



## LOWER MERION SOCCER CLUB

Box 360 Bryn Mawr, PA 19010 610-527-3940

soccer@lmsc.net www.lmsc.net

To: Spring Intramural Players - Seniors and Electrons Divisions  
From: Biff Sturla, President, LMSC  
Date: April 7, 2010

Thank you for signing up for the 2010 Spring Intramural Program. The program will run every weekend, through June 13 except for Memorial Day Weekend. All players have been assigned to a team of up to 14 players. On most weekends, each team will have a 30 minute practice, followed by a 50 minute game. The first two weekends will strictly be a 75 minute practice, no game. Your first game will be on April 24 or 25.

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 full length 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 it is absolutely necessary for you to switch teams, coordinate this with your **coach** on the first day of the season. Please do **NOT** call LMSC or their Directors for this.

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 size 4 soccer ball. 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** - Size 4 soccer ball, game jersey, white shirt, shin guards, navy shorts and black cleats. A filled plastic (not glass) water bottle is recommended.

**FORMAT** - There will be a 30 minute practice, followed by a 50 minute game. Games will consist of two 25 minute halves with a five minute halftime. There are no playoffs or standings. The time listed on the attached schedule is the starting time for the practice. Games will start 30 minutes after the time listed on the schedule.

**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 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](http://www.lmsc.net)) has information and registration material for all our club activities, including the Fall Intramural Program (ages 4 - 13), Travel Team Tryouts, Spring Intramural Program, Summer Soccer Camp, 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.

**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, playing for the San Jose Earthquakes and the New York Red Bulls, now with Toronto FC.

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 of 2009.

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 younger ages are printed below. To be eligible for the travel teams, players MUST be born in the time frame listed below, NO EXCEPTIONS. Players should make every effort to attend all tryout dates listed below.

UNDER 9 BOYS (born between August 1, 2001 and July 31, 2002):  
April 26 and April 28,, both at Welsh Valley Middle School, 6:00 PM.

UNDER 9 GIRLS (born between August 1, 2001 and July 31, 2002):  
May 7 and May 13, , both at Bryn Mawr Polo Field, 6:00 PM.

UNDER 10 BOYS (born between August 1, 2000 and July 31, 2001):  
May 21 and May 24, both at Barrack Hebrew Academy in Bryn Mawr, 6:30 PM.

UNDER 10 GIRLS (born between August 1, 2000 and July 31, 2001):  
May 4 and May 5, both at Bryn Mawr Polo Field, 6:00 PM.

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.

## THE MODIFIED RULES FOR SENIORS AND ELECTRONS DIVISION GAMES

- The Seniors and Electrons Divisions will use a size 4 ball.
- Electrons and Seniors Division teams have up to 14 players on a team and play 8 v 8.
- 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.
- Substitutions may be made when your team has a throw in, when either team has a goal kick, after a goal, during an injury stoppage or at halftime. Substitutions may also be made when your opponent has a throw in, provided that they are making a substitution. Substitutions may NOT be made on a corner kick.
- Games consist of two 25 minute halves.
- If a game starts late, the referee will cut time off the game so that the next game will start on time.
- A team may add an extra player if they are losing by four or more goals.
- The Seniors Division and Electrons Division do not keep standings and do not have end of season playoffs.
- All kickoffs must be a pass. Players may not simply kick the ball down field on a kickoff.
- Defenders must be at least 10 yards from the ball on all restarts.
- Slide tackles are illegal in all LMSC intramural divisions.
- 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).
- The offside rule will be enforced in these age groups.
- A foul may result in a Direct free kick or an Indirect free kick. On a Direct free kick, a goal may be scored directly from the restart (it does not need to first touch another player). **Direct** free kicks are awarded for: intentional hand ball, tripping (or attempting to trip), kicking (or attempting to kick) an opponent, pushing, holding an opponent, spitting at an opponent, elbowing, etc. On an **Indirect** free kick, another player (other than the player taking the restart) must touch the ball before a goal can be scored. This can be a player on either team. Indirect free kicks are awarded for: offside, dangerous play, obstruction (shielding when not within playing distance of the ball), slide tackle, the goalie picking up an intentional pass from the foot of a teammate, the goalie using his hands to receive a throw-in from a teammate, etc.
- Goalies may only play the ball with their hands when the ball is inside their goalie area.
- Teams **MUST** use a different goalie each half. Nobody is to play goalie more than one half a game.
- 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.)
- 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.
- If we receive numerous complaints from referees about the conduct of parents, coaches or spectators in the Majors Division or Cosmos Division, LMSC will eliminate the playoffs for that particular division. The competitive level of the game must be maintained throughout the season.
- Sportsmanship must be a priority for everyone ... players, coaches, referees and spectators