

2016-2017

FLORIDA KRAZE KRUSH



***PLAYER/PARENT/GUARDIAN
HANDBOOK
&
POLICIES***

Dear Parents/Guardians,

Welcome to our club.

At Florida Kraze Krush (FKK) we represent the next generation of United States youth soccer.

We believe in parents' involvement and feedback and therefore we are the first soccer club in Florida to include a Parent Action Committee (PAC) as part of our organizational structure.

Why are parents important?

You have made the decision of entrusting your kids to us and we pledge to you that we will do everything we can to inspire in them the love of soccer. To enjoy the sport and the team, to respect the team and its coach, to respect the teams your kids will play against and step by step understand the rules and tactics of this incredible sport.

If you are new to Florida, to soccer or team sports in general, we suggest you read this Player/Parents Handbook. This handbook should guide you through the development of your soccer player. We emphasize aspects of such development in which we hope you will be willing to participate as a way to encouraging him/her to keep on growing as a player. This handbook will also help you figure out abbreviations and soccer terminology you may not be familiar with. It will include possible roadmaps for development as well as some information, we consider very relevant as your player evolves, like nutrition and conditioning training. We want your child to be a fit and healthy player. That will also pave the way for the right balance between school and sports.

Like with everything we try to be very thorough, however the rule for you as a parent should be, if you have questions, ask your player's trainer and if you still do not understand after that first time, keep on asking.

Soccer is one of the most popular sports in the world and is gaining in popularity in the United States.

We thank you for your interest in soccer and in our club.

With best regards,

Ed Filliben - President
Hue Menzies - Executive Director

Table of Contents

This table of content should serve as a quick guide to the main sections of this handbook including often used terminology.

WELCOME LETTER	2
Table of Contents	3
PHILOSOPHY AND VISION	4
SOCCER OPERATIONS	5
COMMITMENT	7
PROGRAMS.....	8
ROLE OF THE COACH	10
ROLE OF THE PLAYER.....	12
ROLE OF THE PARENTS/GUARDIANS.....	14
PLAYER TRAVEL POLICY	15
COACH TRAVEL POLICY.....	16
FUNDRAISING POLICY.....	17
RAIN-OUT POLICY	17
UNIFORM POLICY	17
FLORIDA KRAZE KRUSH	18
ROSTERING PROCEDURES	18

PHILOSOPHY AND VISION

PHILOSOPHY

- The philosophy of Florida Kraze Krush is to create and introduce the next generation of youth soccer players. We are devoted to their growth. Our club desires individuals with a commitment to become intelligent soccer players, who work as hard in the classroom as they do on the field and who ultimately strive to become a contributing part of the community.
- Florida Kraze Krush views growth and success from numerous angles. Growth is another form of development. The process starts at the recreational soccer level and progresses to the senior levels of youth soccer and adult leagues. Through these stages, the maturation of the player changes yearly. Change and progress is scaled and graded on a semi-annual measurement by the Florida Kraze Krush staff. As a result of the process, we can see how success is achieved on a yearly level for every player.
- The success of Florida Kraze Krush evolves from the growth of our players both on and off the field. Rather than just measuring success in terms of games, leagues and tournaments, the Florida Kraze Krush family views success by what is accomplished in the classroom, on the fields and in the local community.
- Florida Kraze Krush players have proven that success comes from hard work and passion. This passion is first ignited in our very young players and is nurtured and strengthened to develop champions. Players with the commitment to study and work hard eventually play for a college program, and may one day wear the colors of their country or perhaps lead a major corporation.

FLORIDA KRAZE KRUSH VISION

- Our mission at Florida Kraze Krush is very simple, yet clearly defined: We represent the next generation of United States youth soccer. Our club is uniquely prepared to devote the passion, commitment, desire, and educated knowledge to develop players into champions on the field, in the classroom and in society. Our trainers ask that only players with this same passion and commitment take the next step to become a part of our young and proud tradition. We are creating the future of youth soccer right here in Florida. "We are not a just a soccer club; we have created an environment that prepares kids for life. We just use the game to provide the platform." – Hue Menzies

SOCCKER OPERATIONS

BOARD OF DIRECTORS

- The Florida Kraze Krush Board of Directors (or BOD) is the governing board for the Florida Kraze Krush. The BOD is responsible for the internal structure and policies of Florida Kraze Krush.

Board of Directors:

<u>Title</u>	<u>Name</u>
President	Ed Filliben
Vice President	Bryan Cobb
Secretary	Annette Root
Board Member	Lee Massie
Board Member	Eddie Vasquez
Board Member	Tricia Trevino

- The Florida Kraze Krush BOD oversees the progress and strategic goals of the Club as executed by the club's Executive Director.

STAFF DIRECTORS

- Executive Director: Hue Menzies hmenzies@floridakrazekrush.com
- Director of Soccer Programs: Joe Avallone javallone@floridakrazekrush.com
- Goalkeeping Director: Christopher Cummings ccummings@floridakrazekrush.com
- Recreational Director: George McGowan gmcgowan@floridakrazekrush.com
- Administrator: Kristi Oettl koettl@floridakrazekrush.com

AGE GROUP COORDINATORS

- Jr. Select Girls Coordinator: Dayna Petersen dpetersen@floridakrazekrush.com
- Jr. Select Boys Coordinator: Fabio Tamayo ftamayo@floridakrazekrush.com
- Sr. Select Girls Coordinator: Hue Menzies hmenzies@floridakrazekrush.com
- Sr. Select Boys Coordinator: Tim Roberts troberts@floridakrazekrush.com

OFFICES AND OFFICIAL WEB SITE

- The Florida Kraze Krush office physical address and mailing address:
 - 50 Smith Street, Oviedo FL 32765
 - PO Box 620159 Oviedo, FL 32762-0159
- The Florida Kraze Krush telephone numbers are:
 - 407-542-4939 Offices
 - 850-254-7227 Fax
- The Florida Kraze Krush Club web site is:
 - www.floridakrazekrush.com

AFFILIATIONS AND LEAGUES

- Affiliation refers to the governing body that insures, background checks, and provides leagues for players.
 - Florida Youth Soccer Association – FYSA - <http://www.fysa.com>
 - US Club Soccer – US Club – www.usclubsoccer.org

LEAGUES

- Florida Premier League – FPL – Jr & Sr Select - US Club
 - http://www.nationalpremierleagues.com/FPL/index_E.html
- Florida State Premier League – FSPL – Jr & Sr Select who qualify – FYSA
 - <http://www.fysa.com/events/fspl/>
- Region III Premier League – RPIII – Jr & Sr Select who qualify – FYSA
 - http://regioniii.usyouthsoccer.org/premier_league/Home/
- Club Directors League – CDL – Jr & Sr Select – FYSA
 - <http://www.cdleague.com/>
- Region B Premier League – Jr & Sr Select who qualify – FYSA
 - <http://www.regionbpd.com/home.html>
- Greater Central Florida Youth Soccer League – GCF or GCFYSL - FYSA
 - <http://www.gcfsoccer.com/>

COMMITMENT

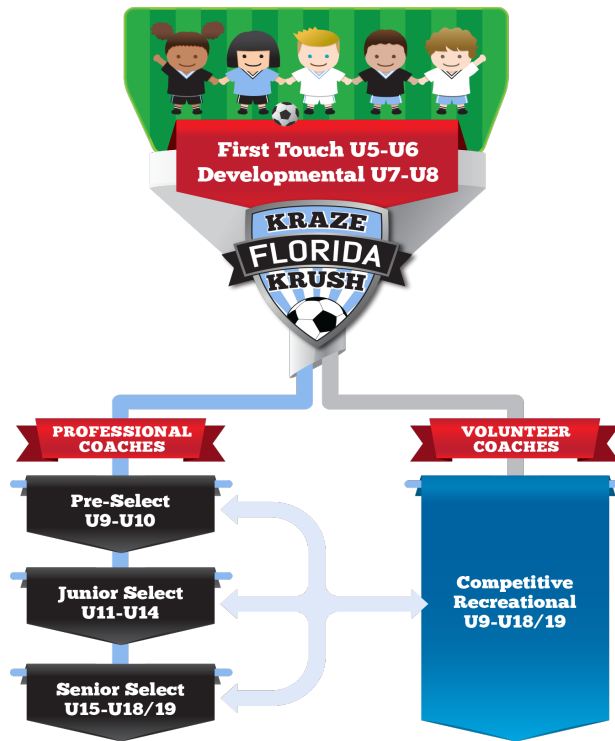
TRAINING CONCEPT

- Florida Kraze Krush provides a firm training commitment to each and every soccer player within our club. Our club and our trainers are passionate about what we do, both on and off the field.
- Florida Kraze Krush trainers are primarily responsible for player development, instruction and education, as well as managing the overall growth of our players within the soccer environment.
- Training will be age appropriate to the development level, but the ideas and methodology will be consistent for all levels of player ability during the seasonal year. Specific training needs that arise relative to each team's competitive performance will also be available as determined by individual team trainers.
- The Florida Kraze Krush training staff will evaluate all players at the conclusion of the fall/spring seasons.
- Florida Kraze Krush Team Camp is provided by the Florida Kraze Krush staff. This is a MANDATORY CAMP for all Florida Kraze Krush players. The Team Camp is a 5-day camp which introduces the Florida Kraze Krush staff and trainers. *Team camp is for Jr. Select and Sr. Select programs.*
- Learning to play and make decisions on the field is vital to the development of soccer players. In soccer, the only way to learn how to make GOOD decisions consistently is to make a lot of decisions! The results of those decisions will include many successes and many failures. The beautiful thing about it is *that players LEARN FROM BOTH SUCCESS AND FAILURE!* Florida Kraze Krush players will learn to make decisions based on training sessions, the level of play they challenge, and the direct support of the Florida Kraze Krush staff and Directors of Coaching. The pace at which they develop is the key to their success.
- Florida Kraze Krush provides a safe training environment for our players.

FLORIDA KRAZE KRUSH PROGRAMS

OVERAL SOCCER STRUCTURE

The club soccer development is broken down into three phases: Youth Development, Recreational and Select. The club supports both genders and the genders are distinguished by KRAZE (the Boys) and KRUSH (the Girls).



YOUTH TRAINING (U5-U10)

Our FIRST TOUCH program is comprised of the U5 – U6 age groups. FKK trainers provide the training for this program. This is the introduction phase of the club. Every u5 or u6 player will start with this program. This program focuses on the beginner or intermediate individual skills and creates a “love” for the game. Players are grouped with others with a like ability.

At the next level, the players will migrate to the DEVELOPMENTAL program (U7 – U8). The developmental program follows a curriculum set forth by the club and all trainers are professional. This curriculum builds upon what they have learned in first touch and focuses on the individual player skills. The individual ball control is the most important aspect of the game at this age.

The Developmental players will decide to continue into the PRE SELECT program or to play with our COMPETITIVE RECREATIONAL program at the ages of U9 – U10.

In the PRE SELECT they will be evaluated by the professional staff and then put into teams of similar skill level. These tiered teams will compete in a local league in the Central Florida area. Every player goes through an identification process between seasons as players develop at different speeds at this age. The teams will be placed in a division that is appropriate for their skill level. The focus of this program is to build upon their individual skills taught in the first touch and development program and move them to a team environment that will prepare them for the **Select** programs.

The COMPETITIVE RECREATIONAL program is a less intense level of play. These players are coached by volunteers and will play in a local league. The competitive recreational program also has less of a financial commitment. Every effort will be made to place everyone who registers into our Recreation program

First Touch, Developmental, Pre Select, and Competitive Rec have two 4 month seasons (fall and spring). Players who want to switch between programs may do so before the new season

YOUTH SELECT PROGRAMS (U11-U18)

The SELECT program is broken into two phases: Junior Select and Senior Select.

The Jr. Select will focus on ages U11 - U14.

The Sr. Select will be U15 – U18 age groups.

Every player goes through a tryout process in late May of every year. Players get selected by the professional staff based on their skill level and placed into teams within the age group. The teams will be tiered in this process. The BLACK TEAM is considered the first team, the WHITE TEAM is considered the second, BLUE is considered the third and the RED is considered the fourth team in the age group. The teams will compete in state wide leagues and attend 4-6 tournaments per year.

COLLEGE DEVELOPMENT PROGRAM

The Florida Kraze Krush COLLEGE DEVELOPMENT PROGRAM (“CPD”) is a special program that is offered for Florida Kraze Krush Senior Select players planning to play at the collegiate level. The program is introduced during a player’s freshman year of high school, and is maintained throughout the high school years until the player’s commitment to a university during their senior year. CDP, is a crucial process to youth soccer players who dream of playing college soccer. The four-year program covers the vital areas of collegiate recruiting, with special emphasis on the following areas:

- o Academics
- o College Testing and Preparation
- o College Correspondence and Contacts
- o How to Target what school meets your academic needs and skill level
- o ID college Camps and tournaments for exposure

With more than 60 former FKK players selected on a partial or full scholarship just in the last 2 years, the CPD has proven to help players transition to the next level.

SPORTS PERFORMANCE TRAINING

Florida Kraze Krush's training concepts are based on developing the core of the body, the strength of the soccer player, the speed and quickness of a soccer player, and the overall maturation of the youth soccer player and his/her body through our partnership with SPECTRUM SPORTS PERFORMANCE (SSP). This training program is currently offered to Select level players. The goal of the SSP Program is to enhance the overall athleticism of each player while reducing the risk of injury through proper training and education.

2. SSP training is incorporated throughout the seasonal year in training sessions. Training is periodized based on important tournaments and games throughout the seasonal year. All SSP Training incorporates the following:
 - o Core Training
 - o Dynamic Warm Up
 - o Plyometric
 - o Speed, Agility and conditioning
 - o Strength Training

TRYOUT AND ID SESSIONS

SELECT AND PRE SELECT

All players wanting to play in the Select Program will go through a tryout the end of May. Players will be selected by the trainer of that team and notified soon thereafter.

CARE AND PREVENTIONAL INFORMATION

- Florida Kraze Krush provides seminars to discuss Care and Preventions to all our members. We will have ORLANDO ORTHOPEDIC GROUP do various presentations through the year. The presentations will cover nutrition, concussion and injury prevention. It is vital that our players and parents attend these presentations to educate themselves and also allow the athlete to perform at their maximum abilities.

ROLE OF THE TRAINER

THE FLORIDA KRAZE KRUSH TRAINER WILL OVERSEE ALL ASPECTS OF HIS/HER TEAM DURING THE SEASONAL YEAR.

WHEN YOU JOIN FLORIDA KRAZE KRUSH YOU JOIN OUR TRAINING PHILOSOPHY. TRAINERS ARE RESONIBLE FOR THE TRAINING AND DEVELOPMENT OF THE TEAM. YOU MAY HAVE A DIFFERET COACH FOR YOUR SATURDAY GAMES

- The trainer makes all playing time decisions.

- Pre-Select and Recreational Level – 50% playing time per game until playoff competition.
 - Jr. and Sr. Select level – no rule on playing time
- The trainer is responsible for the training session and making sure the coverage coach has the starting lineup.
- The trainer is responsible for meeting the goals of the Florida Kraze Krush vision.
- The trainer is responsible for the manager of the team and any issues that may arise within the team.
- The trainer is responsible for team meetings.
- The trainer is responsible for contacting the parents/guardians in relation to the performance of the player in the team.
- The trainer is to be on time for all meetings, training sessions and games.
- The trainer is to provide individual player evaluations at the end of the fall and spring seasons.
- The trainer is the first point of contact for parents/guardians and players in relation to any issues, concerns.
- The Age Group Coordinator will be the second point of contact in regards to any questions or concerns.

ROLE OF THE PLAYER

ATTITUDE

To get the maximum benefit out of the time invested in every practice and game sessions, we encourage our players to be "coachable". A coachable player brings a positive attitude to each session for his coach, team and game while keeping an open mind towards instructions, game strategies and team mates.

ATTENDANCE

FKK is responsible for the player's soccer development for a 7 to 10 month period of the year. It is essential that club policies on attendance be adhered to. It is equally essential that parents make every possible effort to ensure that players attend practices and are on time for every scheduled training session and all games.

All Teams must attend two regular sessions per week. Additional sessions will be required for SSP and FKK skills training for the Select teams. If a player is injured and is physically able to walk, they are required to attend all training sessions. Players with a contagious illness should stay at home.

Players must arrive prepared for all training sessions and games. Requirements include:

- Proper uniform for training and games
 - Training – Tucked in Nike training t-shirt, shorts, socks and shin guards. SSP training may not require shin guards.
 - Pre-game attire will be the Nike FKK training shirt.
 - Games – Navy or White FKK uniform kit.
- Proper shoes
 - Turf shoes are accepted for training and FKK scrimmages
 - Cleats are required for league games
- A Nike soccer ball and plenty of water.

The final decision of discipline is ultimately up to the coach. Below are examples of possible consequences:

Missed Practice

It is important that our kids maintain attendance for us to deliver appropriate and effective team sessions.

If a player will miss a practice, contact must be made with the coach as soon as possible but preferable before the practice.

If a player misses a practice, without contacting the coach that player will sit out the entire first half of the next scheduled game. The second practice missed without contacting the coach the player will miss the entire game.

Tardy to Practice

If a player is late to practice, it will be left up to the coach to handle the situation. Appropriate consequences might include extra fitness or footwork training after practice.

Tardy to games

Players must arrive at all scheduled games 45 minutes before game time or at the specific time scheduled by the coach. Each player has 15 minutes to get all necessary gear on for warm-up sessions. Should a player arrive after the warm-up begins, they are considered late. This player will not be allowed to start the game.

DISCIPLINE POLICY

The following offenses constitute extremely serious violations of the club's discipline policy. Players must realize that the situations below represent actions that are completely contrary to the codes and ethics of the club.

The club is only responsible for violations that occur at or during a club event. A club event is considered to be any team function that is sponsored by FKK, or held at any of our training or game facilities. For example: tournaments, practices, team parties, etc.

Violations that occur at non-sponsored club events will be taken into consideration, according to the seriousness of the offense. Violations may result in extended suspension or expulsion of the player from the club. The player must attend the club games and practices, but will not be allowed to participate during the time of the suspension. These offenses include:

- Any possession and/or use of drugs, narcotics, controlled substances and/or alcohol during any club event.
- Physically assaulting, sexually harassing or threatening to assault any other player(s), including opponents, trainers, referees or club representatives.
- Theft
- Verbally abusing a trainer, referee, club representatives and/or other player/opponent, including the use of foul language or racial slurs.
- Intentionally damaging club equipment and/or facilities.
- Conducting or participating in the hazing of another player during a club event.

The trainer, age group coordinator, Director of Soccer (DOS) and the Executive Director (ED) will determine what type of punishment will occur to the offender(s) for any of the above violations of club policy.

If a player violates any the above for the second time, they will be asked to leave the club immediately. Reinstatement back to the club will be considered, only if the player shows that they have received some form of rehabilitation. This decision will be made by the Board of Directors (BOD), ED, DOC, AC and the coach.

ROLE OF THE PARENTS/GUARDIANS

PARENT GUIDELINES

Parents should positively reinforce their children. It is the parents' responsibility to make sure that they abide by the guidelines set forth by FKK. Failure to abide by these guidelines below may result in forfeiture of your child's player ID card for a period of time determined by the BOD. Guidelines for parent behavior include:

- No coaching during the games. A parent will be warned by the trainer or the team manager. If that parent does not cooperate, they will be asked to leave the game immediately. Please leave all the coaching to coaches.
- Parents are not allowed on any practice fields during scheduled practices. There are designated areas around the perimeter of the field for parents to sit during practices.
- Under no circumstances should a parent make disparaging remarks, negative comments and/or complaints to the referee, an opponent, other parents or other team players. The referees have the right to have a parent escorted from the complex.
- A parent should not approach a coach during or after a game about conflict issues. The parent needs to follow the "48 Hour Rule". Make an appointment with the trainer to resolve any issues no sooner than 48 hours after a game. Parents should first contact the coach, the DOC second, the ED third and then the BOD.

TRAVEL POLICIES

PRE SELECT AND JUNIOR SELECT TRAVEL POLICY

All players must split the tournament entry (and trainer's travel expenses if applicable) regardless of the attendance of the tournament. Team budgets are set at the beginning of the year. If you are traveling to a tournament that requires an overnight stay, you must stay in the hotel that has been blocked for your team. Tournaments have approved hotels and if you stay in a non-approved hotel your team may be in jeopardy of disqualification.

SENIOR SELECT TRAVEL POLICY

- All players are responsible for paying their travel expenses in a timely manner. There are no travel scholarships.
 - Failure to pay will lead to non-participation in an event.
 - It is assumed that all players on a team will pay for the tournament entry fee and coach expenses, regardless of whether an individual player participates. This is a fixed number which is divisible by the amount of players on the team.
- All senior select players will travel as a team with chaperones. Players will room with other players, (4 to a room) as well as eat with the team.
- All players must adhere to FKK Role of the Player policies and rules when traveling to and competing in all tournaments.
- All players must adhere to the itinerary set forth for each tournament they may attend with their FKK coach/DOC.
- All players must wear their collared travel shirt and warm up pants when traveling together as a team. (ie. Van/ airplane) Yoga pants or "leggings" of any kind are not permissible while traveling.
- All players will have the utmost respect for the facility and employees of all hotels, restaurants, and transportation.
- The coach reserves the right to hold all players cell phones while traveling if they deem them as too much of a "distraction"
- Players must be in a group of 2 or 3 at all times. Players are not permitted to go anywhere alone while traveling. Players are not permitted to leave their hotel room alone and must make sure their chaperone knows where they are at all times.

COACH TRAVEL POLICY

- All FKK Trainers are responsible for paying their travel expenses within the boundaries of the following leagues when an overnight is not required. GREATER CENTRAL FLORIDA (GCF) CLUB DIRECTORS LEAGUE (CDL) FLORIDA PREMIER LEAGUE (FPL) REGION B PREMIER LEAGUE (RBPL) FLORIDA STATE PREMIER LEAGUE (FSPL)
- Exceptions are when playing 2 games in a weekend that require an overnight stay. Hotel room and \$50.00 per *game day* per diem will be applicable.
- Traveling to tournaments that require overnight stays will be an additional cost for the team. The team is responsible for all expenses for that coach. If more than 2 teams are traveling to the same tournament, the cost of all the coaches attending will be divided among the teams attending. The following expenses are as follows:
 - \$50.00 per day for meals
 - Gas Expenses (*For out-of-state rental car only*)
 - Toll Expenses (*For out-of-state rental car only*)
 - Air Fare
 - Car Rental
 - Hotel Stay (No incidental costs)
- All FKK Coaches must represent and uphold FKK Role of the Trainer policies.

FUNDRAISING POLICY

- All FKK Teams are encouraged to fundraise to defray costs for travel purposes, team parties, and any additional activities that could lower team expenses.
- FKK requires all team managers to submit a written request for any particular fundraising event to Hue Menzies at hmenzies@floridakrazekrush.com
 - All requests will be responded to within seven business days.
 - Any reproduction of the FKK logo or design without express written consent from FKK is forbidden.

RAIN-OUT POLICY

- FKK will notify all teams and players within our club about possible rain-outs as soon as they are notified of field closures. daily via the following methods:
 - Rain out – www.rainedout.com – receive a text message or email instantly when training is canceled.
 - Facebook and Twitter
- FKK will notify teams about rain-outs prior to the start of training sessions as each operating facility determines availability.
 - Shane Kelly, Central Winds and Ward Park/Lake Isand – each facility is in charge of determining rain-out status; refer to website for weather hotlines.
- FKK will provide a safe training environment per weather standards. Lightning and proximity will be a contributing factor to not train, along with flooded and/or saturated fields.
- Each FKK DOC will make the appropriate decision per rain-out on that given day of training.
- League game rain-outs are determined by the respective field or league that teams will be playing at for that day. Please consult individual team managers for details regarding game rain-outs. All home games will be updated by FKK.
- **DURING A LIGHTNING DELAY, ALL PLAYERS, PARENTS AND TRAINERS ARE REQUIRED TO BE INSIDE OF AN AUTOMOBILE.**

SELECT UNIFORM

- Florida Kraze Krush in partnership with We Got Soccer are proud to be sponsored by Nike.
- Uniform includes:
 - Game jerseys: Navy/White
 - Game shorts: Navy/ Royal
 - Training jersey: Grey
 - Training shorts: Royal
 - Socks: Navy/Blue/Blue
 - Warm ups: pants and jackets
 - Travel shirt: collared polo
 - Back pack
 - Ball
 - *Travel polo shirt** for senior select players only*

*** Keeper kit colors are Green/Red Jersey Black shorts Black socks*

ROSTERING PROCEDURES

Every player is assigned to a team in the club for a year. The first team that they are assigned to is called the "primary team". A player can dual roster to another team in the club. This will be considered a "secondary team". A FKK player can not dual roster with another club without Permission of the Executive Director. Players and parents need to be committed to our organization. If a player request to be a guest player on another team outside the club, they have to get a written approval from their team coach and the DOC.