

HANDBOOK

A GUIDE FOR COACHES, PLAYERS AND PARENTS



2026-27 EDITION

PLATTSBURGH FOOTBALL CLUB
P.O. BOX 2013, PLATTSBURGH, NY 12901 • INFOFCSOCCER@GMAIL.COM

CLUB OVERVIEW

Plattsburgh Football Club has a goal of developing aspiring soccer players in the North Country. The club serves all age groups and genders to teach life lessons through sport. Plattsburgh FC players will experience dedicated coaching to improve their technical skill and tactical proficiency. The club will promote teamwork, humility, dedication and leadership. The club aspires to offer as many opportunities as possible to the local soccer community.

MISSION STATEMENT

Plattsburgh Football Club. is a community of soccer families dedicated to providing instructional and competitive youth soccer opportunities that enhance character, community, and love of the game of soccer. Integrated in this is the building of self-esteem, self-confidence, teamwork, respect for self and others, and all the inherent benefits of physical exercise. Top local coaches and players will be sought to coach and play within the club.



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PRICING FOR 2026-27

Player Pass: This fee of \$50 will need to be paid by each player.
This fee is non refundable and does include admin fees.

Fall: U8: \$150, U10-U14: \$150

*This could consist of VSL League and 4 training sessions.

This is subject to change depending on age division and team schedules.

U14 Season is dependent on player/coach availability.

Winter: U8-U18: \$200 This fee will cover training sessions at SUNY Plattsburgh
ONLY. All tournaments and leagues will be an extra cost.

Spring: U8: \$225, U10/U19: \$600

*This will include 4 tournaments OR 3 tournaments and leagues play
as well as 8 training sessions.

Coaches compensation is included in ALL fees.

Refund Policy: If a player withdraws from the program, there is no refund available.
If a player is injured their parent/guardian must contact the club within one week of
injury. The player must supply a doctor's note and a pro-rated refund will be granted
based on the date of the doctor's confirmation. If a competitive player is injured
prior to April 1, they'll be refunded all their soccer fees except for the \$50 player pass fee.
· If a competitive player is injured after the season begins there is no refund available.



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COACH RESPONSIBILITIES

1. Coach agrees that his/her first priority is player safety and wellbeing and agrees to take all reasonable steps to advance player safety, including, but not limited to, attending classes for player safety (e.g. recognizing and handling possible concussions and proper hydration) and evaluating all playing equipment, fields and weather conditions to ensure safe playing conditions. If an unsafe condition exists, Coach shall immediately stop play and/or take the appropriate protective action and then contact the Director of Coaching to alert the Club to the unsafe condition.
2. Coach will make a good faith effort to attend all coaches meetings, seminars, clinics and tryouts which are established by the Team and/or the Club. It is the obligation of the Coach to advise the Team and/or Club as soon as reasonably possible if an event cannot be attended.
3. Training sessions will be run in a positive, constructive, structured, professional manner, stressing soccer skills and tactics. Coach will be evaluated annually and his/ her position will be reviewed by the Coaching Committee / Club. Coach's retention shall be solely within the discretion of the Coaching Committee / Club.
4. Coach is responsible for enforcing the Club's Player and Parent Code of Conduct and ensuring the image of good sportsmanship relating to the actions of the assistant coaches, parents, and team players, prior to, during and after each game, practice and club event. Coach shall report violations of the Club's Player and Parent Code of Conduct and depart from good sportsmanship to the Club.



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COACHING PHILOSOPHY

I will help my players develop a passion for the game by providing them with the tools they need to play the game successfully, in a positive and safe environment. • I will emphasize development of the technical, tactical, physical and psychological areas of the game, with the longer-term goals of producing well-rounded, complete soccer players and helping each individual player to reach his or her potential. To this end, particularly for younger players, I will stress technical proficiency and tactical flexibility, with an emphasis on maintaining shape and creating space. • I will not micromanage games! I will allow players to play a variety of positions on the field, and will give them the freedom to be creative, to make mistakes, and to solve some problems for themselves. • I will resist the temptation to sacrifice the health, safety, and long-term development of the player for the short-term goal of winning games. I believe that if a coach commits to player development, the winning will take care of itself. • Regardless of the age and ability level of the players, I will strive to create a positive environment that validates the self-worth of each player and engenders a lifelong love for “the beautiful game”. • I will listen to my players and parents, treat them with respect at all times, and be receptive to constructive advice. • I consider building the character of the person just as important as developing the skills of the player. I will teach my players through my words and actions the values of respect, resilience, empathy, teamwork and sportsmanship that will benefit them long after their youth soccer days are over.



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PLAYER CODE OF CONDUCT

1. Players will treat other players as they wish to be treated.
2. Players will not tease, abuse, ridicule, taunt, or demean, other players, coaches, referees, or spectators. (This includes opposing teams.)
3. Players will not, under any circumstances, participate in physical violence or threats before, during, or after any game or practice. (This includes opposing and other teams.)
4. Players will listen to their coaches and trainers and accept the advice and rules with respect.
5. Players will win with grace and lose with dignity. You, your club and your association are judged by your behavior.
6. Players are prohibited from the use of alcohol or illegal drugs while on the active roster of any Plattsburgh Football Club.
7. Players will obey the laws of the game and play within the spirit of the game.
8. Players will support the team and club by volunteering services when needed.
9. Players will support all PFC Participants and Volunteers in a positive way.



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PLAYER EXPECTATIONS

The coach under the guidance of the Director of Coaching selects the players. The coach's commitment to the player and the player's commitment to the team and Plattsburgh Football Club are for the entire competitive season. It is important that players observe the guidelines established by the team, Plattsburgh Football Club, leagues and UYSA. All players are responsible for participating in fundraising activities.

As a player I will....

- Train and play to the best of my ability
- Have a positive attitude and never quit
- Win without boasting and exemplify sportsmanship
- Respect officials and accept their decisions without question
- Only give positive encouragement to fellow teammates
- Arrive prepared for all games and training sessions, i.e. proper mental attitude and equipment
- Respect my coach, teammates and opponents
- Learn and obey the Laws of the Game
- Practice soccer skills and condition on my own
- Notify the coach if I will be tardy or unable to make a practice, game or meeting

As a player I will never...

- Allow my enthusiasm and commitment for soccer to override my responsibilities to my education
- Use profane or vulgar language
- Use a controlled substance unless prescribed by a physician
- Leave the field or a session without the permission of the coach
- Disregard any instructions of my coach
- Forget that I represent Plattsburgh Football Club

Player Expectations

- Players are expected to learn the rules for their age group games and play by these rules.
- We are here to have fun, but not at the expense of other participant's fun. Play hard, try your best!
- Players are to show proper respect and sportsmanship to others involved in the game including other players, coaches, spectators and especially the officials.
- Winning is not the most important part of soccer in the Plattsburgh Football Club. Being the best you can be is!
- Do your best always, so you do not let the others of your team down and so your opponents enjoy the best you can give as well.
- Showing up on time consistently with proper equipment to games and especially practices shows you care about the well being of your team.
- Come prepared to play, with a good attitude, water bottle, shin pads and clothing suited to weather conditions and rules of the game.
- If you have a concern with a referee, voice it through the coach and if it is with a coach, discuss it privately after a game or practice or at some other mutually convenient time in a positive, calm manner.
- Soccer is an excellent activity for promoting fitness and building up a sweat is normal and good for you.
- Team sports provide excellent opportunities to make friends, encourage the building of good character and provide an outlet for excess energy.
- No one player makes the difference between winning and losing.
- Fulfill your team and Plattsburgh Football Club's expectations

Player Name: _____

Player Signature

Date: _____



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TEAM MANAGER

Team Manager Responsibilities:

The Team Manager is an invaluable member of the team organization. At PFC, the manager handles many of the administrative aspects of the team, such as team telephone list, tournament travel plans, and other items to help the Coach with all of the time consuming administrative details. If you are interested in becoming a Team Manager, or assisting the Team Manager, please contact your Coach. The Team Manager is the liaison between the coach, parents, players and the Club. The team manager must contact the PFC Registrar frequently to stay informed about upcoming events. Attend all Mandatory meetings, including Managers Meetings.

A. Maintain Contact Info for Each Player

- Collect every player's name, address, birth date, player number, and phone numbers. It is also very helpful to collect their parents' names and contact phone numbers as well as all PFC required paperwork. This information should be put into an organized list and shared with other team members

B. Maintain the Team Roster

- Complete rosters with the coach and turn into the Registrar regularly.
- Collect and document payments made for each session.
- Ensure that the team roster is accurate and up-to-date prior to the start of each game. It is very difficult for changes to be made later. Please make every effort to get information early.
- Assign players their jersey numbers. Consulting with the teams above and below your level.
- A number should be unique to a player in any age group, not just unique to the team.
- No player not listed on a team roster may play in a game.
- Be sure a certified copy of the roster is available for the referee at each game.
- In the outdoor season, this is particularly important.
- Without the proper documentation, a referee will deny a player the right to play on the field, or may cancel a game.
- Have an official Spring Roster into the Register by January 1 of each year.

C. Maintain Communication with Team Parents

Team manager is responsible, along with the coach, to notify every player when practices are to begin. Keep the "pulse" on the team and parents by listening and passing concerns on to the Club.

Team manager is responsible for calling all parents to notify them of a change in game or practice schedule. Some teams find a phone tree works, others set up email lists, but at all times it is the team manager's job to be sure the message made it to all parents. Any extra information needed to register for a tournament must be collected by the team manager.

Be sure each parent is aware of the Code of Conduct of the club.



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NON-DISCRIMINATION

Plattsburgh Football Club is organized to develop, promote, and administer the game of soccer, among youth (boys and girls under nineteen years of age) for the benefit and development of all youth as young men and women as the higher and greater purpose of youth soccer and not just as players.

Plattsburgh Football Club shall offer a soccer program, without regard to race, color, religion, age, sex, sexual orientation, gender identity, gender expression or national origin.

For the purposes of registration on gender-based amateur teams, a player may register with the gender team with which the player identifies, and confirmation sufficient for guaranteeing access shall be satisfied by documentation or evidence that shows the stated gender is sincerely held, and part of a person's core identity. Documentation satisfying the herein stated standard includes, but is not limited to, government-issued documentation or documentation prepared by a healthcare provider, counselor, or other qualified professional not related to the player.



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FAIR PLAY

1. Play fair. Winning is not fun if achieved unfairly. Playing Fair makes other respect you. Cheating only brings shame.
2. Play to win but lose fairly. Winning is the goal of any game – never play to lose. But if you lose, do so fairly and you will win respect. Congratulate the winners and try to win the next time.
3. Respect the rules. Sport needs rules in order to be played fairly. The rules of soccer are simple and easy to learn. They make soccer fun to play and watch.
4. Respect Everyone. Everyone has the same rights. Opponents, team-mates, referees and spectators must be respected. Fair play is about respect. Respect is part of soccer.
5. Promote soccer. Soccer is the world's greatest game. Help keep it that way. Talk about the positive and encourage others to do the same. Be a role model of the game.
6. Promote Fair Play. Soccer is great because fair play is respected. When someone is exceptionally fair in soccer, they deserve recognition. Help promote soccer's image by recognizing good deeds.
7. Reject negative influences. Soccer is sometimes exposed to negative outside influences. Do not be tempted by drugs, racism, violence, gambling or other dangers. Soccer is sport and sport is peace.
8. Help others play fair. Make sure everyone in soccer is playing fair. Do not let them be tempted by drugs, racism, violence, gambling or other dangers.
9. Expose the cheats. Say no to cheater's and report them. It is better to have cheater's removed before they can damage the game. Actively protect the beautiful game of soccer.
10. Soccer for a better world. Soccer's popularity can help make the world a better place. Use the power of soccer to promote peace and equality. Make the world better through soccer.



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LOPSIDED SCORES

Plattsburgh Football Club strives to create a fun, fair environment for all players. One of the biggest frustrations expressed by players and parents is teams losing by a lopsided score. Saturday games should not be times to blowout friends, classmates, and neighbors. Players leave these games with destroyed confidence and some quit the sport completely.

Coaches have the ability to control this issue using strategies listed below.

- Remove a player on the dominant team from the field and play with less players.
- Add a player to the weaker team, allowing them to play with more players.
- Encourage players on the dominant team to only shoot with their weak foot.
- Require players on the dominant team to pass 3-5 times before shooting.
- Dominant teams can create stronger groups and weaker groups. When the weaker group is on the field, it gives the other team a better chance to score. Encourage the stronger group to pass or even play keep away.
- Dominant teams should rotate players into less familiar positions.
- It is usually clear from the start if a game is going to be uneven. Coaches of dominant teams should identify this early and encourage stronger players to get weaker players involved from the beginning. Watching a team pass to a player that has never scored a goal over and over is fun and rewarding for everyone.

Plattsburgh Football Club has created the following policy related to lopsided scores.

- U8 and U10 games should not end with a 6+ goal differential. U12 and U14 should not end with a 8+ goal differential.
- The first time a team wins by (6+,8+) and is reported the coaches on the winning team will be issued a warning.
- The second time this same team wins by(6+,8+) , the head coach will receive a 1 game suspension.
- The third time this same team wins by(6+,8+) , the head coach will go in front of the board to determine employment.



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MOVING UP POLICY

Plattsburgh Football Club has established the following policy to determine if it is appropriate for a player to play up.

- Parents must submit a written request to the Plattsburgh Football Club Coach's Committee.
- The parent will be sent a questionnaire to complete and return.
- Player feedback will be collected from current and past coaches around ability, maturity, playing style, stamina, and attitude. This feedback will be considered a recommendation to proceed or not proceed with the process.
- The player must participate in a practice with a team in the requested level 1-2 times. Feedback from the coach running the practice will be collected.
- If the requested level requires a tryout (U12 and U14), the player must participate in the tryout for that level.
- The Plattsburgh Football Club Coach's Committee will have final say on all requests and if the request is approved.
- This process must be repeated every year as players are not allowed to play up indefinitely if they have played up for one season..

Before making your request, please review the following information:

Playing up: NYSA highly encourages all players to play at their appropriate age level. In rare situations, players will be allowed to "play up" but this is extremely uncommon and requires players to complete the process outlined in the playing up policy.

When considering the "play up" possibility, please keep the following in mind:

- Safety is our #1 concern. Players will not be considered if they would be put in an unsafe situation. While wrestling with older larger siblings might be safe, playing a competitive sport with strangers several years

older than a player is not the same.

- Playing up requires a player to be physically, mentally, and emotionally mature. They will potentially be playing with and against physically superior players on a larger field with a larger ball and at a level that is more intense. They also could be practicing more times each week and for longer periods of time. Players must be able to handle all, not just some of this.
- Being a standout at a player's appropriate level builds confidence for the player. They may not achieve this if they play up.
- Playing up does not mean the player will play on the most advanced team on the level they are playing up to (for tiered levels only). They will be subject to the same placement procedures as all players.
- Players that play up to one season are not guaranteed to be allowed to play up in the future as players grow, change and progress at varying rates.
- Reasons players might play up:
 - Their size or physical ability is creating an unsafe situation at their current level.
 - They are dominating at their current level. Dominating can be defined as controlling the ball for over 50% of each game or scoring 75% of their team's goals.
 - The player is age and physically appropriate for the level above.
 - Numbers are low in the level above.
- Invalid reasons:
 - Coach requests.
 - The player desires to play with friends or siblings.
 - The player has played up in the past.
 - The player wants to play with "better" players to help them improve.



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GUEST PLAYING POLICY

Players who are looking to play for another organization must talk to their PFC Coach first. This conversation must include parents/guardians and they are the one responsible for obtaining and returning player pass to and from the organization and coaches. Players should be aware that there is only ONE player's pass and if it is misplaced, they may not be able to compete in games/tournaments.



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WEATHER POLICY

Soccer is an all-weather sport. League games will be played in most weather conditions (rain, snow flurries, etc.). However, Plattsburgh Football Club administration certainly takes into consideration the safety of all its players and will always cancel games for a thunder and/or lightning storm. Additionally, there are other cases where the fields may not be suitable for play due to prolonged wet weather.

PARENTS

To help assist parents and players, Coaches will make a decision on game day whether to conduct or cancel games. If you are not notified, the event is on. Also, please be aware that if coaches see lightning or hear thunder, they must end practice immediately so your child's practice could end early on stormy days.

COACHES

For practice you must wait 30 minutes after seeing lightning or hearing thunder before returning to the soccer field. Please use the motto "If you can see it, flee it. If you can hear it, fear it." You must end practice immediately when you see lightning or hear thunder



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MEDICAL PROTOCOL AND EMERGENCY PROCEDURES

Medical and health insurance information will be collected for all players as part of the registration process. Families should notify the club if their player does not have health insurance.

If there is an on field injury during a training session or game : if a parent/guardian is present they will be immediately consulted. If a parent/guardian is not present the coaching staff will assess the situation and call the parent/guardian and/or emergency personnel depending upon the severity of the injury.



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CONCUSSION

PROCEDURE AND PROTOCOL FOR US YOUTH SOCCER EVENTS

Concussion: a traumatic brain injury that interferes with normal brain function. Medically, a concussion is a complex, pathophysiological event to the brain that is induced by trauma which may or may not involve a loss of consciousness (LOC). Concussion results in a constellation of physical, cognitive, emotional, and sleep-related symptoms. Signs or symptoms may last from several minutes to days, weeks, months or even longer in some cases.



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CONCUSSION SIGNS

SYMPTOMS, AND MANAGEMENT AT TRAINING AND COMPETITIONS

STEP 1:

Did a concussion occur?

Evaluate the player and note if any of the following signs and/or symptoms are present:

1. Dazed look or confusion about what happened.
2. Memory difficulties.
3. Neck pain, headaches, nausea, vomiting, double vision, blurriness, ringing noise or sensitive to sounds.
4. Short attention span. Can't keep focused.
5. Slow reaction time, slurred speech, bodily movements are lagging, fatigue, and slowly answers questions or has difficulty answering questions.
6. Abnormal physical and/or mental behavior.
7. Coordination skills are behind, ex: balancing, dizziness, clumsiness, reaction time.

CONTINUE TO STEP 2 »



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STEP 2:

Is emergency treatment needed?

This would include the following scenarios:

1. Spine or neck injury or pain.
2. Behavior patterns change, unable to recognize people/places, less responsive than usual.
3. Loss of consciousness.
4. Headaches that worsen
5. Seizures
6. Very drowsy, can't be awakened
7. Repeated vomiting
8. Increasing confusion or irritability
9. Weakness, numbness in arms and legs

STEP 3:

If a possible concussion occurred, but no emergency treatment is needed, what should be done now?

Focus on these areas every 5-10 min for the next 1 - 2 hours, without returning to any activities:

1. Balance, movement.
2. Speech.
3. Memory, instructions, and responses.
4. Attention on topics, details, confusion, ability to concentrate.
5. State of consciousness
6. Mood, behavior, and personality
7. Headache or "pressure" in head
8. Nausea or vomiting
9. Sensitivity to light and noise



Players shall not re-enter competition, training, or partake in any activities for at least 24 hours. Even if there are no signs or symptoms after 15-20 min, activity should not be taken by the player.

CONTINUE TO STEP 4 »



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STEP 4:

may return to US Youth Soccer play only if...

A player diagnosed with a possible concussion may return to US Youth Soccer play only after release from a medical doctor or doctor of osteopathy specializing in concussion treatment and management.

STEP 5:

What to do if there is a possibility of a concussion.

If there is a possibility of a concussion, do the following:

1. The attached Concussion Notification Form is to be filled out in duplicate and signed by a team official of the player's team.
2. If the player is able to do so, have the player sign and date the Form. If the player is not able to sign, note on the player's signature line "unavailable".
3. If a parent/legal guardian of the player is present, have the parent/legal guardian sign and date the Form, and give the parent/legal guardian one of the copies of the completed Form. If the parent/legal guardian is not present, then the team official is responsible for notifying the parent/legal guardian ASAP by phone or email and then submitting the Form to the parent/legal guardian by email or mail. When the parent/legal guardian is not present, the team official must make a record of how and when the parent/legal guardian was notified. The notification will include a request for the parent/legal guardian to provide confirmation and completion of the Concussion Notification Form whether in writing or electronically..
4. The team official must also get the player's pass from the referee, and attach it to the copy of the Form retained by the team.

REFERENCES:

Kissick MD, James and Karen M. Johnston MD, PhD. "Return to Play After Concussion." Collegiate Sports Medical Foundation. Volume 15, Number 6, November 2005. http://www.csmfoundation.org/Kissick_-_return_to_play_after_concussion_-_CJSM_2005.pdf. April 22, 2011.

National Federation of State High School Associations. "Suggested Guidelines for Management of Concussion in Sports". 2008 NFHS Sports Medicine Handbook (Third Edition). 2008 77-82. <http://www.nfhs.org>. April 21, 2011



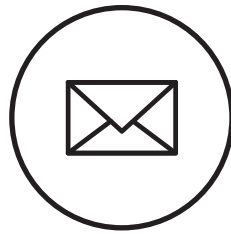
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FREQUENTLY ASKED QUESTIONS



Players make the team



Receive email invitation to official Team Store



Easily order club required uniform packages



Gear delivered to doorstep

QUESTION	ANSWER
I already have blue/red shorts and socks, can I just use those?	SPRING: For travel levels? No. All uniforms must match exactly or games can be forfeited according to rules. You also will not be able to check out at soccer.com if you haven't chosen all of the required items.
Can I choose my number?	No. We will assign a number to each player to prevent duplicates. Once we have processed your registration, you will receive an email from your rep to Soccer.com with a link to buy your uniform.
How much does each uniform cost?	Travel uniforms are \$60-\$100.



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QUESTION	ANSWER
I bought a uniform last year, I have to buy another?	It depends on where we are in our uniform cycle. Travel levels are on a two year cycle.
What are the recommended and fan wear items?	These are not required but we have provided branded merchandise for our players, coaches, and fans to buy if they would like to.
How long does it take for uniforms to be shipped?	Expect a 4-6 week turnaround from when you order. Keep in mind, the fall season will start in early September and the spring season in early April.
In a few years, can my little brother/sister wear my uniform?	Travel uniforms will change every 2 years and will need to be repurchased. The purchasing years are 2024, 2026, 2028 starting in the fall seasons.
Is there a difference between the boys and girls uniforms?	Travel shorts have a different cut for boys and girls if you order adult sizes. Youth travel shorts are all the same. In-town uniforms are unisex.
What size should I order?	Soccer.com provides detailed size guides on their site during the ordering process. Also, see below.
I have more questions, who should I ask?	Email team representative.



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PARENTS EXPECTATIONS

The parents are an integral part of the Plattsburgh Football Club support system. It is important that parents observe the guidelines established by the Club, Leagues and UYSA. All families are responsible for participating in fundraising activities.

I will....

- Be encouraging, supportive and affirmative in regard to my child's play on the field
- Respect officials and accept their decisions
- Support the coach, manager and the team
- Volunteer my services and talents to the team and the Club when possible
- Familiarize myself with the Laws of the Game
- Comply with the rules, policies and procedures of the team, club, leagues and UYSA as they apply to me
- Follow and obey the Problem Solving Procedures
- Act in the spirit of the game. Support all players on your child's team and do not criticize ANY player. Do not criticize the opponents, their parents, coaches or the officials
- Let the coach run the team. Attempting to coach or instruct our child from the sideline is distracting and counterproductive for the player.
- **Your vocal support and positive encouragement are welcome**

I will never...

- Engage in dissent directed to an official
- Engage in any kind of unsportsmanlike conduct with any official, coach, manager, player or parent
- Interfere at any time with the duties and responsibilities of the coach or manager
- Act in any way that is detrimental to the team or The Plattsburgh Football Soccer Club

Nurture independence and responsibility

- Make it your child's responsibility to pack their own uniform in their soccer bag
- If is appropriate, please have your child communicate directly with the coach about issues, concerns, conflicts or simply missing upcoming practices or games
- Players should be reminded to take responsibility for their own performance and to not place blame on others
- You will provide your child with another opportunity to behave independently of your scrutiny
- This "responsibility taking" is a significant part of maturing. Your child's handling of these tasks on and off the field complete his/her "ownership" of all aspects of being a soccer player
- Monitor your child off of the field. Their representation of the club goes beyond the field
- Keep an eye on your child to make sure that they are handling any stress resulting from their participation with the club effectively
- Ask your child to focus on the execution of skills and themes addressed at practice i.e. collecting and passing balls, combination play, shots on goal, successful tackles

Uphold your commitments

- Foster an environment focused on development, enjoyment, and good sportsmanship
- Fulfill your financial commitments
- Support and maintain Plattsburgh Football Club's philosophy on youth development
- Fulfill your team and Plattsburgh Football Club's expectations



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Problem Solving Procedure

Remember, there is a time and place for everything. If you need information or wish to ask questions concerning coaching decisions, arrange a meeting with the coach. Concerns or criticisms are welcome, but should be expressed away from training sessions and games. Every effort will be made to address problems or concerns of our members in a fair and consistent manner. In the event of a disagreement the following procedure should be followed when addressing concerns

24 Hour Rule- Games are extremely emotional for players, parents and coaches. Parents and coaches should not discuss individual player problems concerning the team or their child for 24 hours following a game or training session. This allows all a cooling off time and opportunity to discuss the child without the emotion of the game or training session as well as avoid regrettable public confrontation.

- **Step 1-** Discussion with Team Coach: The member first discusses his/her issues or concerns with the coach.
- **Step 2-** Discussion with respective Director of Coaching: If after discussing the issue with the coach the issue is not resolved, he/she can present the issue to the appropriate Director of Coaching.
- **Step 3-** Discussion with club Technical Director: If the member is not satisfied with this discussion, it can then be presented to the club Technical Director This will be the final step to resolve the situation before the matter goes to the Executive Board.

Parent / Spectator Expectations

- All spectators are expected to know the basic rules and expectations for children of the age group they are watching. (see age group expectations) A good idea is to spend a little time getting familiar with the game by reading, watching soccer or using the internet.

- All participants are here to have fun, including spectators by enjoying their child's successes on the field. Be positive and supportive to all participants.
- Show support for your child's team by volunteering for duties and responsibilities associated with the game.
- Be on time for games and practices with the proper equipment. This shows appreciation for the time and efforts of the coach.
- Be willing to get actively involved in the practices and games if the coach provides the opportunity.
- It sure doesn't hurt your relationship with your child to practice a little extra during the week.
- Sportsmanship is taught by example. Your children learn this from you, the most significant individual in their lives.
- Also by example, you, the parent, show what it means to live a healthy lifestyle and to be active.
- Communication of an idea or concern is necessary at times, so be constructive and respectful and encourage your child to approach the coach if they are having difficulties.
- Try to focus on what is being done well and not yelling about mistakes of other participants, coaches, or officials.
- Let the coach, coach! Yelling instructions, even if meant well, can confuse and frustrate players.
- Avoid public conflicts. More can be accomplished by communicating to the coach and through the coach to the referee. Other parents and spectators are there to enjoy the game as well without unnecessary stress.

Player Name: _____

Parent/Guardian Signature

Parent/Gardian Signature

Date: _____



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STUDENT-ATHLETIC SOCIAL MEDIA AGREEMENT

Social media can be a useful tool to communicate with teammates, fans, friends, coaches, and more. Social media can also be dangerous if you are not careful. Every picture, link, quote, tweet, status, or post that you or your friends put online is forever part of your digital footprint. You never know when that will come back to hurt or help your reputation during the recruitment process, a new job, school application, or other important areas of your life.

Recognizing the above:

- ☐ I take responsibility for my online profile, including my posts and any photos, videos or other recordings posted by others in which I appear.
- ☐ I will not degrade my opponents before, during, or after games.
- ☐ I will post only positive things about my teammates, coaches, opponents and officials.
- ☐ I will use social media to purposefully promote abilities, team, community, and social values.
- ☐ I will consider "Is this the me I want you to see?" before I post anything online.
- ☐ I will ignore any negative comments about me and will not retaliate.
- ☐ If I see a teammate post something potentially negative online, I will have a conversation with that teammate. If I do not feel comfortable doing so, I will talk to the team captain, or a coach.
- ☐ I am aware that I represent my sport(s), school, team, family and community at all times, and will do so in a positive manner.

Player Name: _____ Player Signature: _____ Date: _____



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