



LOWER MERION SOCCER CLUB

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To: Spring Intramural Players - Juniors, Intermediates, Quasars and Protons Divisions
From: Biff Sturla, President, LMSC
Date: April 8, 2010

Thank you for signing up for the 2010 Spring Intramural Program. The spring program will run every weekend through June 13th, except for Memorial Day Weekend. All players have been assigned to a team of up to 14 players. The first two weekends will strictly be 75 minute practices, no games. Your first game will be the weekend of April 24-25. Each game will be preceded by a 30 minute practice (two 25 minute halves).

Be sure to show up PROMPTLY each week so that the coach can work with the players before the game. This will be the only practice time during the season. There will be no weeknight practices in the spring.

We do NOT keep standings during the season. There are no playoffs and no league champions. The purpose of the program is to provide all the players with a fun filled time in a soccer environment while helping to teach them the basic skills of the game.

We will not switch players from one team to another unless absolutely necessary. If this must be done, please coordinate this through your **coach** on the first day of the season. We cannot guarantee moving players to other teams and most teams are filled and cannot take any more players.

Players will be given a jersey at the first day of the season. They will be expected to have a pair of soccer shoes, shin guards and a soccer ball (size 3 for Juniors and Quasars, size 4 for Intermediates and Protons). Players can purchase these items as well as LMSC game shorts and LMSC game socks at Sneaky Pete's (5 West Lancaster Avenue, Ardmore). Sneaky Pete's is our official supplier of all LMSC soccer items. All players will need to have dark (navy or black) shorts as well as white soccer socks.

WHAT TO BRING EACH WEEK - Soccer ball, game jersey, white shirt, shin guards, navy shorts and black cleats. A filled plastic (not glass) water bottle is recommended. Juniors and Quasars Division teams use a size 3 ball. Intermediates and Protons Division teams use a size 4 ball.

FORMAT - There will be a 30 minute practice, followed by a 50 minute game. Teams will play two simultaneous games of 5 versus 5. Games will consist of two 25 minute halves. The team listed first on the schedule is to switch their two groups of players to the opposite field at halftime. There are no playoffs or standings.

SIDELINE CONDUCT - Parents and spectators will be asked to display sportsmanship at all times. Spectators are not to yell at the referee or the players during the games. Parents are also strongly asked to not to "coach" or "instruct" the players while the games are going on. Please leave the coaching to our coaching staff so that the players can relax on the field, have a good time and not get confused by all the sideline antics.

Soccer is a game of thinking and creativity. Parents who yell instructions to their child during a game, while well meaning, are actually hindering player development since the players will not be able to learn to think on the field and will not be able to make quick decisions. Coaches and parents are asked to please NEVER yell out to a player and tell him / her what to do. Let the children learn to think on their own, let the children have fun, they really don't like the burden of having people yell at them during a game.

IN THE EVENT OF RAIN - If games need to be canceled: LMSC will update the web page (www.lmsc.net) with a message saying that games are canceled. This will hopefully be done by 11:00 AM. LMSC will also attempt to e-mail those players and coaches who we have e-mail addresses for.

ATTENDANCE AT GAMES - Players are asked to be at as many games as possible. It is not fair to your teammates to only show up occasionally and leave your team shorthanded. Please make every effort to be at all games so that your team does not have to play shorthanded. Over the years, we have had a severe drop in attendance on Mother's Day. PLEASE make every effort to play on Mother's Day. Bring mom to the game, treat her to a fun filled afternoon of soccer.

THE LMSC WEB PAGE (www.lmsc.net) has information and registration material for all our club activities, including the Fall Intramural Program (ages 4 - 13), Travel Team Tryouts, Under 8 Developmental Academy, Spring Intramural Program, Summer Soccer Camps, Special Needs Program, Indoor Soccer, etc. Schedules for all intramural divisions are also posted on the LMSC web page.

END OF SEASON TROPHIES - Each child will receive a participation trophy on the last day of the season.

NO DOGS AT THE FIELDS - The township and school district do not allow dogs or pets on their fields. Anyone found with a pet at a field could be ticketed by the police.

THE UNDER 8 DEVELOPMENTAL TRAVEL TEAM ACADEMY - One of the purposes of the Spring Intramural Program is to develop our more talented and enthusiastic players for the LMSC Travel Team Program. Many of the players in our older divisions will be eligible to tryout for our Under 8 Developmental Travel Team Academy. This program will be open to players **born between August 1, 2002 and July 31, 2003, no exceptions!!!** The program offers a first look at the Travel Team Program for our seven year old players.

We will pick a team of up to 24 boys and a team of up to 24 girls. In the fall, each team will have two practices per week (one on a weeknight, the other on Saturday) and play 5 v 5 games on Sunday afternoons, using the same format as our 6 - 9 year old intramural divisions. Our Under 8 Developmental teams will also participate in one or more tournaments towards the end of the fall season, competing against Under 8 teams from other clubs in Southeastern Pennsylvania.

Each team will play in an indoor league during the winter months and train occasionally in local gyms during the winter months. The teams will also practice outdoors in the spring. We anticipate about 45 girls trying out for the Under 8 Girls team and about 60 boys trying out for the Under 8 Boys Team.

The Travel Team Program offers a much higher level of play than the intramural programs as well as a much higher level of coaching. Both teams will be run by a group of non-parent coaches who all have a very extensive soccer background (as players and as coaches). The Travel Team Program requires a greater commitment on the part of the players, and their families.

Tryouts for the Under 8 Developmental Travel Team Academy are as follows:

UNDER 8 BOYS TRAVEL TEAM: Friday, June 4 and Wednesday, June 9.

UNDER 8 GIRLS TRAVEL TEAM: Tuesday, June 1 and Thursday, June 3.

All tryouts are at Barrack Hebrew Academy, running from 6:30 PM - 8:15 PM. Please arrive 10 minutes early to check in and get a tryout shirt.

THE TRAVEL TEAM PROGRAM - One of the primary purposes of the intramural program is to advance the more athletic and competitive players into the more prestigious Travel Team Program. Travel teams for both boys and girls start at Under 9 and run through Under 19. The Travel Team Program offers the players a chance to play against other local clubs such as Downingtown, West Chester, etc. The program offers a more extensive soccer experience and more experienced coaches. Many of our travel teams play indoor soccer in the winter months.

Since 1989, our travel teams have won 33 State Championships and have had 96 teams reach the semifinals of State Cup competition during that time. We hope that our more talented and enthusiastic players will give consideration to playing travel ball when they are old enough. Several of our former LMSC Travel Team Players have played professionally, including Ben Olsen who played for the 2006 USA World Cup team and the 2000 USA Olympics team. Olsen played for DC United of MLS for 10 years. Former LMSC player Jon Conway is also a ten year MLS veteran, having played for the San Jose Earthquakes and the New York Red Bulls. He now plays for Toronto FC in the MLS.

Several other LMSC players have reached the professional ranks, including LMSC Officer Justin Ceccarelli (Worcester Wildfire of the A-League), Allan Greaves (Philadelphia Freedom of the USL) and Richard Wilmot (Reading Rage of the USL).

Several former LMSC Travel Team Players have represented our country on the National Youth Teams: Will Kohler (U-17 National Team in 1992), Jon Conway (U-20 National Team in 1997) and Olsen. Former LMSC player Suzie Grech was a member of Spain's Under 17 National Team in 1999. Former LMSC player Max Kurtzman was on the U-15 National Team in 2007 while Emily Morgan was on the U-14 Women's National Team in 2009. LMSC had at least 36 alumni playing college soccer in the Fall, 2009 season.

Our more talented intramural players should give serious consideration to trying out for the Travel Team Program when they reach eight years of age. Tryouts are held each spring. LMSC will field up to four boys teams and up to four girls teams in each age group from Under 9 up through Under 15.

TRYOUTS FOR THE 2010 LMSC TRAVEL TEAM PROGRAM - Complete tryout information can be found on the LMSC web page. The tryout dates for the Under 9 teams are printed below. To be eligible for the Under 9 teams, players **MUST** be **born between August 1, 2001 and July 31, 2002, no exceptions!!!** Players should make every effort to attend all tryout dates listed below. All tryouts run from 6:00 PM - 7:45 PM. Please plan to arrive 10 minutes early to check in and get a tryout shirt.

UNDER 9 BOYS TRAVEL TEAMS: Monday, April 26 and Wednesday, April 28, Welsh Valley MS

UNDER 9 GIRLS TRAVEL TEAMS: Friday, May 7 and Thursday, May 13 at Bryn Mawr Polo Field

For players not wishing to tryout for the Travel Team Program, LMSC will offer the Fall Intramural Program for players ages 4 - 13 years. The Spring Intramural Program will offer soccer for children ages 5 - 10.

PARENTS AND SPECTATOR CONDUCT

All parents and spectators are asked to adhere to the following:

- Do not yell at the referees. Would you want people yelling at him / her if the referee was your child?
- Please do not shout out instructions to the players while they are playing. The coaches are trying to teach the players to **THINK** on the field and make quick decisions. Well meaning parents who shout out instructions to the players hinder thought development and decision making. Please, let the players make their own decisions.
- Positive encouragement and cheering for **ALL** players is welcome and encouraged.

We hope that you enjoy the Spring Intramural Program. If you have questions, please feel free to contact us. We are best reached by e-mail at: **soccer@lmsc.net**

THE MODIFIED RULES FOR JUNIORS, INTERMEDIATES, QUASARS AND PROTONS

- The fields are approximately 45 yards long and 35 yards wide. The goals are 12 feet long and 6 feet high. Two fields are used simultaneously in these divisions.
- The Juniors and Quasars Divisions use a size 3 ball. The Intermediates and Protons Divisions use a size 4 ball.
- Teams consist of a maximum of 14 players. Players are divided into two equal groups each week. Each group of players will play one of the two groups of players from a different team. Each group will switch opponents at halftime.
- Shin guards are mandatory. Cleats are recommended over sneakers. Hats and jewelry may not be worn. Earrings and necklaces must be removed, or covered with tape at a minimum. Navy shorts should be worn. Sweat pants may be worn, long pants should not be worn.
- Games consist of two 25 minute halves. After half time, one team should switch their player groups to the opposite field in order to play the other player group from the opposing team.
- If a game starts late, the referee will cut time off the game so that the next game will start on time.
- Games are played with four field players and a goalie.
- A team losing by four or more goals may add a fifth field player.
- Team records are not kept for the season, nor are team standings. There are no championships.
- All kickoffs must be a pass. Players may not simply kick the ball down field on a kickoff.
- All restarts in these age groups are indirect. Another player must touch the ball before a goal can be scored. The ball may not go directly into the goal from a restart.
- Defenders must be at least five yards from the ball on all restarts.
- Goals may be scored from inside the offensive half of the field but NOT from the defensive half of the field.
- Slide tackles are illegal in all LMSC intramural divisions.
- There are no penalty kicks in these age groups. Free kicks which are awarded for fouls committed less than 10 yards from the opponent's goal will be moved back to a spot at least 10 yards from the goal.
- Free kicks awarded to the defending team inside the goalie area will be moved up to the edge of their goalie area.
- There are no throw-ins. Instead, an indirect free kick from the sideline is awarded. This **MUST** be a pass.
- The ball is in play unless it goes completely over the sideline or end line. A ball that is on the line is considered to be in play.
- Accidental hand balls are not a penalty (if the player's hands are at his / her side and the player was unable to avoid contact with the ball on that play).
- There is no offsides rule. However, all players are expected to help out on defense and not wait for the ball up near the opponent's goalie (no cherry picking).
- Goalies may only play the ball with their hands when the ball is inside their goalie area.
- Goalies may not use their hands to handle an intentional pass that comes from the foot of a teammate. Goalies may use their hands if the pass is accidental or if the pass comes from a different part of their teammate's body (head, chest, thigh, etc.)
- Goalies will be encouraged to help out their team on offense. They will be encouraged to come out past the goalie area and call for passes when a teammate needs help. Goalies should be used to help switch the ball from one sideline to the other in order to generate attacking play.
- Goalies may not punt or throw the ball in the air past the midfield line. When possible, the goalie should put the ball on the ground and either dribble the ball up field or pass the ball to a teammate.
- Coaches and parents are asked to not constantly shout instructions to the players. This prevents players from learning to think and make decisions on the field. Please limit comments to the players that are merely supportive, encouraging, positive and general in nature.
- LMSC reserves the right to remove any child from the program whose parents are abusive and / or nasty towards a referee at any point in the season.
- Sportsmanship must be a priority for everyone ... players, coaches, referees and spectators