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EastSide United F.C.
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Phone: 503-667-8312
E-Mail: esufc@esufc.com
Web: www.esufc.com

Parent Handbook



EastSide United FC Classic
2009 – 2010

“Excellence is not an act, it’s a habit”

www.esufc.com

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This page is available to advertise your business to over 800 parents and at the same time support the growth of youth soccer in the greater East County and Clackamas districts.



ESUFC Technical Director

- ESUFC Technical Director, 2001 - present
- Portland Timbers Head Coach, 2006 - present
- Portland Timbers Assistant Coach, 2005 - 2006
- Timbers Player 2001 - 2005
- Perth Glory Development Officer, 1996-1999
- USSF “A” License
- USSF National Youth License
- Professional Player 12 years
- International Player, 38 Senior Appearances
- International U19 & U23 teams over 50 appearances
- ODP Coach



Gavin has worked with Coaches of the highest caliber throughout the world and has held several coaching positions during his 12 seasons as a professional soccer player. Gavin’s primary focus with ESUFC is on Education and Development for all ESUFC Coaches and players.

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Fax: 503-669-0914
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Dear Soccer Family,

This policy manual is to assist the parents and players in understanding the goals, expectations, policies and procedures of EastSide United FC–Classic. For the purposes of this handbook, EastSide United FC–Classic will be referred to as ESUFC–Classic. Please review the information carefully and thoroughly.

EastSide United FC–Classic is a non-profit, mostly volunteer soccer club dedicated to providing a competitive level soccer program for the youth of the greater Clackamas and Multnomah Counties. The club’s philosophy is to provide a soccer program for more serious soccer players who are interested in increasing their skill level as they compete at a challenging level. Through this program we hope they will build skills, strength, and character as they participate. We strive to provide a competent coaching staff with a strong background in experience and credentials.

Sincerely,

EastSide United FC–Classic
Board of Directors

Welcome

Welcome to **EastSide United FC-Classic**. We are excited that you've chosen to have your daughter or son participate in what we hope will be one of the most exciting memories of their youth. We know what a big sacrifice this can be. But we believe, as you do, that the rewards our kids gain from this experience will reach far beyond the short time we have them in our care.

The club has evolved into a premier soccer program for the more focused soccer youth in the area. This has been accomplished by providing a positive, fun, and quality training environment with experienced coaches.

Youth sports have rightfully been scrutinized recently which led us to further evaluate our club priorities to ensure that the Club values, focus, and direction benefit the players and their families. Each of us must examine the reason our kids are participating in such a program. Is it for them or us?

The players must come first and we invite you to work with us to accomplish this endeavor.

EastSide United FC Philosophy

EastSide United FC (ESUFC), established in 2001 as a non-profit organization, is committed to providing Clackamas and Multnomah Counties with an effective, dynamic, and integrated soccer club. We are a community-based club devoted to supporting the children in the community with quality instruction, playing fields and, when needed, financial assistance. ESUFC is an organization dedicated to being a club that is recognized for its “**Excellence**” in character and instruction, while promoting and fostering the game of soccer. By embracing “**Excellence**” as a goal and attitude, ESUFC will encourage and assist each individual and team in their development and pursuit of “**Excellence**”. ESUFC will provide a positive training and playing environment with qualified and certified coaches.

The primary objective for ESUFC is to provide a comprehensive soccer program while promoting the development of sportsmanship, character and “the joy of soccer” to our players, parents, coaches, referees and fans.

GENERAL INFORMATION

Fundraising

There will be fundraisers organized by the Club where individual players and teams can earn money. Additional fundraisers must be approved by the ESUFC Board of Directors and may be initiated by individual teams and money earned from these fundraisers is retained by the team for their usage. Any general donations to the club are given directly to the treasurer. A portion of funds raised through any club fundraiser will go to help fund the club's scholarship program.

Team Management

Each team will have a manager who provides administrative and organizational guidance for the team and becomes the main communication link between the coach, team, ESUFC Staff members, and board of directors,. In addition, managers will coordinate tournaments, practices, and other team specific activities as needed. There will also be a Team Treasurer responsible for collection of team fees to be used towards paying coach per diem, tournaments, travel arrangements, etc. They will provide player account statements throughout season to parents.

Annual Parents Meeting

In accordance with EastSide United FC–Classic administrative policies, an annual parents meeting is held in May & November of each year. Information on the club's policies, coming season, etc., will be given out at this time. This is a mandatory parent meeting that at least one parent must attend.

EastSide United FC Academies & Camps

Under the direction of the ESUFC Technical Director, ESUFC-Classic offers advanced team camps, clinics and winter academies. ESUFC camps, clinics and academies are designed to assist the player in improving his/her individual and team skills. There are additional costs to attend ESUFC camps, clinics and academies if not selected in a player's original Annual Payment Plan at the beginning of the season

Equipment

Each player will purchase an official ESUFC uniform kit consisting of 2 jerseys, 2 pair of shorts, and 2 pair of socks that becomes their uniform to keep. When items need replacement, the player will bear the cost of replacement. Goalkeepers are required to purchase their own gloves and GK jerseys. Players will also purchase official ESUFC warm-ups and bags. All items including any additional gear purchased will not be ordered until paid in full.

Game Forfeiture Policy

Any team that forfeits a game is subject to fines assessed by OYSA and/or US Club Soccer. See OYSA and US Club Soccer rules regarding forfeiture policy and fines.

Field Usage

Because of high usage of soccer fields, club maintenance of the fields and field equipment (corner flags, nets, and field paint) is expensive and time consuming. As policy, the club has adopted the following rules for field usage:

1. The fields used by ESUFC are for the use of the club only, unless prior approval is given by the field coordinator.
2. Scheduled games have priority over practice games or practice.
3. Practice times and locations must be set-up with the field coordinator unless it is clear that the field is not set-up for a scheduled game or tournament and a scheduled practice is not being conducted.
4. The last ESUFC team playing on an ESUFC field is responsible for taking down the nets and corner flags and storing in the storage box.
5. All ESUFC players and families are expected to treat the fields with respect. Any willful destruction of equipment or facilities will result in suspension and replacement cost for the equipment/facilities damaged. Please leave the fields clean by picking up trash.
6. Coaches must use common sense when practicing on the fields. If the goal area is getting worn you are expected to either move the goals to another location or conduct practice outside the goal area.
7. Turf field locations at area high school require that NO SUNFLOWER SEEDS are allowed on the fields. Also, most schools require NO DOGS.

Mission Statement

This mission statement is specific to ESUFC-Classic and should be read by all players and parents who are involved in the ESUFC-Classic program. It is important that all ESUFC-Classic members understand the club mission statement and adopt this as a personal guideline for developing a positive atmosphere within the club. By adhering to this mission statement we will enhance our own and each other's experiences through the game of soccer.

EastSide United FC-Classic is committed to providing and creating an environment in which players can reach their full potential and achieve the self-confidence and positive self-esteem necessary to be successful both on and off the soccer field. In the pursuit of **“Excellence”** ESUFC will emphasize the development of individual skills and teamwork to enable each player and team to be the best they can be. This will allow each individual to play at a level which will be challenging and rewarding. ESUFC will strive to provide **“Excellence”** in coaching and training, while leading by example in fostering good sportsmanship. ESUFC will promote the development of character, discipline and teamwork. Dedication and fair play will be our guides. By promoting these ideals ESUFC will give all players and coaches the tools necessary to succeed at and enjoy the game of soccer.

Who is EastSide United FC-Classic

ESUFC provides players with an opportunity to experience the sport of soccer at every level.

The membership of ESUFC is approaching 3500 and currently employs a Technical Director, a Recreation Head Coach, an administrator, a registrar and a part-time office assistant. ESUFC is recognized as a premier club that is dedicated to and understands that the true value of long-term success comes through the development of both technical skills and team play over any individual game result. ESUFC provides a structure for thousands of children ages 4 – 18 to play soccer. EastSide United FC is a Club that is organized along three individual but interrelated programs. The three programs are the Classic Program, Recreation Program and the Camps/Clinics Program.

ESUFC-Classic has several programs. The **“Fall Program”** for U-11 through U-14 boys and girls begins in May and finishes mid November. The **“Winter Academy Program”** for U-11 through U-14 players takes place in November and January with December being a down month for U11-U14 teams. Some teams also choose to participate in Futsal or Indoor soccer during this time period. The **“Winter Program”** for U-14 through U-19 players begins in January and finishes the end of April/early May. The **“Spring Program”** for U-11 through U-14 players begins early February and finishes early April. The **“High School Summer Academy Program”** is for U-14 through U-19 players and begins mid May and finishes early August.

ESUFC encourages players to participate in other sports. We believe that the strength, stamina (conditioning), coordination development, and different environments help to develop the player athletically and emotionally. However, there is no substitute for training and playing soccer to develop the skills necessary to compete at the classic level.

Fall Program

The “**Fall Program**” is for U11 - U14 players who will tryout during the first part of May and, if selected, will begin training the end of May/first of June in preparation for the fall season. Coaches will usually hold 2-3 90-minute practices per week. For U13-U14 teams (and possibly U12 teams) the Qualifying Tournaments (**QT & PQT**) are typically played the 1st and 2nd weekends in August. These “mandatory” tournaments determine the level of play each team will participate in during the fall season.

Indoor/Futsal and Winter Academy Program

After the Fall season many teams/players will participate in the “**Indoor/Futsal and Winter Academy Programs**”. Indoor/Futsal leagues begin in mid November and run through mid January. Winter Academy takes place in November and January. The coaching cost per **team** is \$250 per indoor/futsal session, which includes coaches fees only. Team registration, referee fees and player card fees are an additional cost that is the responsibility of each player/team. Teams are expected to notify the club if they intend to play indoor/futsal. Each team wishing to continue to train/participate in indoor/futsal through these months as a team must have a minimum of 75% of their team registered in Winter Academy.

Winter Program

The “**Winter Program**” is for U15 - U19 players who will tryout in August prior to their high school season starting. The teams begin practicing in late November or early December and start league play in late January or early February. The league games are completed by early April. The winter teams may choose to compete in the Oregon State Cup or the Oregon President’s Cup Tournament. The preliminaries, semifinals, and finals are completed by late April or early May. U14 Teams who opt to play in the U15 Winter league are expected to participate in the Winter Academy and start training once a week as a team in January.

Spring Program

ESUFC strongly encourages all U11 - U14 teams to participate in the outdoor Spring League. The Spring League generally consists of 8 games played on Saturday and Sunday with the league starting early February and ending early April. The cost to participate in the Spring League is included in the player’s annual fall registration fee and includes registration fees, coaching fees, field rental and club administration fees. If your team travels out of town you will have additional expenses, per diem, travel etc.

Abuse Protection (Players and Coaches)

For the safety of both the players and coaches, the following guidelines have been established to reduce the threat of abuse. Abuse is defined as emotional, physical, and sexual.

- 1)The “two adult” rule shall be in effect at all times. At no time should a coach, parent, or other participating adult (board member) be completely alone with a player, outside his or her own child, without the presence of another adult.
- 2)Any question of abuse will be immediately brought to the board and a decision will be made to determine if local officials should be notified. Should an allegation be made, the local law enforcement agency will be contacted immediately.
- 3)During the investigation, the parent, coach, or player who is alleged to have caused the abuse will no longer participate in ESUFC functions or events.
- 4)After the investigation has been completed, it will then be a board decision to determine if the individual will be allowed to return to participation.

Delinquent Payments

Players who are delinquent in their club fee payments, and have not made arrangements with the club's administrator by published due date, will not be issued a player card, thereby disallowing player participation in the soccer season. Player cards can also be pulled and league play jeopardized if payment plan due dates are not kept. If expenses for tournaments are not paid by the start of the tournament, then the player may not be able to participate in the tournament.

Refunds

Partial fee refunds are granted for unusual circumstances such as: injury, health, moving out of district, or personal problems. Team placement dissatisfaction and inter-club transfer are not considered unusual circumstances. If a refund is granted, the administrative and coaching deductions may apply depending upon the timing of the request.

Scholarships

Players applying for scholarship need to fill out the ESUFC scholarship application form and submit it along with the required attachments and payment deposit to the ESUFC board for review by the due date listed on the form. Scholarships are granted on a case-by-case basis.

Red – Yellow Cards

Any player receiving a yellow card resulting from the use of foul language or dissent may receive a one game suspension pending review by the Technical Director and Director of Player Development. A Player receiving a red card may receive a one game suspension pending a review by the Technical Director and Director of Player Development. A second red card will result in a disciplinary hearing. These ESUFC suspensions are in addition to OYSA penalties.

Player's conduct that does not conform to these rules may cause loss of playing time or dismissal from the program with forfeiture of all fees paid.

POLICIES AND PROCEDURES

Accident Medical and Liability Insurance Policy

All registered players, coaches, assistant coaches and team managers of participating youth soccer teams are covered by either the OYSA or US Club Soccer secondary insurance programs if: their names are listed on a soccer roster; they have paid their registration fees and their names are on file at the respective offices. Indoor Soccer is excluded from the Secondary Medical Insurance Policy. For more information please visit the respective websites: www.usclubsoccer.org or www.oregonyouthsoccer.org

Protests, Grievances and Misconduct Policy

In accordance with OYSA standards, ESUFC shall provide fair, swift, and just hearings for all protests, grievances, and misconduct allegations. Procedures for lodging a formal protest, grievance or allegation of misconduct are outlined in the document *EastSide United FC – Classic Bylaws 2002 Procedures for Protests, Grievances, and Misconduct.*

High School Summer Academy Program

Winter teams wishing to participate in the “**High School Summer Academy Program**” will continue after the Winter season. The summer program will consist of friendly games, trainings and tournaments. The cost per ESUFC player is \$100 and includes coaching fees, field rental, one Summer Academy and one team training per week. Tournament fees are an additional cost that is passed on to the player/team. If your team travels out of town you will have additional expenses, per diem, travel etc. U14 teams transitioning into the winter season are charged for the summer program.

Competitive Team Camp

ESUFC requires all U-11 through U-14 classic teams to participate in a competitive team camp. These camps are designed to work on the functions and roles of players within a team. This will help improve both team tactics and individual skills. The date of the camp will be decided upon by the team coach/team manager. ESUFC will be bringing in guest coaches so that every team experiences a different coaching style in line with the club philosophy. The cost of the team camp is included in the players' annual Fall registration fee.

Participation in activities not sanctioned by ESUFC

Any ESUFC teams wishing to register in a tournament, league or activity not sanctioned by ESUFC must apply in writing to the ESUFC Technical Director for permission to use the ESUFC name and uniforms etc. Within ESUFC we hold our coaches & players to the highest level of behavior and we feel it is in the best interest of the club to monitor each of our teams. This means that parents wishing to sign up players/teams for indoor, etc, must apply for permission.

Player Evaluation & Placement

Tryouts

Evaluations will take place each year as outlined by OYSA. Players will participate in the evaluation process to determine their soccer skill level each year. The tryouts will generally consist of two sessions of 1.5 - 2 hours each. The team head coach will determine the players to be selected for their respective team that is appropriate to their present skill level. Every attempt will be made to place players on teams that best suit their level of development. Placement is to benefit player development as well as team development. A player's skill level and soccer needs may change from year to year so a player's position on a team is not guaranteed from one year to the next. Upon completion of tryouts, each player will be notified in a timely manner of their team placement. The club Technical Director and evaluators will assist in this process.

Team Formation

U-11 through U-19 boys and girls teams shall be formed based on a general tryout. Teams will be formed under the rules governing OYSA/US Club Soccer and shall roster no more than 18 players (22 players for U16 - U19). Only players legally registered with OYSA/US Club Soccer shall be allowed to participate in league play. We will attempt to field at least one boys and one girls team per age group. If the Technical Director finds that there are sufficient quality players to field a second or third team, then one will be formed.

Playing Up In An Older Age Group

A player may play in an older age group under the following conditions unless by doing so OYSA laws are violated: Players may play in an older age group if there is no classic team during the season for the birth year of the player. A player may play in an older age group if that player has tried out in the appropriate age group and was then selected by the respective team coaches and head coach to play at a different level than determined by age bracket.

Player Movement

Players may be requested to move from one team to another at any given time throughout the season for a number of different reasons. A transfer will only occur with mutual agreement between the ESUFC Technical Director, Director of Player Development, parents and the Head coach. A player will only be moved if it is considered to be in the best interest of developing this player. Movement can be from 1st team to 2nd team or 2nd team to 1st team.

Playing Time Guidelines

- 1) U-11 playing time will be a minimum of 50% of the season. This average is based over the course of the season and not specific to 1 game, 2 games, a weekend tournament, or specific period of time.
- 2) U-12 through U-14 players will receive an average of 25% playing time. This average is based over the course of the season and not specific to 1 game, 2 games, a weekend tournament, or specific period of time.
- 3) U-15 through U-19 players will not be assured of playing time. Playing time will be determined by the coach relative to performance and effort.
- 4) Playing time may be affected by effort and discipline issues.

3. Be a positive support for the coach.
4. Exercise decorum appropriate to the “good of the game” while participating in club and/or team activities. **(No coaching from the sidelines and no disparaging comments about the officiating.)**
5. Assist in seeing that the player adheres to the Code of Conduct.
6. ESUFC-Classic stipulates that parents refrain from smoking or drinking on the sidelines or within the vicinity of any club or team sponsored event.

ESUFC-Classic expects that participation of parents will enhance this sport for our youth.

In Summary of Code of Conduct:

Parents and Players must understand that lack of conduct in accordance with the foregoing will result in loss of playing time, and possibly could result in termination of the player’s right to participate.

Parents and Players who are delinquent in their club fee payments will not be issued a player card, or their player card may be pulled, thereby disallowing player participation in the soccer season. If expenses for tournaments are not paid by the tournament registration deadline, then the player will not be able to participate in the tournament until these fees are paid in full.

Parents and Players will have to sign this document and in doing so understand, and agree to abide by the above guidelines and rules. Parents and Players will agree to accept any actions taken for failure to abide by these guidelines and rules. By affixing your signatures to this document you indicate that you have received and read a copy of the ESUFC Parent Handbook, and you understand its contents. Additionally, your signatures indicate your understanding that all fees paid to ESUFC-Classic are non-refundable. Signatures of both the player and a parent are mandatory.

Parents or players who fail or refuse to follow ESUFC by-laws, codes and rules face suspension or expulsion from the Club pending a review by the Board of Directors. The Board of Directors shall have the power to penalize any parent, player, or coach whose actions are detrimental to the purpose of ESUFC. Penalties may consist of written warnings and/or temporary or permanent suspension from participating in activities of the Club. Players, parents and coaches shall face suspension for verbal misconduct and/or assault. An assault, for the sole purpose of this specific rule, shall be defined as a threat to commit or an attempt to commit battery upon a player, parent, coach or official. Physical or verbal abuse by any ESUFC player, parent, or coach towards another player, parent, coach, or soccer official is grounds for immediate and permanent expulsion from the Club.

pursuit. Thus, the following guidelines and rules shall apply in all activities within ESUFC-Classic.

I. General Guidelines:

Players and Parents are expected to conduct themselves at all times in a manner that is in keeping with representing ESUFC-Classic.

When traveling with ESUFC, each player is expected to dress appropriately as befits representing ESUFC-Classic or as directed by the Coach and/or Manager.

Respect for the property of others, adherence to the rules and guidelines as specified here or by the Coach and/or Manager, and the observance of State and Federal laws (as well as policies and procedures of Oregon Youth Soccer Association, "OYSA" and US Club Soccer, are required for participation in this program.

II. Discipline and Rules:

1. Substance use and/or possession thereof (drugs, alcohol, and/or tobacco by minors) is cause for immediate dismissal from the program.
2. Persistent irresponsible and disrespectful behavior is cause for dismissal from the program. This includes confronting coaches, officials, parents or spectators in an unsporting manner.
3. Destruction of property or violation of State and Federal laws and/or OYSA and US Club Soccer policies and procedures is cause for dismissal from the program.
4. Failure to comply with any and all team rules (academic performance, attendance, curfew, dress code, schedules, etc.) may be cause for disciplinary action. Persistent failure will be cause for dismissal from the program for the remainder of the current season of this program and could affect a player's future participation.
5. Players and Parents are expected to act at all times in the best interests of maintaining a healthy team/club atmosphere. Any action causing disruption to the team or club environment is cause for dismissal.

III. Parent Responsibility:

Parents play a vital role in their child's participation with ESUFC-Classic. Parents are normally the most important role model for their child at this age and consequently, conduct of parents has a significant influence on the emotional make-up of the child. ESUFC-Classic specifically recognizes the following rules of conduct for parents:

1. Assist in getting players to all practices and games on time and ready with appropriate equipment. This involves arranging transportation and on-time pick-up.
2. Offer your time and talent to help ESUFC-Classic as well as your child's team with necessary support tasks.

Tournaments

Teams will play in elective summer tournaments prior to their fall season and their premier/classic-qualifying tournament. Most tournaments are local but some teams may travel to out of state tournaments. For maximum player and team development, coaches expect every available player to participate, but they understand that because of family summertime activities this is not always possible. Fees incurred for elective tournaments are paid for by participating team members. ESUFC encourages teams to participate in reciprocal tournaments. Each team works with their coach to determine which tournaments are most appropriate for them. Out of town tournaments must be approved by the ESUFC Technical Director.

The Cascade Cup is mandatory for all ESUFC Teams.

U13-U14 teams (and possibly U12 teams) will participate in Qualifying Tournaments (QT) and Premier Qualifying Tournaments (PQT). These are typically played the 1st and 2nd weekends in August. These "mandatory" tournaments determine the level of play each team will participate in during the fall season. There are different levels of play: Premier, Divisional and Classic.

Coaches Per Diem

Mileage - (Coaches and Assistant Coaches)

Out of town travel, requiring travel greater than 35 miles one way should be reimbursed at the rate of \$.48 per mile. Coaches will only receive one round trip per day. If air travel is necessary, the team will have total responsibility for the coach's and assistant coach's airfare. The team is responsible for providing individual transportation for the coach only. Either a rental car or other form is necessary.

Meals/Per Diem – (Coaches and Assistant Coaches)

Meal per diem is included in team responsible costs when the team travels a distance that requires those traveling to use a restaurant for two meals. A two-meal trip is a per diem of \$20 for the day. If a complete day of travel is required, a per diem of \$30 per day and each subsequent day is required.

Lodging – (Coaches and Assistant Coaches)

The team will be responsible for the coach's and assistant coach's lodging. Individual rooms for each coach are expected unless otherwise agreed to prior to the trip.

League Games

For the U11-U14 season there are generally 12-14 league games played on Saturday and some Sundays in the Portland Metro area and around the state. U11-U14 teams begin playing after Labor day. The U15-U19 leagues start late January and finishes early April.

State Cup & President's Cup

At the end of league play, U12-U19 teams may choose to compete in the Oregon State Cup Tournament and compete for the state championship. The state champion is then eligible to compete at the regional competition in June. All rounds for State Cup begin in early April with finals in early May.

The President's Cup Tournament is held each year for teams that choose not to participate in the State Cup. The competition for U12 - U14 teams begins at the end of the fall season and is completed in the fall. The competition for U15 - U19 teams begins at the end of the Winter Season and is completed in the Spring. Only non-premier teams are eligible to participate in Presidents Cup. Teams and players may only participate in one of these tournaments.

Organization

EastSide United FC—Classic is a member of OYSA (Oregon Youth Soccer Association) and US Club Soccer and governed by a **Board of Directors**. To view Board positions please visit www.esufc.com

EastSide United FC employs a Club Administrator, Club Registrar, a part-time office assistant, a Technical Director and a Recreation Head Coach. The Technical Director provides qualified coaches for all teams. Besides a coach, each ESUFC team has an assistant coach, team manager, treasurer, fund raising coordinator and parent liason. All team volunteers provide an important role in assisting the coach in the areas of team administration, finances, and communication.

For more information on the placement or responsibilities of our coaches in ESUFC please visit our website www.esufc.com

The Parents Role

The adult/parent role in this stage of your child's development continues to be critical. As your child grows and develops during their younger years, 5th - 8th grades, the changes can be dramatic. A player can go from a gazelle to a giraffe, or a giraffe to a gazelle. It is important as a parent to accept the change and in a positive manner assist your child through the metamorphosis. It could be regarding speed, height, weight, quickness, or aggressiveness. As a player sometimes struggles with both their physical and emotional changes, they do not need the added pressure of competing at a level where success could be

unattainable. It is far more important for them to be successful while having fun, with less pressure, on a team that is comparable to their skill level. They could be moved from an "a" team to the "b" team, or possibly it will be recommended they return to their recreational club. In most cases, the player cares far less what team they are on as much as they care about playing, having fun, and being successful. ESUFC has observed the parent's struggle over change. It is vital at this time in the emotional development of your child, to begin "letting go". If this is your first child in competitive sports please understand that your role as a parent will begin to change dramatically. You will become the emotional and (maybe) physical coach, teacher, and confidant. It will be equally critical that as they compete both on their team and against opponents, that you remain as neutral as possible and accentuate the positive in what they experience. The phrase "parents coaching and living through their kids" is too often true. We need to be careful to not allow ourselves to get trapped into this mindset. Enjoying their improvement and encouraging them to see the positive is what should be rewarding, though we know "It's easier said than done".

Each and every child has something they will be good at and it is important as a parent to help them find that skill and capability. It may not be soccer or even athletics. What is important is that your child feels good about themselves and their abilities. Soccer, or any sport, should not be the sole basis for their self-image. If a child's options are narrowed too soon, it may make it more difficult for them to find their niche. It is important to allow them to explore and try different sports. We have seen players burn out because they have focused and put too much emphasis on just one sport.

As your child takes the first step into competitive sports, it will be necessary to enter into it yourself with an honest assessment of your child's abilities. If we do not, it will be easy to be critical of them or the coach and expect too much. We encourage the parents to appreciate the player's little improvements from game to game, rather than major, glorifying, game winning goals or plays. Our kids do listen to us, even though we may not think so. Pointing out to them what they did well will have a more positive impact than a critical assessment of each performance. Being a team-oriented and positive parent will teach your child life skills that will enable them to be successful in life. Our coaches are encouraged to reinforce this behavior. Your support will teach your child to be true winners in life.

ESUFC's aspiration for the players exceeds wins, losses and skill development. Our vision is that learning life skills will be as fundamental as learning soccer skills.

Parent and Player Code of Conduct

Players participating in activities offered by ESUFC—Classic are exercising a privilege afforded them by ESUFC—Classic in pursuit of development as youth soccer players. These players must exhibit the maturity to be successful in this