

AYSO-644 Weston PARENT Quick Card

Understanding the Season Commitment

The Basics commitments for parents

1. Register your player at ayso644.inleague.org
2. Register as a volunteer if available.
 - a. Coach or Assistant Coach
 - b. Team Parent
 - c. Division Director or Event Coordinator
 - d. AYSO Board
3. Attend a parent meeting and ask your questions in person.
4. Ensure you notify the coach of any allergies.
5. Ensure your player has soccer cleats, soccer ball and FULL water bottle for every practice.
6. 2 practices a week and 10 Saturday game days. (U5/6 only 1 practice a week).
7. Volunteer as a **Team Parent**. Ensure there are snacks for game days. Assist the coach with organizing healthy snacks and drinks for after games. Liaison between the coach and parents.
8. Download the TeamSnap app to see your practice and game schedules.

Game Days

1. Prepare the night before to ensure your player is well fed and hydrated.
2. Arrive 15-30 minutes before games.
3. Bring EXTRA water for your player in addition to their FULL water bottle.
4. Protect your player and you from the sun.
 - a. Bring shade such as umbrellas.
 - b. Wear sun block.
 - c. Bring a cooling towel.
 - d. A 30-minute game is enough for a player to get severely burned sweating.
5. Don't argue with other parents, coaches, referees, or child players.
6. Have FUN! Cheer Cheer Cheer for your player and all the kids.

Reminder: No kid will remember the scores in 10 years, but they will remember how you acted at their games.

Make them proud of you, being proud of them.

Don't forget to tell them: They are GOOD ENOUGH. They are GREAT!

Issues

We understand with everything there can be issues to be worked out.

We ask that you do **NOT** argue with coaches, referees, other parents, and certainly not other youth players.

How to address Issues at AYSO644:

Urgent issues:

- Game Days, go to the building and get help from the staff.
- Weekdays, seek out the professional trainers in bright colored shirts.

Non Urgent issues:

- Go to our website AYSO644.ORG we have a help desk ticket system link where you can submit your issue, or
- Go to our website, click contact us, look for the appropriate person to address your issue and send an email.

Injuries

Unfortunately, injuries are part of the game. If your player is seriously injured, please see below:

AYSO does have Soccer Accident Insurance. For more info, please go here:

<https://aysovolunteers.org/soccer-accident-insurance/>

<https://aysovolunteers.org/wp-content/uploads/2023/07/2023-SAI-Brochure-Overview-rev-7.11.pdf>

If your player is seriously injured during practice or a game please ask your coach to complete an AYSO Incident Report Form.

Note: coaches may carry a small first aid kit.