

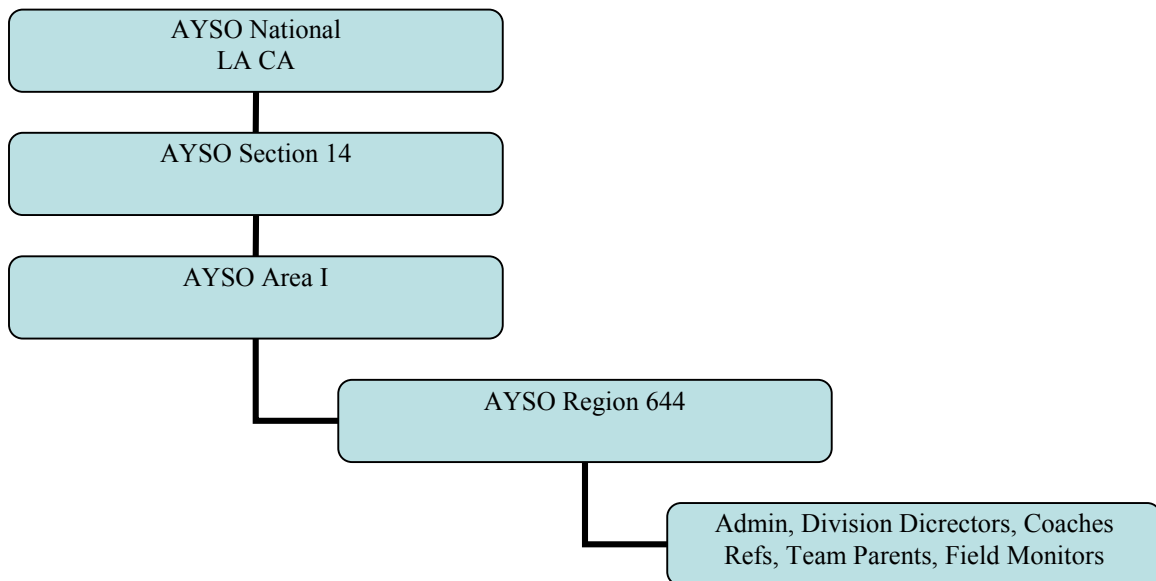
## I History of AYSO

- a) Began in Los Angeles CA- 1964
- b) Over 650,000 players registered world-wide on over 50,000 teams

## II History of AYSO Region 644

- a) Began in 1988
- b) First league- 300 participants- coed teams
- c) Currently 2,500 kids playing soccer in fall, 1,200 playing in Spring and 300 adult league players
- d) Programs
  - 1) Core Program- Fall and Spring Leagues
  - 2) VIP Program- Emotionally and Physically Challenged Individuals
  - 3) Men's League
  - 4) Women's League
  - 5) Coed League
  - 6) AYSO Select Program

## III Structure



#### IV 5 Philosophies of AYSO

- a) Everyone Plays
  - 1) Everyone Plays at Least ½ of every game
- b) Balanced Teams
  - 1) New Teams Every Season/Evenly Balanced
- c) Open Registration
  - 1) Open to all children ages 4-19
  - 2) Only criteria- Enthusiasm and Interest
- d) Positive Coaching
  - 1) Encouragement of Effort Leads to Better Skills and Development
- e) Good Sportsmanship
  - 1) Positive Environment leads to Mutual Respect (Rather Than a Win at All Cost Attitude)

#### V Introduction of Kids Zone

- a) Strive To Keep a Fun/Safe Environment

#### VI Kids Zone Video

#### VII Kids Zone Pledge

- a) Acts as a reminder on how we should conduct ourselves as parents, coaches, refs, administrators and players
- b) To keep everyone on the same page

#### VIII Expectation of AYSO Parents

- a) Honoring The Game (Roots)
  - 1) Rules- Don't Bend Rules To Win
  - 2) Opponents- Understand That A Worthy Opponent is a Gift That Forces You To Play To Your Highest Potential.
  - 3) Officials- You Show Respect For Officials Even When You Disagree
  - 4) Teammates- You Refuse To Do Anything That Embarrasses Your Team.
  - 5) One's Self- You Live Up To Your Standards Even If Others Don't

- b) Creating a Positive Culture
  - 1) Before the game
    - a) Make Commitment To Honor the Game In Action and Language No Matter What Others Say Or Do
    - b) Tell Your Child That You Are Proud of Him or Her Regardless of How Well He Or She Plays.
  - 2) During The Game
    - a) Fill The Childrens Emotional Tank
      - 1) Through Praise and Positive Recognition
    - b) Don't Give Instruction To Child During the Game- Let the Coach Correct Player Mistakes
    - c) Cheer Good Plays For Both Teams
    - d) Mention Good Calls By The Officials To Other Parents
    - e) If an Official Makes a "Bad" Call Against Your Team, Honor The Game- Be Silent.
    - f) If another parent on your team yells at an official- Gently remind him/her to Honor The Game
    - g) Don't do anything in the heat of the moment that you will regret after the game. Ask yourself "Will this embarrass my child or team"
    - h) Remember to Have Fun!!! Enjoy The Game.
  - 3) After The Game
    - a) Thank the officials for doing a difficult job for no pay
    - b) Thank the coaches for their commitment and effort
    - c) Don't give advice. Instead ask your child what he or she thought about the game and then listen!!! Listening fuels your child's emotional tank
    - d) Tell your child again that you are proud of him or her whether the team won or lost.

## IX Volunteer

- A) AYSO is always looking for great people who want to make a difference.
- B) Ways you can volunteer
  - 1) Referees- 2 from each team
  - 2) Field Monitor- 1 from each team
  - 3) Team Parent- 1 from each team

## X Important Dates

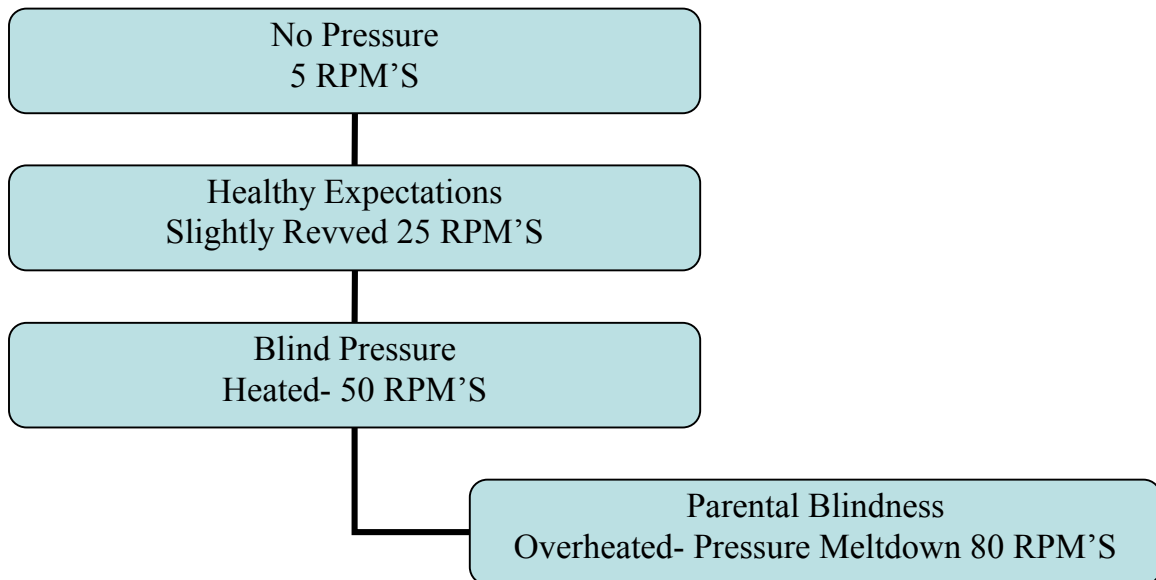
- A) Evaluation Dates
- B) Coaches Meeting
- C) First Practices
- D) First Games
- E) Referee Clinics
- F) Picture Day
- G) Final Day of Season

## XI Keys To Child Development

- A) Know your child
  - 1) Know realities of biological, psychological and social realities of his/her life.
- B) Know yourself
- C) Know your child's sports environment
  - 1) Do the values of the sports league/team coincide with our family's values?

## XII Parental Pressure Gauge

- A) How Parental Pressure Affects Performance and Personal Growth
- B) Pressure RPM's= Revolutions of Pressure/Minute



A) At 5 RPM'S- Practically 0 Parental Pressure Exists- Only Encouragement

1) Appropriate for Ages 6 and Under (U7 and Below)

A) Cheering and limited Discussion About Outcomes of performance are characteristics of this approach- Fun and Enjoyment are Paramount.

B)At 25 RPM's- Parents do more encouraging than criticizing, they expect their children to try new activities, give best effort and conduct themselves appropriately while playing. Promoted in a positive inspiring manner. Discussion of performance is acceptable but enjoyment and effort are emphasized far more than winning. Winning is important but playing hard and having fun is tantamount. This level- Encouragement with very little pushing or pressure is appropriate for any age level.

C)At 50 RPM's- Parents have stepped away from encouragement and healthy pushing and are now engaged in pressuring behavior. This change is rarely recognizable to parents and difficult for a child to articulate. This type of pressure can undermine performance and reduce enjoyment making athletes fearful of displeasing parents.

D) At 80 RPM'S- Parents Have Lost Control. While watching/discussing child's performance parents may yell, scream or even become violent. This type of pressure damages a child's experience in sports & his/her relationship with parents. It also teach children that the way to resolve conflict is through violence and unmanaged aggression.