

# U-16 State/Region Cup Boys 2011-2012 Season Plan & Expectations

## Coaching Staff

**Head Coach:** Ryan Weldon  
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For the past six years Ryan has held the Head Varsity coach position at Satellite High School, first three years with the boys and the past three years with the girls. Most recently leading SHS girls to the 2009 Regional Championship, 2010 and 2011 District Championship. Ryan is a graduate of Satellite High School. His boys teams have earned 2 district titles, one runner up and one Cape Coast Conference championship. Ryan was voted 2006 Cape Coast Conference Coach of the Year, and 2006 Florida Today All Space Coast Coach of the Year. FACA class 5A District 13 Coach of the year in 2006, 2007 & 2008. He had been an assistant to the boys team from 1997 - 2004, as well as compiling a 110-6-10 record with the boys junior varsity program. Ryan holds a National Diploma from the National Soccer Coaches Association of America, and is a nationally licensed coach under the United States Soccer Federation. Ryan is the Director of Coaching for Satellite Beach Soccer Club. He is the director of Element Soccer School, team training camps, and has worked as a staff coach for No. 1 Camps- rated top soccer camp in the U.S. by Sports Illustrated. He has a Bachelor's degree in physical education from the University of Central Florida, as well as minor degrees in athletic coaching, and fitness assessment. He is currently teaching at Freedom 7 Elementary, School of International Studies.

**Assistant Coach:** Rich Greisamer, Dan Gomez

**Team Manager:** Dana Stinson

## What you can expect from the Coaches

**Dedication/Leadership:** We will be there for your learning and leadership.

**Development:** We promise to do our very best to help each one of you enhance your skills in the more advanced levels of soccer both individually and as a team.

**Organization:** We will plan practices and games as well as initiate participation of parents and/or team managers in their specific duties and activities.

**Role Models:** We will serve as positive role models as well as participate in training sessions raising the level of play, and enthusiasm.

**Communication:** We will communicate relevant information with parents and players. Please monitor your e-mail.

**Personal Growth:** As coaches and leaders we will strive to instill a sense of responsibility and self-confidence/worth in the players.

## Season Objectives & Priorities

Individual player development goes hand-in-hand with the success of the team

Develop the skills in team and individual possession and defending

Further development of basic individual skills

Improve team awareness and cooperation

Continue building on the primary technical and tactical concepts of space, mobility, improvisation, principles of attack and defense and goal scoring.

Assist the players in achieving their team and personal goals.

## **Responsibilities & Expectations of Players and Parents:**

**Game etiquette:** Please limit discussions with players or coaches during game time. We are above yelling/abusing referees, opponents, or our own players. If our opponents are rude or abusive, we will never lower ourselves to their level. Let the Coaches deal with any Referee issue.

**Players:** COACHES WILL NOT TOLERATE RETALIATION TOWARDS AN OPPONENT, if you do, you will be substituted immediately.

**Communication:** PLAYERS, not parents, are responsible for calling the coach for updated information and/or to relay attendance information (illness, tardiness, injuries, missing practice or games, etc.). The players need to take on this responsibility.

### **Promptness and Commitment (mandatory)**

Games: arrive 45 minutes early for pre-game talk and warm-up.

Practice: arrive 5 minutes early, we do plan training sessions and will start on time. Early is on time.

**Unexcused Absence:** Player NOT calling one of the coaches to inform of tardiness, absence from a game or practice for any reason will not start and may not play in next game if this is chronic. E-mail is acceptable.

**Excused absence:** Communicated illness, injury, family situation/vacation, schoolwork, pre-arranged absences.

**Game /Tournament conflicts:** If you think you might have a potential conflict with fall or spring season games, tournaments or the Regional Cup Tournament, we must know immediately so we may consider other options and players.

## **Proper equipment & preparation**

**Practice:** Proper fitting/maintained shoes, shin guards and filled water bottle. Keep the field clean and don't be a litterbug.

**Games:** Bring spare and alternate shoes, alternate uniform, shoelaces, socks, shin guards, bag and filled water bottle. Drink one full bottle of water or sports drink (16 oz.) one hour before the game (begin drinking just before you leave home for the game). DO NOT stay up late the night before, DO NOT attend a sleepover, and DO NOT sleep in late the morning of our games. Get up, **eat a healthy meal**, go for a walk - don't lounge around, do something constructive.

**Playing time:** This is still youth soccer, so everyone at the game plays in every game unless there is a discipline problem. However, although game time development is very important for individual player development, there will be times when players will not get a great deal of playing time in games due to particular chemistry on the field, performance, commitment, and/or absence/tardiness. I will limit the substitutions made during tight games, while many substitutions are made otherwise. Like it or not, this is part of High School preparation.

## **Player Attitude and commitment**

**Mentally tough** - concentration and determination at highest levels. Never give up, always play to win! (MUCH more important than winning itself).

**Be a responsible team player;** respect your teammates, coaches, referees, opposing team and your parents. You represent yourself, our team, our association and your family.

**Take care of yourself** and personal responsibilities i.e. get your schoolwork done, stay out of the parental dog house, eat healthy, and get plenty of rest.

**Practice like you play** - keep the same level of intensity, concentration, determination/focus and positive attitude in our training sessions as you will in the games - it forms great habits.

**HAVE FUN!!!:** soccer at this level begins to be serious, but we are here to have fun while learning and playing hard/well. Let's remember that it is a game.

**Train outside of Practice!!** At this level it takes more than you can get at practice twice per week. You should train outside of practice at least 30 minutes per week. This means basic skills, juggling, touch, shooting, and lots of physical training and running.

## **Travel / Tournaments**

Tournament travel may mean having to load your family and stay in a hotel for the weekend. The costs associated with travel are not estimated below, however it is ok (wise) to carpool and *gang-up* to minimize costs.

Thank you in advance for your commitment and dedication. We expect a lot from our players, and parents, so you can expect a lot from the coaching staff. We look forward to a fun and rewarding season!

## **2011-2012 Season Schedule (Preliminary)**

Registration & Uniform fee	ASAP or at Team meeting Registration to be completed online at SBSC website
Team Meeting @ Satellite Library Fields Registration/Uniform 1 <sup>st</sup> payment due	Thursday, June 9th 4:00-4:45
Training/Conditioning/Team Building	Every, Tuesday & Thursday 5:00-6:30pm (Library Fields)
Element Camps	July 11-15, 6-7:30PM Library Field (Extra Morning Session 10-11:30 M,W,F)  July 25-29, 6-7:30PM Library Field (Extra Morning Session 10-11:30 M,W,F)
FALL SEASON BEGINS	August 13 or 14
Hurricane Classic	Aug 20 -21
Melbourne Labor Day Tournament	Sep 3-5
FALL SEASON ENDS	Mid October 2011
High School Soccer Break	Mid October-Mid January 2012
Florida Region Cup 2012	Dates TBD
SPRING SEASON BEGINS	March 2012
Additional Tournament	Spring 2012
Spring Challenge Tournament	May 2012
SPRING SEASON ENDS	May 2012

## **2011-2012 U-16 Budget (Estimated)**

Per Player Pricing - Entire Season June 2011 - May 2012:

### **\$130**

Satellite Beach Soccer Club registration fee for entire year.

### **\$90**

We will be getting new uniforms this year. New soccer bags are available for an additional \$50.

### **\$460**

Eight months of training fees. Ryan will be charging \$50 a month with the exception of July which will be \$110. The month of July's training fees are included in the \$110 camp fee. The two weeks of Element Soccer School will be an intensive month of training featuring special guest college player coaches to prepare our team for the fall season. Expect upwards of 20 sessions in July to include approximately 6 two-a-days! Mid-October we will break for High School soccer. We will resume club soccer in mid January 2012. Ryan will be making as many of the games as possible and will have a designated Assistant Coach with a plan at the games when he is not available. However, Ryan will be running all our practices.

### **\$270**

4 tournaments plus State/Region Cup are planned. This fee includes tournament team entry fees and Coach's hotel and meal allowance.

### **\$80**

Fall and Spring Referee Scrimmage Fees.

**Total \$1030 without bag, \$1080 with bag**

Payment Schedule which includes **everything** - fall & spring club registration fee, training fees, tournaments & scrimmage.

**3 payments: \$535 due July 1st (\$585 if Bag needed)**  
**\$170 due Sept 1st**  
**\$325 due Feb 1st**

Player travel and lodging costs not included or estimated above. Payments are due upfront due to the team is self supportive and must have funds to register for tournaments and pay training fees. Fundraising opportunities will be provided to support the September and February payments.