



Parent-Player Manual **Updated August 2009**

I. Introduction

Far Post Soccer Club is a special place. Not only do we have great staff, we have a great collection of players, committed and talented coaches, thorough and dedicated team managers, a diligent board of directors and wonderful and supportive families. We simply have good people all around us.

Our ultimate goal is to develop creative, skillful soccer players. We want our teams playing an attractive and attacking style of soccer. Because of this, we place higher priority on players' and teams' performance rather than results. We all love 'winning' games, but not at the expense of learning, growing and developing as players, as a team and as young people.

We love soccer. And we love kids who love soccer. Nothing fuels our passion for the game like the shared passion of others. Thus, we find ourselves partial to players who clearly love the game. If we are to commit to a player, we need that player to commit to us. We understand that kids find pleasure in more than just one sport, and this is healthy and should be encouraged. However, if we are to set a standard and see our players play to that standard, the players must be present at trainings and games!

Players are not accepted into Far Post to sit idly on the bench. Every player deserves a fair shot to demonstrate to the club and to family that they've been improving. We believe in giving all rostered players playing time. We do not guarantee "equal" playing time, but "fair" playing time.

In Italy, club players do not specialize in positions until around 16 years of age. To fully appreciate the game and its demands, a player should experience every position. It is not uncommon for coaches to shift players frequently to enrich their experience in the game. We ask that parents understand this practice of ours and encourage their son or daughter to keep an open mind when it comes to playing all positions.

Sportsmanship is to be valued above all else. The game cannot exist without an opponent, and we must respect them for that. After a hard-fought match we shake the opposing team's hands and mean it when we say "good game." The game is played under the guidance and rule of a referee and his/her linesmen. We must respect that the referee's word is final and the laws of the game and never seek to break them intentionally. Nothing makes a team look worse than to have its players, coaches, parents or supporters argue and whine to the referee.

The best players in the world do not play just twice a week. Nor do they rely on coaches and parents to organize and supervise their every playing moment. Playing soccer with friends, on your own time - in the park, the driveway, the empty field - will make you a far better soccer player than if you just do the minimum required training sessions.

The environment that we create is contagious. Our goal is to have a place where people feel welcomed and valued. We want players to have fun, and we want parents to enjoy themselves. We want to know each and every player on a personal level, and we want the parents to feel comfortable talking with staff. We want our environment to be enjoyable, challenging and safe.

We are a CLUB; we are not an organization with multiple teams going in multiple directions. There is a club-wide community feeling and this club-wide support is something that is encouraged. We travel to tournaments together, and it is so great to see all of our teams supporting each other and cheering on fellow Far Post teams.

We look forward to the upcoming season and are happy to have you as part of the Far Post family!

-- Todd M. Kingsbury, Executive Director

II. Who We Are?

Far Post Mission and Philosophy

An important part of any successful club is having a clear mission. Our club's mission statement reads:

“We are a premier club committed to players who have a passion for soccer; we pledge ourselves to the development of individuals and teams striving to improve and succeed at all levels of the game.”

Far Post Soccer Club's goal is to foster a “love” of the game, and to develop insightful and skillful players. We want our players to play the "beautiful game" as Pele called it. We understand that all players are unique in their own special way, and we are sensitive to individual player needs, potential, and development of personal excellence. Far Post has three major areas of focus, all of which provide unique soccer experiences for the participants:

- Premier and Club Teams
- Educational Programs ~ Camps and Clinic
- Indoor Soccer Leagues (Futsal & 8v8)

Progressus, Educatio, Officium

The Far Post shield represents the founding ideals of the club with the Latin inscription: ***Progressus, Educatio, Officium***. The shield is the club's official logo. All players should know what the shield represents.



Progressus: Progress

An individual's development as a player and as a person is our primary concern. It is our responsibility to help each and every player grow and progress. There is a progression to Far Post's system of learning. Far Post trainers build on what players have already learned.

Educatio: Education

We want players who want to learn the game; players who are willing to work and improve. We want thoughtful players with a strong desire to learn the game.

Officium: Service

We want players interested in giving back to the club, to the game and to the community in general. The vision is to have older players coaching and mentoring younger players.

The Color Orange – Orange was not picked as a club color by accident. Originally, Far Post developed a club-wide system of play that mimicked the Dutch style of play. That style of play is based largely on keeping possession of the ball and playing a creative, attractive and attacking style of soccer. Holland's rich soccer history reaches back at least 30 years, when the National Team earned instant worldwide fame with 'Total Soccer' and were called '***Clockwork Orange***' because of their precise, skillful and beautiful style of play.

The Holland Journey – Every year, Far Post sends its Under 14 Boys and Girls Premier teams to Holland for a week of training and playing. Teams train with the Dutch National (KNVB) coaching staff and play against local competition. Teams also have the opportunity to watch top level professional teams play and train while in Holland. Both the boys and girls teams are totally immersed in the Dutch system of soccer and culture at a time in their lives when they are just beginning to truly appreciate the game. These teams and players come back from Holland with new energy and excitement for the game. Not only is this a great team bonding experience, players come home with a whole new level of commitment and dedication to soccer. In addition, the trip is a great travel experience for young teenagers. The exposure to a culture that this trip provides is a terrific learning experience in ways that far beyond the sport of soccer.

III. About This Manual

The ***Parent-Player Manual*** is designed to guide players and parents through the Far Post Soccer Club (FPSC) operation. The 'club' in this case pertains only to the Premier and Club teams. There is a necessity to produce this manual, as it is critical that each player and parent clearly understands the philosophy of the club.

IV. Contact Information

Mailing Address

Far Post Soccer Club, Inc.
P O Box 5575
Essex Junction, VT 05453

Office Address

Located on 1st Floor of the Robert E Miller Expo Centre
at Champlain Valley Exposition
105 Pearl Street, Essex Junction, VT 05452

Telephone: ~ (802) 872-8860

Email: admin@farpostsoccerclub.com

Website: www.farpostsoccerclub.com

Web Site Information: Our web site is a vital tool & resource for the club. Please monitor the website on a regular basis for updates, announcements of new programs and much more! Send news items, photos, etc. to sheri@farpostsoccerclub.com.

Key Coaching Principles at Far Post Soccer Club

Encourage creativity and ball skills ~ Far Post encourages coaches to teach the fundamental skills of the game. Training sessions must allow players to learn the basic techniques of the game. Skill development and mastery of the ball is our primary responsibility. We want our players to play the 'beautiful game.'

Encourage players to play in unstructured environments ~ In places where soccer is the primary sport, players "develop" in the streets or on the beaches. Players like Pele and Johan Cruyff "learned" the game on the beaches of Brazil or on the streets in Holland. Far Post wants to encourage players to learn the game on their own. Kids need to be allowed to play freely and develop their skills without the continual guidance of coaches and parents.

Be careful of over-coaching ~ Coaches can be more helpful to a player's development by saying less, and allowing players to do more. Coaches are encouraged to keep comments short, simple, and understandable. Coaches are to encourage players to figure out problems on their own. The coaches must be a facilitator in the process. Coaches, trainers and parents can't play the game for the kids, so we must encourage young players to think for themselves on the field. The coaches provide guidance and suggestions to help them through the process, but we don't want to answer the questions for them.

Is winning important? ~ Eventually, winning is important, but not until kids have developed the tools, both technically and emotionally, to allow them to be successful in an environment where the aim is to win. Particularly with the younger ages (9-12 year olds), the most fundamental tool in soccer is mastery of the ball and the creativity that comes with it. This cannot be encouraged enough. As skills are mastered, the rest of the game becomes easier.

Don't expect games, practices and performances of young players to match that of adult professional soccer ~ Far Post coaches want to give players the opportunity to see soccer at a higher level, but we don't expect them to replicate this immediately. We all need to remember that players don't reach their full soccer potential until they are in their late 20s. Development in soccer takes time, persistence and patience.





The Game is the best teacher ~ Far Post coaches create exercises that replicate and repeat the situations found in the game and that allow the player to grow comfortable and confident with the ball. The coaches want to keep it simple and to have a progression to the training. We don't want to overload players with too many activities. We also don't want players waiting in line for "their turn in some drill." Creative games and activities that focus on the main qualities of the game – attacking, defending, dribbling, passing, dealing with teammates and opponents and scoring goals – are used. If the exercises allow the players to play soccer, then they will be able to get the clues on their own from the game. The role of the coach is to set up clear and challenging learning objectives and then provide players with some guidance to help them figure out successful solutions using the game as the best teacher.

Coaches are always learning too ~ Our growth as coaches is similar to players. As coaches, we are always learning. We try to be creative and look to the game for the answers to questions. We are always reminding ourselves that the game is the best teacher. Far Post coaches want to allow players to learn by experiencing the game – sometimes succeeding and sometimes failing, but always learning, developing and growing.

Our ultimate goal is to teach how beautiful and pure this game is ~ We want our players to love the game and have a deep passion for it so they want to give back to the game. We are developing the coaches of the next generation. We will "train" these players to be even better soccer citizens than the generation before them.

VII. Role of the Team Manager

Each team will have a parent volunteer that will act as team manager. The primary role of the team manager is to provide timely, comprehensive communication from the Executive Director and Coach to the team. Communications should include: "where to go," "when to be there," and "what to bring" – for all games, practices and other events. In addition to the role of communicator, the team manager maintains the team's paperwork and is a coordinator for all administrative aspects of the team's activities. Some team managers feel comfortable managing all of these tasks on their own, but Far Post highly recommends that other parents volunteer to help with many of these additional tasks such as:

-  Futsal and other indoor league play
-  Hotel coordination for tournaments
-  Uniform and spirit gear orders
-  Social activities

Many of these tasks can easily be delegated to other willing individuals and it is recommended that team managers consider recruiting assistance from their team families. With all soccer clubs, a spirit of volunteerism is critical to assure the success of the entire experience for everyone involved while at the same time not burdening one person with too many tasks. Team manager (nor any other volunteer parents) is not responsible for coaching or coaching decisions. They also are not a sounding board for parental or player issues. Team managers are purely to act as an administrative help to the coach.

VIII. Role of the Parents

We are not in the business of telling the parents of our players how to be parents. We are in the business of developing better soccer players. As parents, however, you have the power to make our jobs easier or more difficult. You can have a positive effect on your son or daughter's development and you can have a negative one as well. We would hope for the former in both cases. Here are some of our thoughts on how this can come to be:

Trust ~ It is a pillar in any relationship. We call ours the Far Post family, and within a family there must be trust. In this case, we ask that parents trust us. You must trust us to make the right decisions when it comes to the development of your son or daughter and their team. Your son or daughter's acceptance into our program means that you entrust him or her to us during trainings and games. This time is theirs and ours.

The club values the opinions of our parents ~ We accept that sometimes a parent may disagree with a coach's decision. Usually these moments occur during games. We ask that you respect the coach and the club and schedule a time (a day or two after the game/decision in question) to meet with the coach or club staff member to address the issue. You can further respect the coach by not coaching from the sidelines as this generally confuses the players. Please let the coach do the coaching during games.

Are you a coach, a referee, or a spectator? ~ The coach is responsible for managing players during games. The referee is responsible for ensuring that the rules of the game are enforced. Parents are spectators and they are expected to watch the game and cheer not only for their own child but for all of his/her teammates.

Measure your son or daughter's **success** not by wins and losses, but by performance and by progress.

Stronger opponents are not to be feared. ~ They are to be learned from. Encourage your son or daughter to view a stronger opponent as an opportunity to improve and learn.

"Soccer is a game of a thousand mistakes" ~ This is a favorite quote of Far Post. Mistakes are part of the game. Players cannot be afraid to make mistakes. They must not fear facing disapproving or disappointed parents following a match. If your son or daughter has just lost a match, chances are they already feel a bit disappointed to begin with. Give them some time and space and let them initiate post-game conversation. You may be surprised by how much more you get from them.

"We are all human" ~ We all make mistakes. Sometimes we know when we are making mistakes and sometimes we don't. If a parent has an issue or a problem, then we need to know what that problem is in order to solve it. We value feedback, and we view constructive criticism as a "gift." If we don't know what the problem is, then we can't solve it. We ask that all parents work with us in a constructive and positive way to make the entire experience valuable and worthwhile.

We are all in this to have fun. ~ The *players* are in this because it *is* fun. That is the bottom line. We exist to provide an environment that is educational and fun. We only ask that you help us to do this.






A wise coach once said, *"The best thing that a parent could say to their child in preparation before a match would be 'Good Luck, Have Fun, and I Love You.'"*

Drop players off on time for games and practices. If you are going to be late please inform the coach.

The existence of Far Post would not at all be possible it wasn't for the support shown by parents. After all it is the parents who pay all of the related fees and drive players to practice and games each week. **Far Post is truly grateful to all the parents for their continued support of their child's soccer education.** It is also important to know that Far Post is a non-profit organization and is very much dependant upon volunteer support and assistance. Far Post strongly urges every family to do what they can to commit to some sort of volunteer effort that can help make your son's or daughter's experience better.

IX. Role of the Player

Far Post exists to 'quite simply' help players enjoy soccer and to make them better. All players have the opportunity to be associated with coaches that love soccer. They have all had varying degrees of experience and are all willing to share their experience with the players. Remember that the coaches are here to help you. Be respectful of this and always give your best. Here are some other traits you should follow:

-  Remember to thank your parents for giving you the opportunity to play for Far Post.
-  Practice is essential to your development. You must be prepared to work hard all of the time at each practice, and do your best to be on time.
-  Take care of your equipment. Brush your boots off if they are covered in mud, rather than throwing them in your bag and leaving them until your next practice. Remember to have your **orange** training shirt, shorts, and socks for practice. Remember to bring both uniform jerseys, shorts and both pair of socks to all games and tournaments.
-  Maintain good sportsmanship throughout games and practice. Remember to shake the hands at the end of games with the referee and opposing team after the game.
-  The coaches are there to help you. If you don't understand something the coach does or says, don't be afraid to ask the coach why he or she said or did that.

- 🏀 Indoor practice time is a very important part of your development. Use the time to your advantage, warm up before you get on the field and start practice promptly.
 - 🏀 Watch soccer on TV. There are many televised games from the US, South America and Europe now. You should make time to watch these games and see how the game is played at the highest level. Pick out a favorite player from the MLS and from abroad. Watch these players and try to emulate them.
 - 🏀 Represent yourself, your family and the club every time you play, practice or travel with Far Post. Consider yourself a club ambassador.
 - 🏀 School work. No matter how much you love soccer your education is more important. Make sure you earn the right to play for Far Post by always doing your very best at school.
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X. The Teams

Coaches have the direct responsibility of the team. They manage the team as they see fit, with input and guidance from the Executive Director. The following information will set guidelines on how each team will operate during the year, with a month-by-month breakdown of events and activities.

Tryouts, Premier Teams & Club Teams – Far Post has open tryouts every year in August before the school seasons get started. This means that anyone that wishes to tryout is welcome and encouraged to do so. The 'open' tryout as stated means everyone, who wants to, may come to the tryout. The teams are picked based on playing ability of the individuals. The top players at the tryout are offered positions on the **Premier Team** for his/her respective age bracket. The next group (if numbers allow) are selected for the **Club Team**. If a player is not selected for either team, he or she is encouraged to continue to play soccer. Far Post has a variety of **Educational Programs** (camps & clinics) designed to assist players in improving their skills.

Far Post staff is always given a hard task when choosing teams, and no coach likes to cut a player or not have them play for Far Post. Selecting players is not an exact science, and we do our best to place players on teams where we believe they will develop most and compete most appropriately. The staff watches the players, use previous knowledge of the players or ask previous coaches about the players to ensure they have made the right decisions. Players need to understand that playing for Far Post in the past does not guarantee a place on either roster for the next season. The nature of a 'Premier' club intends to create the best team(s) possible given the talent on display. Throughout the season players are given the opportunity to show the coach what they can do and stake their claim as a continual fixture on the team.

Club Teams travel to the same tournaments with the rest of the club, and compete in the competitive Vermont Soccer League Division I, with their fellow Far Post travel teams. Club team players have the opportunity for indoor play in Far Post's Futsal and 8v8 indoor soccer leagues. They, like ALL Far Post players, have the option to attend **Far Post Educational** programs to further advance their training, and the following year's tryouts offers them the opportunity to showcase all that they've learned during the prior year.

- 🏀 Both Premier Teams and Club Teams participate in two tournaments in the outdoor season
- 🏀 Both Premier and Club Teams attend the April Training weekend at the Golden Goal in Ft. Ann, NY.
- 🏀 Both Premier Teams and Club Teams participate in league play
- 🏀 U12 through U18 First Teams participate in the Vermont State Cup, and if champions, the Region I Championship competitions

Roster Size and Format for U11's & U12s – Far Post's U11 and U12 teams will roster 14 players. League play for these two age groups will be 8v8 games. If two teams are created for each age group, they will have separate, specific rosters. If there are two U12 teams, Premier and Club Teams will be created. This will also be the case for U11s starting this year. For the U12 First Teams, the State Cup and Regionals will also be 8v8 games. Far Post competes in tournament play that offers the short sided approach for U11s and U12s.

Tournaments, State Cup and League Play – All Far Post teams play in the **Vermont Soccer League Division One**. This is a state-wide league with other premier travel teams from Vermont. Some teams may have the option of competing in the Region One leagues. Not all Far Post teams are entered in the **Vermont State Cup**. Only Under 12 through Under 18 **Premier Teams** for each age group compete in this competition. Far Post does not want to have its own teams competing against each other in an event like this. We feel that this level of competition can be detrimental to the club-wide chemistry. These competitions take place in the Spring only, and the preliminary rounds of the competition start in May. **Winners of the Vermont State Cup represent the club and the state at the Region I Championships** (West Virginia in 2010) in early July. The regional championship is a round robin type tournament, and Vermont State Cup is a single elimination type tournament.

Typical Season – *Below is the anticipated schedule of training, league and tournament play. Final details will be announced via e-mail and posted on the website. Be sure to consider the calendar when committing to a Travel Team. Acceptance of a rostered position is a joint commitment between Far Post and the player for the entire season.*

Winter Indoor Training – All teams train once per week ~ November through April, at The Far Post Indoor Center. The final winter training schedule is to be published the first week of October.

- 🏀 U8's – Tuesday, 5:00-6:00pm
- 🏀 U10's Boys – Tuesday, 5:00-6:00pm
- 🏀 U10's Girls – Thursday, 5:00-6:00pm

- ⚽ U11 and U12 Boys – Monday, 5:00-6:30pm
- ⚽ U11 and U12 Girls – Wednesday, 5:00-6:30pm
- ⚽ U13's and U14's – Saturday, on a rotating schedule between 10:00am - 2:30pm
- ⚽ U15's –U18's – Sunday, on a rotating schedule between 8:00am - 2:30pm
- ⚽ **NEW:** Twice a month, Premier & Club players will have "pool" training options divided by age.

Futsal and Indoor League Play

- ⚽ November/December ~ Indoor Soccer Leagues (Futsal & 8v8) Session I (Optional, not included in team fee, but highly recommended)
- ⚽ January/February ~ Indoor Soccer Leagues (Futsal & 8v8) Session II (Optional, not included in team fee, but highly recommended)
- ⚽ March/April ~ Indoor Soccer Leagues (Futsal & 8v8) Session III (All players are expected to play)
- ⚽ League Schedules
 - Monday Nights – U12 Boys, High School Boys & Coed Futsal Leagues
 - Tuesday Nights – U8 Coed, U10 Boys, U14 Boys and Men's Futsal Leagues
 - Wednesday Nights – U12 Girls, Women's & Soccer Mom's Futsal Leagues
 - Thursday Nights – U14 Girls & High School Girls Futsal Leagues
 - Friday Nights – U12 Boys & U12 Girls 8v8 Leagues
 - Saturday Afternoons & Nights – U14 Boys, U14 Girls 8v8 Leagues
 - Sunday Afternoons & Nights – High School Boys & Girls, and Adult Coed 8v8 Leagues
- ⚽ Indoor Tournaments – There will be one tournament held every session

Spring/Summer Outdoor Training: generally finalized by end of March 2010 following field confirmation.

- ⚽ U8's ~ twice per week; 5:00-6:00pm; location and day TBA
- ⚽ U10s ~ twice per week; 5:00-6:30pm; location and day TBA
- ⚽ U11s through U14s ~ twice per week; 5:00-6:30pm; location and day TBA
- ⚽ U15s through U18s ~ twice per week; 6:30-8:00pm; location and day TBA

League Play

- ⚽ U8s & U10s ~ Jamborees, first 3 Saturdays in May
- ⚽ All other teams play in the Vermont Soccer League (VSL), starting May 1, 2010

Tournaments – We are sending applications to the tournaments listed below. We will send notification via e-mail as soon as our applications are approved by each tournament. Please hold these dates on your calendars as these are the tournaments Far Post will be participating in this coming year, and all players that commit to playing for one of our teams is expected to attend these events.

- ⚽ *April Club-Wide Training Weekend ~ April 17-18, 2010*
 - Far Post will be going to Golden Goal Soccer Complex in Ft. Ann, NY as a club for training. Golden Goal has dorms, cafeteria and AstroTurf fields. This will be our 2nd year having this training weekend with practices, fitness, goal setting, team building, mental conditioning and matches. Our goal is to get our players and teams outside earlier to get them more prepared for the spring season. An additional fee (approximately \$100.00) will be charged to cover the players food and lodging for the weekend.
- ⚽ *Memorial Day Weekend ~ May 23-25, 2009*
 - Wellesley (MA) Memorial Day Weekend Tournament ~ U10 Teams
 - Needham (MA) Invitational Soccer Tournament ~ U11 through U18 Teams
- ⚽ *Father's Day Weekend ~ June 19-20, 2010*
 - Coastal Challenge (ME) or Nordic Cup (VT) ~ U10 through U18 Teams
- ⚽ Many Premier and Club teams will elect to participate in additional tournaments at the families' expense. This will be outlined by the coaching staff and communicated by the team managers

State Cup/Regionals ~ for First Teams, U12 and older

- ⚽ Preliminary Matches ~ May 22 & 23, 2010
- ⚽ Finals Matches ~ June 5 & 6, 2010
- ⚽ Regionals ~ for State Cup Champions ~ July 1-6, 2010 in West Virginia

Additional Tournaments – All teams (Premier and Club) are allowed and encouraged to consider seeking additional tournaments at the team's expense. There are indoor tournament options available in neighboring states that some teams have participated in and enjoyed in the past. Teams wishing to participate in additional out of state tournaments should inform the club office well in advance for the Executive Director's approval and to ensure that all paperwork is properly handled. Funds should be collected from the families and turned into the Far Post office so that the application and payment flow through the club.

Double Rostering – Far Post players are allowed to play on both their Far Post team and their town team, but Far Post must be their top priority. We compete at “premier” level tournaments, in the State Cup tournament, and adhere to all state, regional, and national guidelines, youth soccer affiliations, and association guidelines. Playing for another team may cause a State Cup match forfeit for the travel team.

Playing Up – Far Post players are expected to play at their proper age group. Playing up is discouraged. Exceptions to this policy are at the sole discretion of the Executive Director.

ODP – Far Post players are strongly encouraged to tryout and play in the **Vermont Olympic Development Program**. ODP provide players with an opportunity to be identified by college coaches and for potential play at the regional and national level.

Indoor Practices and Games Cancellations – Far Post never cancels indoor practices or games. However, in severe weather conditions, it will not be held against players if they miss a session or event.

Outdoor Practice & Game Cancellations – Outdoor practices may be cancelled by either the Executive Director or by the coach, but only for specific situations such as lightning or dangerous field conditions. If the Executive Director cancels practice it is likely that the facility manager has asked that the club not practice. Or, the weather may be so severe that, in the interest of player safety, it is deemed not suitable to practice. If practice is cancelled, it is generally done by 1pm on a given day and an e-mail will be sent to the coach and team manager informing them of the cancellation. The coach or the team manager will then inform the team. If the individual coach cancels practice, then he/she may have decided that the weather is not suitable to practice. If the individual coach cancels practice he or she will inform the team and inform the Executive Director.

XI. Parent-Player Code of Ethics

Far Post parents and players must keep in mind that soccer is designed and conducted to promote the physical, mental, social, and emotional well being of the player. Players voluntarily elect to participate. The privilege to participate fosters responsibility and the realization that each player represents: him/herself on and off the field, his/her family, Far Post and all of its players and personnel, and his/her own community.

In order to achieve these responsibilities, each player must:

- 🏆 Treat him/herself with fairness and respect.
- 🏆 Treat coaches, officials, and opponents with respect.
- 🏆 Control his/her emotions at all times and never argue with any coach, player, or official.
- 🏆 Accept decisions that are made and abide by them.
- 🏆 Use his/her influence on and off the pitch to help develop good spectator sportsmanship.
- 🏆 Accept victory modestly, defeat gracefully, and never quit.
- 🏆 Never swear, bet, or “grandstand.”
- 🏆 Keep physically fit by observing proper training rules.
- 🏆 In addition, parents and spectators must realize that once the match begins, it belongs to the players. It is imperative that we not take it away from them through our actions.

General Guidelines

All players who compete with the FPSC will:

1. Sign a medical waiver form issued by the Vermont Soccer Association. You must have had a complete physical examination by a physician or a health care facility within the last two years.
2. Have written parental/guardian permission.
3. Adhere to all FPSC policies.
4. Report all injuries to the coach. Written permission by a physician or health care facility in order to continue participation is needed in the event of more serious injuries.
5. Be the appropriate age as of August 1st of that particular year.
6. Adhere to Winter Training and Outdoor Attendance Policies (75% and 90% respectively).
7. Make every effort to attend all training, matches, and FPSC events. It is the player's responsibility to inform the coach if he/she cannot attend.

Drug and Alcohol Policy

Violation of this policy during any Club-sponsored function will result in the immediate removal from FPSC and forfeiture of all fees. FPSC players shall not:

1. Possess or use a beverage containing alcohol;
 2. Possess or use tobacco in any form; or
 3. Possess, use, consume, sell, or distribute illegal substances or steroids while competing.
- Far Post Soccer Club, Inc. travel team policies/guidelines may be amended from time to time.***
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XII. Travel Team Fees, Payment Procedures and Policies

Team Fees

Over the past years, there have been dramatic increases in costs of tournaments, league fees, field rentals and various other expenses associated with club soccer. We've strived to hold operating costs and streamline administrative needs in an effort to keep the fees for families at a reasonable level. After careful consideration, the board and management have approved the following 2009-2010 Travel Team fees schedule:

Team	Per Player Fee
U8 Coed	\$500
U10 Boys & Girls	\$675
U11s and Development Teams	\$775
U12-18 Boys & Girls First Teams	\$850

A detailed breakout of what's included in the fee is below.

Club Registration and Administration Costs
State Registration Costs (both indoor and outdoor)
VSA (Vermont Soccer Association) Insurance Includes secondary medical and general liability
Winter Indoor Training ~ approximately once per week (November – April)
Spring/Summer Outdoor Training ~ generally twice per week (May and June)
All League and Tournament Expenses: League Play ~ Vermont Soccer League Division 1 Two Tournaments April training weekend
All Field Rental Costs
All Coaches Expenses
Commitment: 8+ months
Season runs from the beginning of November through end of June
<p>Uniform Kit ~ Estimated at \$125 per player</p> <ul style="list-style-type: none"> 1 orange training t-shirt 1 orange game jersey and 1 navy game jersey 1 pair of shorts 1 pair orange socks and 1 pair navy socks <p>Additional Far Post 'Spirit Gear' items are available for ALL players, parents and Far Post fans!</p> <ul style="list-style-type: none"> Backpack Sweatshirt Warm up jacket and pants Hat Umbrella Bumper Sticker <p>These items will be available for order at the paperwork sessions in the Fall and again in January. <i>Special orders may incur increased cost.</i></p>





Payment Policies

All travel team players are selected from pools of applicants following the try out process. Once selected players have completed the process of accepting his/her position on a team, that player's roster position is held for him/her until the next year's try out process and the remaining trialists are dismissed. A minimum number of rostered players is required to make each team competitive and financially viable. Both the club and the player make a commitment to each other at the time of acceptance. For this reason, it's important that all parents and players understand our club policies regarding attendance, player release, and the financial and payment related policies below:



1. Travel Team Fees are **non-refundable**.
 - o A deposit of \$300 is due with acceptance of the rostered position on the player's respective team by the stated acceptance deadline.
 - o The remainder of the Team fee is due in two installments on November 1 and January 15.
2. **Delinquencies:** In the event travel team fees are not paid by the outlined deadlines, the players' account shall be deemed delinquent and the player may forfeit their right to participate on the team. This will result in notification to the Vermont Soccer Association (VSA) and removal from the player roster. (This means that a player pass can not be issued to a player until their balance is paid in full. A valid player pass is required for all outdoor league and tournament play.) Far Post also reserves the right to charge a \$25 late fee to any past due accounts.

3. The Executive Director is authorized to work out alternative payment arrangements for families requesting such for travel team fees. In all cases, the request for an alternative payment must be made in writing, the terms fully documented and full payment made by March 31.
4. In the event that a player defaults on travel team fees they may not try out for the next season until they have paid the prior year's balance in full, plus applicable late fees.

Below are other accepted methods of payment.

-  By credit card online – <http://www.farpostsoccerclub.com/PaymentProcessing.html>.
-  By **check**, payable to **Far Post Soccer Club, Inc., mailed to P O Box 5575, Essex Junction, VT 05453.**
-  By **check, dropped off** in person at the club office located on the first floor of at the Champlain Valley Exposition (Robert Miller Expo Centre), 105 Pearl Street, Essex Junction.
-  By **credit or debit card** ~ MasterCard or VISA; in person at the Far Post office.

Two additional requests regarding payment:

-  **Please be sure that a notation which includes player name and team accompanies payment.**
-  **Please do not give money to a Far Post coach, trainer or staff member during indoor/outdoor training, indoor league play or other soccer event.**

If you have any financial concerns or meet with financial challenges, please contact the Executive Director immediately. It is your responsibility to contact us to discuss your account and make alternative payment arrangements to avoid the discontinuance of your child's soccer experience.

XIII. The College Program






Far Post Soccer Club pledges to aid and help all of its players in their pursuit to find the college or university that is right for them. There are many variables that each player must address before making their college choice, and Far Post will attempt to highlight these variables. Far Post will hold various college search meetings during the course of the season and offers many handouts and information helping players with the entire college search process. Far Post also works with players in finding the right college or university for interested players. Far Post staff and coaches will offer their time to act as a sounding board to help players, and where necessary call and speak with college coaches and administrators. We attempt to get players thinking about college and then give them the answers they need. For instance, players should start to think about the college process when they are playing as an Under 16. When playing away games for Far Post, players should take time to visit the colleges in that area and be prepared to meet with and ask questions of administrators. Players should begin to decide where they would like to attend college – stay in Vermont or move further a field? Players should decide what interests they have academically. And above all, players MUST realize that the effort put forth now in the classroom will have a direct bearing on what options will be available upon graduation.

As in life there are no guarantees on anything. Players should not get despondent if their number 1 choice does not work out, or indeed they do not receive a scholarship or financial amount they wanted. You will learn that things may not work out as planned. All we can ask then is that players are prepared and each player gives him or her self the very best opportunities by making good grades in high school.

XIV. Acceptance of the Player-Parent Manual and Rostered Travel Team Position

Parents must "accept" their son's/daughter's position on their respective team by e-mailing Todd Kingsbury at todd@farpostsoccerclub.com by the acceptance deadline. Parents should ONLY be accepting positions if a player has received notification from the club offering a position on a Far Post Team. This must be done by parent/guardian.

By e-mailing Todd Kingsbury to accept a position on one of our teams, the parent/guardian named below acknowledges that:

-  They have read Far Post Soccer Club's Parent Player Manual and understand the contents
-  It is the parent/guardian's responsibility to review the contents of this manual with their child(ren)
-  **They and the player(s) accept the club's Code of Ethics**
-  The travel team fees and related payment policies have been reviewed and are understood
-  The player(s) is (are) in good physical health and may participate in all of the Far Post Soccer Club program activities. Permission is given for the player(s) named below to be treated in the emergency room/hospital in case of emergency.