doing this every player will experience a higher level of satisfaction and enjoyment when the team reaches greater heights than any individual can. Every player is also expected to conduct themselves on and off the field with appropriate distinction and behavior. We want other organizations to be able to identify our club through the exemplary conduct of our players. Nothing less will be accepted!

SIFC expects every player to be a completely committed and dedicated soccer player. At the U11 & U12 age levels, we understand that parents and players want to experience other activities and sports. SIFC desires players that are completely committed to their teams at all times and feels that it is unfair to those who are to have players who do not fulfill this commitment as part of the Club.

PLAYER COMMITMENTS – TRAINING SESSIONS

1. Players are expected to attend all training sessions so their performance can be evaluated to determine playing time for the team's future games. Training is important and therefore it is the responsibility of the player and his or her family to take advantage of what is being served to them.
2. Players must inform both the team manager and the trainer as soon as possible of any training sessions they are unable to attend. This should be done by either e-mail or in writing and not by word of mouth. This will enable the trainer to be better organized to coach the team based on who is attending.
3. Players are expected to maintain the highest level of academic excellence so their participation with their team is not jeopardized.
4. Players are expected to be at their training field 15 minutes before their training session starts. This time should be used by the players to prepare for the upcoming training session.
5. Players are expected to maintain the highest level of physical fitness levels by incorporating a weekly workout schedule to complement their team's training sessions.
6. SIFC official training gear is to be worn to training for our U9-U18 age groups.

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EQUIPMENT RESPONSIBILITIES

- 1. Maintain team and club dress standards (general appearance, clean uniforms and equipment).**
- 2. Wear appropriate shoes.**
- 3. Shin guards must be worn for all training sessions or the player will be asked to leave the session.**
- 4. Socks must be pulled over the shin guards to keep them in place.**
- 5. Do not wear watches or jewelry.**
- 6. Wear specific soccer shorts at the proper level. No swimsuits, leisure shorts or blue jean cut-offs allowed.**
- 7. No baseball caps, hats, or bandanas are to be worn.**
- 8. Each player must bring a properly inflated soccer ball to each training session.**

CREATING THE APPROPRIATE TRAINING ENVIRONMENT

All players are responsible for contributing to the appropriate learning environment that will develop better players and teams to achieve greater success in the competitive environment. To achieve this every player is expected to do the following:

- 1. Train with the same effort and intensity that is needed to be successful during competition.**
- 2. Be a coachable player who listens intently to all instructions from the team trainer and manager and applies these instructions to their performances.**
- 3. Prepare body and mind for competition by eating a healthy diet and sleeping properly.**

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PLAYER COMMITMENTS – GAME DAYS

1. **Players must assemble at the playing field 45-60 minutes before the start of every game unless instructed otherwise by the team trainer or manager. If a player is late and is therefore not able to be physically and mentally ready to play, he/she may not start the game and may lose playing time at the trainer/manager's discretion.**
2. **Equipment**
 - a. **Each player must bring his/her entire clean uniform to every game. Only official SIFC uniforms can be used on game days. This includes both jerseys, shin guards, socks pulled up and shorts worn at the proper level.**
 - b. **Appropriate soccer shoes are needed. For hard ground, use turf or molded cleats and for soft ground, use molded or screw-in cleats.**
 - c. **Bags must be lined up in an orderly fashion behind or beside the team bench.**
4. **Warm-Up**
 - a. **Follow the team trainer/manager instructions as soon as all playing gear is worn.**
 - b. **The team trainer/manager will direct all of the team's activities from the warm-up until the team is released to leave after the game. Every player is expected to listen and follow all instructions.**
4. **Substitutes should group together with the team trainer/manager on the team bench while the game is being played.**
5. **SIFC players are expected to perform to their highest standards during all games.**
6. **All players must prepare their bodies to compete at its highest standard by eating and drinking appropriately on game days. Complex foods such as meats and complex carbohydrates should not be eaten during the three hours before a game.**

PLAYER CONDUCT AT TRAINING SESSIONS AND GAMES

During all team functions, training sessions and games it is important for all players to show the utmost respect for team players, trainers, managers, opponents, opponents parents, opponents coaching staff and also the game officials. Disrespectful behavior and foul language will not be tolerated by SIFC. This type of behavior will result in immediate removal from any training session or game where the incident occurs and could lead to expulsion from the SIFC Club if there is a continuous pattern of this type of behavior.

Every SIFC player must be aware of the following:

1. **Treat your teammates with respect. This will build team chemistry and camaraderie and produce better performances and results.**
2. **The team's trainer/manager are the only individuals who can interface with the game officials during and after games. Players must accept the official's decisions without comment (verbal or gesture). There is nothing to be gained**

by antagonizing an official even when a call is wrong. In fact there is much to be lost, both immediate (red card ejections) and long term (suspensions and reputation). Regardless of the player's opinion of the quality of the officiating, no comments are to be to the officials unless it is of a positive nature.

3. We expect SIFC players to play tough but fair within the rules of the game and show good sportsmanship.
4. Win or lose, at the end of the match, the entire team will shake hands with the opposing team, exhibiting good sportsmanship.
5. Following an SIFC match, if the team, or a group of players stays to watch other matches, those individuals still represent SIFC Soccer and must behave according to the philosophies of the club.

SIFC TRAVEL POLICIES

1. When an SIFC team goes to a tournament, it does so with the intent to be as competitive as possible. Thus, it is crucial that each player optimizes his/her preparation for such events. Long-term preparation, such as working hard at training sessions and maintaining a proper diet, as well as short-term preparation, such as ensuring sufficient rest and concentrating on the upcoming match are very important. In order to enhance short-term preparation, the club insists that the team carry out most of its activities together (i.e. at least one meal should be eaten together each day). Prior to departure, it is recommended that the team meet to coordinate travel plans and formalize a detailed itinerary (meeting times, team functions, room assignments, group travel to the games etc.). Where possible, we would like teams attending the same tournament to coordinate travel/hotel arrangements. When traveling as a group, it would very beneficial for all players to wear the same color SIFC travel shirts.
2. If the tournament takes place over a number of days (i.e., Germantown, Disney), a study hall may be set up by the trainer and/or team manager. Players will be expected to utilize this time to study.
3. Whenever it is practical, SIFC teams should support each other by attending each other's games. If possible, before and after games, teams should wear official SIFC attire.
4. It cannot be overemphasized that either the trainer or the manager must know the whereabouts of all the players at all times. It is the player and parent's responsibility to be sure that this requirement is met.
5. Parents not traveling or staying in the hotel with the players are responsible for making arrangements with an adult who will be present to chaperone their child. All parents and players realize that the ultimate responsibility for the conduct of that player lays with the player and his/her family. Further, it is understood that violation of the Travel Policy rules of conduct will result in disciplinary action by the team manager or trainer.

PLAYER CONDUCT – OVERNIGHT STAYS

If the team stays in a hotel, good behavior is mandatory. The following applies:

- a. When traveling as a team, U14 & older players are required to room together. The team manager and team trainer will make room assignments. This helps reduce costs for parents and helps in team bonding.
- b. Soccer balls are not to be kicked in the room or halls. Do not run and yell in the halls – you will disturb other hotel guests who are paying for a quiet

room, not to hear noisy soccer players. Joy riding in elevators and roaming the hallways is not acceptable.

- c. Player get-togethers should take place in approved hotel areas. Approved areas are player's rooms, game rooms, pool areas, exercise rooms, lobbies and restaurants.
- d. If something is inadvertently broken in a team room, the only appropriate response is to immediately report it to the team manager or trainer.
- e. Team curfew must be rigorously enforced. Failure to abide by the curfew could result in the loss of playing time.
- f. No player may leave the hotel premises without explicit permission from the team trainer, team manager or another responsible adult.
- g. It is the player's responsibility to know when team functions such as meals, team meetings, etc., will occur, and be on time for each event.
- h. No charges (including telephone or pay-per-view movies) to a team room are allowed unless there is prior approval by the trainer or team manager.
- i. Muddy soccer shoes are not allowed inside the hotel. Do not clean muddy shoes in your hotel room, always clean them at a water faucet at the playing field or, if water is not available at the field, outside the hotel.
- j. No members of the opposite sex will be allowed in any player's rooms unless an adult is present.
- k. No player will have possession of or be under the influence of any drug, narcotic, or controlled substance that has not been legally prescribed to that player.
- l. There will be no consumption or possession of alcoholic beverages or tobacco products.
- m. A player, whose parents are not on the trip or at the hotel, will have an adult present on the trip to report to; the player must keep this adult informed of their whereabouts at all times.

If the team has home stays, it is critical that all players are on absolutely their best behavior. You are a guest in someone's home and you and SIFC Soccer are being judged by the host parents. Be sure to thank your host family.

GRYPHON SENIOR – JUNIOR MENTOR PROGRAM

As we form older age group teams they will serve as mentors to our younger teams. Senior players will attend trainings and some games to encourage players to do their best. Younger players will also do the same thing by attending older players games and training sessions.

We will be implementing this with our first U18 team and U14 teams. The benefits are outstanding for both groups. The U18 team gets to mentor and help younger players understand the trials and joys of playing at a high level. The younger players simply learn what it is like to commit yourself to such a high level.

SIFC PLAYERS IN HIGH SCHOOL SOCCER

We will encourage and support our players during their high school campaigns. Local high school programs will benefit greatly from the experiences their players have with us. SIFC staff will attend player games to evaluate their progress through the season and offer any support possible. High school soccer is a valuable tool in the developmental process and together we can achieve great things.

GRYPHON COLLEGE ASSISTANCE PROGRAM

SIFC staff will work with each player that is wanting to play at the next level in college. Our staff will begin a program in the player's U15 year that will start him or her on the right track for college. The opportunity to play soccer in college while earning your education is one of the finest opportunities in life. We will serve as an educational tool, helping players and families understand the process of choosing a school based on academics first and soccer fitting in with that selection. Student-athletes don't always receive athletic scholarships, but most receive academic scholarships in many ways. We will not guarantee scholarships, but we will guarantee the avenue to college through education and knowledge of the college search process.

INDIANA OLYMPIC DEVELOPMENT PROGRAM

SIFC will support and promote its players for the Indiana Olympic Development program. We will strive to help our players achieve a level of play that is considered the best in region 2 and beyond. Our state ODP program is one of the finest in the nation with players being picked for regional and national pool teams each year. The competition level is outstanding and provides players with the experience of playing with Indiana's finest players and against the top 1% of players in region 2.

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