



**ORLANDO CITY SOCCER SCHOOL  
LAKE NONA**

**PLAYER & PARENT HANDBOOK  
2022/2023**



# **ORLANDO CITY SOCCER SCHOOL LAKE NONA PLAYER & PARENT HANDBOOK**

## **TABLE OF CONTENTS**

**WELCOME**

**ABOUT ORLANDO CITY LAKE NONA**

**PROGRAM GOALS AND EXPECTATION**

**PARENT STANDARDS OF CONDUCT**

**PLAYER STANDARDS OF CONDUCT**

**GEAR, TRAINING AND GAMES**

**CLUB EVENTS**

**CLUB ROLES**

**INDIVIDUAL DEVELOPMENT PLANS**

**WHO TO TURN TO?**

**EXPECTATIONS PARENTS AND PLAYERS**

**UNIFORM PRACTICE ATTIRE**

**TRYOUT PROCESS**

**IMPORTANT FORMS**

**GAMES AND TOURNAMENTS**

**CONTACT INFO**



## **“A PROFESSIONAL CLUB WITH A FAMILY FEEL”**

Orlando City Soccer School Lake Nona has a long and outstanding history of providing community-based, competitive soccer training in a team environment for kids in Lake Nona. Our mission of Orlando City Soccer School Lake Nona is to provide a positive, safe and professional environment that encourages early engagement and a lifelong interest in soccer by providing quality programs, facilities, staff, education, and leadership for youth players of all ages and abilities; to develop character, encourage physical fitness and foster personal growth for all our participants with a focus on learning invaluable life lessons realized through commitment, leadership, teamwork, perseverance, and sportsmanship; and to develop and prepare youth players of all ages and abilities for the next level of competition through progressive programming and age-appropriate training designed to help each player reach their full potential.

We are challenging ourselves this year to push into our values. These will drive our decisions, and we will pride ourselves on how we execute these values on and off the field. Our tagline, “a professional club with a family feel,” demands that we offer top-class service, training, and care for our players. We are going to seek to serve, will begin to offer services that serve the **WHOLE PLAYER**, and will redefine winning by measuring how we are doing with player development milestones as success. Players will be offered new programming this year and our coaches, as well as administrators, are held to tighter communication standards. We strive to operate with professionalism and purpose this year.

*Erik Hort*

Director of Coaching, Orlando City Soccer School Lake Nona

## **WELCOME TO ORLANDO CITY SOCCER SCHOOL LAKE NONA**



We are pleased that you have joined Orlando City Soccer School Lake Nona we hope that it will be a positive and rewarding experience for you and your child(ren).

This document represents an effort to pull together the things we think someone new to Orlando City Soccer School Lake Nona and/or travel soccer would want to know about how our club works and what to expect as a club soccer family.

Please note that it is a work in progress, and although we strive to keep it current, it will likely never be complete or even unfailingly accurate because things are always changing in ways that we hope will improve what our club has to offer. However, team specifics sometimes warrant policies to be modified, so your Head Coach is often a good person to reach out to with questions or concerns. In addition, our Club Administrator is another resource if you have questions.

As a family committing to our club, we encourage you to read this handbook.

If you have questions that are not addressed here, please reach out. We have included a page telling you where to turn for what and how to contact the right person to assist you.

Contact us at: [erik@oclakenona.com](mailto:erik@oclakenona.com)



# **ABOUT ORLANDO CITY SOCCER SCHOOL LAKE NONA**

## **CLUB MAKEUP**

Orlando City Soccer School Lake Nona consists of boys and girls teams from U4 through U19, drawing players from Lake Nona, Winter Park, Altamonte Springs and surrounding areas.

The club is a for profit organization run by a President. All teams are coached by paid and licensed professional coaches. In addition, Orlando City Soccer School Lake Nona has a paid Director of Coaching who is responsible for the hiring of coaches and the development of curriculum for all age levels.

## **HISTORY**

In an effort to field competitive teams through the high school years, and to offer positive experiences for players at multiple levels for each age and gender group, XL Sports re-branded its program for the organization. We are now affiliated with Orlando City SC, officially becoming Orlando City Soccer School Lake Nona, effective March 2022. The recent affiliation with Orlando City SC is a next step forward for the club.



## **PROGRAM GOALS & EXPECTATIONS**

- To develop individual technique with a focus on decision making
- To teach positional play to all players as it relates to 11v11 play
- To help players understand the concepts of team attacking, defending and transition
- To create a training environment that promotes hard work and self-improvement of all players
- To foster a love of the game in all players that will help drive internal motivation to improve and to continue playing the game

### **CLUB VISION AND PURPOSE**

To develop and identify young players, introduce them to a professional environment and provide all the tools to help achieve there goals. Our purpose is to promote our players with the highest potential to the US Youth National Team system and our Academy program.

### **MISSION STATEMENT**

**Current:** The goal of the Orlando City Soccer School Lake Nona Soccer Club is to offer a quality soccer program to all children in the Lake Nona area, to develop skillful soccer players, and to promote good sportsmanship. We will provide both developmental and competitive playing opportunities to accommodate the different skill levels of our players and we will provide training opportunities for our volunteer coaching staff.

**Potential:** Orlando City Soccer School Lake Nona will promote a safe and competitive environment fostering the physical, mental, and emotional growth and development for youths through the sport of soccer. Within this structure, Orlando City Soccer School Lake Nona will establish a complete soccer club that focuses on learning, leadership, sportsmanship and the total development of complete soccer players.

Orlando City Soccer School Lake Nona strives to prepare its teams and players to compete at the highest levels of club, college, professional, and international competition, consistent with the desire of the team and players, and consistent with appropriate goals for the level of each team.

### **PARENT STANDARDS OF CONDUCT**



As the parent of an Orlando City Soccer School Lake Nona player, I will...

- Be encouraging, supportive, and affirmative with respect to my child's play on the field.
- Respect the officials and accept their decisions at all times.
- Support the coach, assistant coach, and manager of the team at all times.
- Be willing to volunteer my time or talents if available for club events if needed.
- Comply with the rules, policies, and procedures of the team and the Club as they apply to me.
- Discuss Orlando City Soccer School Lake Nona issues concerning my child:
  - Only with the coaching staff
  - Only at a time mutually agreed upon with the coach
  - Not immediately prior to, during, or directly after any match.
- 48-hour RULE
- Ensure that my child arrives at the appropriate time for all training, matches, and events.
- Refrain from the use of tobacco or alcohol at any match, practice, or event.
- Refrain from shouting instructions from the sidelines to my child or any other child.
- Refrain from engaging in any unsportsmanlike conduct with any official, coach, manager, player, or parent.
- Refrain from running or pacing up and down the touchline during any match, practice, or other events.
- Refrain from any negative comments directed at any Orlando City Soccer School Lake Nona player or players from any other clubs or organizations.
- Follow Orlando City Soccer School Lake Nona's procedures for submitting any formal complaint or concern.
- I grant permission to Orlando City Soccer School Lake Nona for the use of photos/image that may include the name & jersey number of my child or children to be published on the Orlando City Soccer School Lake Nona website – [www.ocss-lakenona.com](http://www.ocss-lakenona.com)
- Agree to meet all financial obligations for club membership.

Any actions in violation may result in suspension from practices, games, and possibly expulsion from the Club events.

Parent(s) Signature \_\_\_\_\_ Date: \_\_\_\_\_

Player Signature \_\_\_\_\_ Date: \_\_\_\_\_

DOC Signature \_\_\_\_\_ Date \_\_\_\_\_

**PLAYER STANDARDS OF CONDUCT**

As an Orlando City Soccer School Lake Nona player, I will...



- Train and play to the best of my abilities.
- Have a positive attitude and never quit on my team, my club, or my coach.
- Win without boasting, taunting, or excessive celebration.
- Always exemplify sportsmanship and respect for our opponents.
- Respect officials and accept their decisions without question.
- Give positive feedback and encouragement to my fellow teammates and other members of the club.
- Arrive prepared for all matches and training sessions (i.e., proper mental attitude and equipment).
- Respect my coach, assistant coach, manager, and club officials.
- Learn and obey the FIFA Laws of the Game, the team, and.
- Watch professional or college level matches
- Practice my soccer skills and maintain my physical condition on my own.
- Notify the coach, assistant coach, or team manager in advance, if I will be tardy from or unable to attend a training session, match, or other events.
- Participate in community service.
- Be responsible for my schoolwork and achieve the best grades possible.
- Use appropriate language at all times.
- Refrain from using tobacco products, alcohol, or drugs (unless prescribed by a doctor).
- Represent Orlando City Soccer School Lake Nona both on and off the pitch.
- Accept losses with dignity and humility.
- Learn the importance of professionalism.
- Learn every day

Any actions in violation may result in suspension from practices, games, and possibly expulsion from the Club events.

Player Signature \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature(s) \_\_\_\_\_ Date: \_\_\_\_\_



DOC Signature \_\_\_\_\_ Date: \_\_\_\_\_

## GEAR, TRAINING, AND GAMES

### GEAR:

All uniforms for Orlando City Soccer School Lake Nona are purchased through United World Soccer Store located in the Florida Mall.



## TRAINING:

Players will show up to training with the proper equipment and gear for all sessions. Orlando City Soccer School Lake Nona training gear given will be worn to all training. Shin guards must be worn at all trainings, as well.

All players are expected to be at all training, games, and team events. If for any reason you are not able to attend a team event, you **MUST** notify the coach at least 24 hours before the event if not earlier.

## GAMES:

Prior to each game, players should make sure they have their game gear, equipment, water, and a positive attitude. Each coach will inform you of the arrival prior to games to allow for time for warm-ups and pre-game talks.

Players will wear the Orlando City Soccer School Lake Nona uniform for all games. All players should bring both home and away jerseys to every game.

## ROSTERS:

Rosters serve as a baseline for how teams will train together. Rosters will be formed so that players are at a similar level to maximize their individual player development. At the discretion of the coach and Director of Coaching, players may be asked to train and/or play with a different team for specific games or tournaments.

Guest players from other Orlando City Soccer School Lake Nona teams or Orlando City Soccer School Lake Nona affiliates may be added to the roster for the following reasons:

- Low numbers on a weekend game
- Developmental reasons for that individual player
- Developmental reasons for the team

## TRAINING INFORMATION

1. Lions Program Boys & Girls
  - a. Train one or two times a week depending on age for 1 hour or 1.5 hours at a Orlando City Lake Nona Park practice location or Bromberos Field Park.
  - b. Times vary each season depending on a coach's schedule, field availability.
  - c. We ask that players attend all training unless forced to miss due to injury, illness or school.



2. Pre Academy U9-U10 Boys & Girls

- a. Train two times a week for 1 hour and 15 minutes at Orlando City Lake Nona Park or Bromberos Field Park practice location.
- b. Times vary each season depending on a coach's schedule, field availability.
- c. We ask that players attend all training unless forced to miss due to injury, illness, or school.

3. Junior Academy U11-U14 Boys & Girls

- a. Train three times a week for 1.5 hours at Orlando City Soccer School Lake Nona or Bromberos Field Park practice location.
- b. Times vary depending on the coach's schedule, field availability.
- c. We ask that players attend all training sessions unless forced to miss due to injury or illness.

4. Senior Academy U15-U19 Boys & Girls

- a. Train three times a week for 1.5 hours at a Orlando City Soccer School Lake Nona or Bromberos Field Park practice location.
- b. Times vary depending on coach's schedule, field availability.
- c. We ask that players attend all training sessions unless forced to miss due to injury, illness or school.

## PRACTICE AND GAME LOCATIONS

### **Orlando City Lake Nona Park**

Orlando CITY Lake Nona Park is located:  
12314 Suttner Avenue  
Orlando, IL 32827

### **Bomberos Field Park**

11485 Moss Park Rd.  
Orlando, FL 32832



*A direct link to all locations can be found on the Orlando City Soccer School Lake Nona website.*



## SEASON OVERVIEW

Orlando City Soccer School Lake Nona soccer runs from August until June, including Fall, Winter and Spring.

### 1. FALL SEASON

- a. Practices begin in August and continue into early November. Training ends after the last game of the fall season.
- b. Teams engage in at least one fall tournament (selection based on the team's level and coach's schedule)

### 2. "WINTER SEASON"

- a. Practices typically begin after Thanksgiving and continue to mid-December.

### 3. SPRING SEASON

- a. Practices begin in early January and continue through the end of May. Training ends in June after the last game.
- b. All teams engage in at least one spring tournament.



# ORLANDO CITY SOCCER SCHOOL LAKE NONA CLUB EVENTS

## CLUB & TEAM EVENTS

One of Orlando City Soccer School Lake Nona's main objectives is to promote teamwork, and holding team events is strongly encouraged. Most teams have Holiday and end-of-season gatherings.

Many teams also conduct outings, for example to an Orlando City SC or Orlando Pride games, or Local College game, and so on. Other teams have gotten kids together to complete service projects, such as helping at a local soup kitchen. Any team bonding events such as these are encouraged.

If teams travel to tournaments out of town, a team meal is another great way to build community on a team.

Entering 2022/23 we have a multiple club events to bring our club together and build our culture as an organization, below are some of the club events we will be implanting:

- Orlando City SC (MLS) Games
- Orlando Pride (NWSL) Games
- Pediatric Cancer Awareness Fundraiser
- Parent / Player Education Nights
- Thanksgiving Food Pantry Collection
- Food Bank Volunteers
- Clothing & Gear Donation
- Toy Drive And More!



# ORLANDO CITY SOCCER SCHOOL LAKE NONA ROLES

## Director of Coaching

The Director of Coaching (Director/ DOC) is a strategic member of Orlando City Soccer School Lake Nona. The director is responsible for hiring and managing coaches; establishing the skill development curriculum; managing practice schedules; planning and overseeing camps; resolving interpersonal conflicts between coaches, players, and families; and making operational decisions regarding practices, tryouts, fields, equipment, and related matters. The Directors manage the assignment of teams in leagues and divisions and represent the club at league meetings. The Director also has the final say on player placement.

Erik Hort is the Director of Coaching of the Orlando City Soccer School Lake Nona Soccer Club from 18 Months to U19 on both the Recreational and Competitive sides.

## Coaches

The role of an Orlando City Soccer School Lake Nona Coach is primarily to be the interface with the player and to develop players' technical and tactical skills, as well as to instill in players a sense of teamwork, discipline, and a positive attitude. Coaches also put their teams into a position to compete effectively. They run practices, give guidance and training to players, assign players to positions, line up substitute players for games, and handle players' concerns. Additionally, coaches help select tournaments that will be advantageous to their teams.

## Club Administrator

The role of the Club Administrator is to run the day-to-day operations of the club: post schedules, send out communications, submit paperwork, manage tryouts, and coordinate referees. The Administrator also runs the Assistant Referee program (training, game assignment, payment, etc.).

## The President

The President is the principal leader of the Orlando City Soccer School Lake Nona Soccer Club and has overall responsibility for the club's management and overseeing the entire operations of the club. The President oversees the strategic direction of the club consistent with the views of members, helps the committee prioritize its goals, and keeps the committee on track by working within that overall framework.

## INDIVIDUAL DEVELOPMENT PLANS

Coaches will be meeting with the parents and players 3x per year. are intended to provide honest, purposeful feedback to all players from the coach's perspective.



The process of these IDP's is below:

**PHASE 1:** August meeting with both parent(s) and player(s) to go over and explain IDP form and how it works and for the player to fill out information on page one.

**PHASE 2:** December will be the second meeting to go over 1<sup>st</sup> season prior to the holidays.

**PHASE 3:** April will be the 3<sup>rd</sup> and final meeting to go over progress from the season prior to tryouts.

The goal of these feedback sessions is to assist players in the learning process while providing perspective on both the broad journey of development as well as suggestions for improvement.

Each conference is 15 to 20 minutes long and a parent must be present. However, this feedback is intended for the player to gain knowledge from the coach about his/her soccer development.

At Orlando City Soccer School Lake Nona we want the parents to be involved in the development of the player. We believe it is very important as this is STRICLY for the development of the player and not a comparison to others.

## WHO TO TURN TO?

In case of any issues contact the Director of Coaching:

Erik Hort

[erik@oclakenona.com](mailto:erik@oclakenona.com)

312.888.0525

## EXPECTATIONS TOWARD PLAYERS

Orlando City Soccer School Lake Nona is proud of the reputation it has created within Lake nona community as Orlando Clity Soccer School Lake Nona. We ask that all players and parents respect other players, organizations, coaches, and officials. The club strives to motivate its players to achieve both individual and team goals, and we ask that players consistently give their greatest effort in all games and training sessions, and live up to the ideals embodied in the name Orlando City Soccer School Lake Nona.



The club expects players to make every effort to attend training sessions and games. If your child must miss a training session or game, make sure to notify the coach and team manager, so they are able to modify the training plan or get additional players for games. Remember, your child is part of a team that is counting on him or her to contribute.

## EXPECTATIONS TOWARD PARENTS

Orlando City Soccer School Lake Nona upholds and enforces the FIFA code of conduct for all players and parents. Rude parents send the wrong message to players, other teams, officials, and the leagues- in fact, as a parent, the best practice on the sideline is to interact only by cheering positively. Do not exhibit it or tolerate rude behavior.

### Promote the Interest of Soccer

Soccer is one of the world's greatest games, but it needs your help to keep it great. Think about how your actions on the sidelines may affect the image of the game. Talk about the positive things in the game and encourage other people to watch it or play it fairly. Help people have as much fun from it as you do. In other words, be an ambassador for the game. *Any parent who is coaching from the sidelines or being a distraction to other parents, coaches, or players will be immediately warned to stop, and if such behavior continues, will be suspended from attending their child's games for the remainder of the season.* The leagues and Orlando City Soccer School Lake Nona take this seriously.

Parents should set an example for their children to follow. Please refrain from doing the following:

- Abusing referees
  - Parents cannot ever comment on a referee's calls, period! Referees are human and can make mistakes. It is, ultimately, just a game.
  - It is a felony to intimidate or abuse a referee (it is the referee's judgment whether to report it). If a parent receives a yellow card during the game for abuse of a referee, it will result in an automatic suspension of the coach not only from the game in progress but also the next game, and the club will be issued a \$300 fine. We as a club take this seriously.
- Coaching players
  - Let the coach do the coaching. They're professionals and have been trained how to provide guidance.
  - Don't instruct players on the field; it confuses them and may conflict with what the coach is telling them.



- Cheering should always be non-directional, for example, "Go, Orlando!" not "Pass!"
  - Parents often have an urge to yell, "Shoot!" **Resist it!** A big part of skill development is learning when to dribble, pass, or take a shot; yelling, "Shoot!" may very well be the wrong thing to do in that situation.
  - Also, avoid yelling, "Go!" to your child. While this is a natural thing for people to yell during a sporting match, it is not helpful to the team.
- 
- Making negative comments
    - Be positive and avoid criticizing a coach, player, official, or team, even if not within earshot of others.
    - Remember, your child takes his/her cues from you. Teach them to have class and to put aside criticism and to be position.
    - If you are upset at something you see, resist the temptation to call out or complain about it later. If you are negative, your child will be also.

## FAN SEATING

- Players sit on one side of the field, fans on the other. Parents are not allowed to be on the side of the field designated for players.
- Leagues prefer to have fans from different teams sit separately, generally across from their team's bench.
- Don't get involved in arguments with other parents – rise above it and remember it's just a game.
- The club encourages parents to sit with other parents and enjoy the game together.
- The best thing a parent can do at a game is offer encouragement and positive energy. Support the entire team and cheer great plays. Let the players experience the magic of playing in front of an enthusiastic crowd.

## UNIFORM AND PRACTICE ATTIRE

### UNIFORMS

- Home games are **Purple** jerseys, **Purple** shorts, and **Purple** socks. Away is **White** jerseys, **White** shorts, and **White** socks.
- Dressing for the game
  - All players must be uniformly dressed at every game in their appropriate home or away jersey, shorts, socks, and warm-ups. Please, no other sweatshirts or jackets.
    - The home jersey color is purple.



- The away jersey color is white.
- ***Always bring both jerseys to every game!*** There are times when the team must wear their alternate jersey.
- In cold weather, per league rules, Under Armour needs to match the jersey color.

## PRACTICE SHIRTS

- Players are expected to wear the purple Orlando City Soccer School Lake Nona practice shirts, black shorts, and black socks to all of their training sessions.

## TRYOUTS AND PLAYER SELECTION

The player performance will be evaluated by observing the player during annual tryouts, during seasonal training, scrimmages, the indoor season, and during games.

Players will be evaluated by the six categories following the USSoccer Key Qualities:

1. Game Understanding & Decision Making
2. Initiative
3. Focus
4. Optimal Technical
5. Optimal Physical
6. Responsible (On & Off Field)

Our club coaches make decisions on player selection and placement based solely on the coaches' best judgment of the player's abilities in the four areas of evaluation. The Director of Coaching or your team coach can help you understand the meaning of each area if needed. While we may not always agree on issues as sensitive as player evaluation and selection, we hope that you will respect our attempt to be objective in this decision-making process.

## TRYOUTS

Orlando City Soccer School Lake Nona seeks to put every player in a position that maximizes the opportunity for individual and team success.

While many players want to play for the top team in their age group, that may not be in their best interest; they may be better off getting more playtime and having more success on a team more closely matched to their ability. The club must also factor in things such as the size of the roster and depth at the various positions.

To determine what opportunity is in the best interest of each player, Orlando City Soccer School Lake Nona conducts tryouts each spring. These tryouts are managed by the Directors and involve every coach from the club. We realize that the process can be very stressful to players and parents, and we do not take it lightly. We've fine-tuned tryouts over the years to ensure that all factors are weighed in placement decisions. The Directors and all of the coaches evaluate each player and team and discuss them



extensively, reaching decisions by consensus. The player's coach from the prior season, who has the most extensive knowledge of a player's capability, plays a leading role.

## PUTTING THINGS INTO PERSPECTIVE

Players going through tryouts may be anxious, and as a parent, you should help them through it. Here are a couple of things that you and your child should keep in mind:

- Except for players that are new to the club, *performance at the actual tryout is only one of many considerations that go into placement*. Of far greater weight is the opinion of the coaches who oversaw the player at practices and in games during the season. This is an important point to make to your son or daughter; don't worry about a mistake at tryouts, as it is not going to doom him/her.
- Development is a process, and excellence is not achieved overnight. Pele, perhaps the greatest soccer player to have played the game, once said, "I don't believe there is such a thing as a 'born' soccer player. Perhaps you are born with certain skills and talents, but quite frankly, it seems impossible to me that one is actually born to be an ace soccer player."

Michael Jordan, perhaps the greatest basketball player to ever play the game<sup>1</sup>, was denied a spot on his varsity high school team and was instead placed on JV. The most important thing is to stay committed and continue to work on technical skills, tactics, and creativity. Next season you may very well move up.

- Some kids are early developers and some develop later. This gives them advantages that may translate into higher placement. But over the years, this advantage goes away. Think about the bigger and faster kids back in grade school; what became of them in high school?
- Soccer is ultimately just a game. Kids may want to brag that they're on an elite team and hold this over others, but everyone should keep in mind that there are *always* players out there that are much, much better. Everything is relative, and ultimately, it's about going out, competing, and having fun.



## FACTORS IN THE PLACEMENT DECISION

How is placement determined? The Directors and the coaches weigh a variety of considerations:

- **Technical skills:** A player's ability to dribble, pass, shoot, and defend. How are his/her foot skills? Can he/she trap, pass, and shoot effectively? Can he/she do 1-touch and 2-touch passes and shots? How well does he/she defend on the ball?
- **Tactical skills:** Does a player turn away from pressure, involve teammates, or act creatively? What are the qualities of their strategic decisions (e.g., hitting good through balls, passing versus shooting, dribbling away from pressure)? How well do they "see" the field (e.g., passing to a player making a break, positioning themselves on a corner kick)?
- **Speed and conditioning:** Soccer ultimately rewards quickness. How quickly does a player move with and without the ball? How quickly does he/she react? Can the player endure 30 minutes or an hour of fast play?
- **Sportsmanship and commitment:** Does the player come to all practices and games and show up ready to play? Does he/she get along with teammates? How well does he/she take instruction from the coach?
- **Team composition:** The bigger a team's roster, the fewer minutes of play per player. Orlando City Soccer School Lake Nona NONA tries to make rosters large enough to ensure adequate substitution (and competition for spots), without making them so large that some players don't see much action in a game. We must also consider depth at each position; a team needs forwards, midfielders, defenders, and keepers.
- **Age:** Due to a recent change in the US, youth soccer players are now placed on teams based on their birth year instead of their year in school.



## **GAMES AND TOURNAMENTS**

Soccer is a competitive sport, and Orlando City Soccer School Lake Nona works hard to ensure that each team be given opportunities to engage in challenging games against a variety of clubs. There are games each week in the fall, winter, and spring seasons. In addition, all teams participate in two club-supported tournaments, one in the fall and one in the spring, and are encouraged to play in additional ones, as well.

### **Game Schedules**

Orlando City Soccer School Lake Nona teams each belong to a couple of different leagues. Each of these leagues is responsible for assigning teams to divisions and for scheduling games within those divisions. Leagues hold sessions prior to the beginning of the fall and spring season attended by representatives of each club, including Orlando City Soccer School Lake Nona.

Leagues ultimately determine what division each team is assigned to based on past performance. Clubs, however, can petition to be moved up or down. Orlando City Soccer School Lake Nona takes great effort to make sure each team is placed in a division that is appropriate to the team's ability.

Each league schedules the dates and times of games; Orlando City Soccer School Lake Nona has virtually no power to influence this.

### **Tournaments**

Tournaments are a great way to play against competition from other areas of the region and to play multiple games in a weekend with the goal of winning a bracket. They are also a chance for players and families to get to know each other better and have some fun.

Orlando City Soccer School Lake Nona teams are encouraged to participate in tournaments, as well, at the discretion of the coach and parents. The parents on the team cover all expenses for these additional tournaments. Do we modify based on plans for next year (tournaments paid or not paid)?

Tournaments typically promise at least three games, with one or two additional games if a team advances to the semi-finals. Typically, there are two games on Saturday and one or two games on Sunday, but this can vary greatly by tournament. For high school teams, college showcases usually have one game each day from Friday through Sunday.

While tournaments involve time, expense, and travel, the club encourages parents to participate. Tournament play gives players a great deal of game experience in short order.

While typically a coach enters a tournament with an eye to winning it, often they also view it as a chance for a team to grow developmentally. This is particularly true in the fall when the team has just been assembled and the coach is still unsure about player roles. Because of this, don't be disappointed if your child's team is winless in a tournament; chances are the coach has a greater appreciation of his/her players after competing in the tournament.

When a team enters a tournament, Orlando City Soccer School Lake Nona tries hard to place the team in a bracket that has appropriate competition, neither too easy nor too hard. This always depends on what



other teams have chosen to participate in the tournament, and so can often be very tricky to accomplish. If your child's team goes 0-3 in a tournament, point out it is no reflection on them but that the competition they faced was high caliber.

**Please note: parents are responsible for the coach's travel expenses for all tournaments outside of the Orlando area, even when the club is covering the stipend. Typically, this includes meals, mileage/gas at the IRS rate, hotel room, plus air fare and car rental if applicable. See the chart on the next page. Parents do not have to cover the cost of travel to area tournaments.**

## ADDITIONAL TOURNAMENTS

Some teams may wish to participate in additional tournaments if the team's coach advocates it and enough families agree to participate. The costs of these additional tournaments (registration and coach stipend) must be covered by team families. Team managers must handle tournament registration and coordinate payments.

Tournaments with overnight stays, while involving more work and expense than a local tournament, can often be a memorable bonding experience for a team.

**Coach Coordination.** Orlando City Soccer School Lake Nona coaches will recommend additional tournaments if they feel the team will benefit.

If your team opts to compete in an additional tournament and your coach has more than one team, the other team can (a) go to the same tournament, (b) reschedule their game that weekend, or (c) line up a guest coach.

**Player Availability.** Once your coach has made a recommendation, check that you have players available to play. There will always be some with schedule conflicts. If you have the minimum to play plus 2-3 extras to serve as subs, you should be fine. You may also borrow players from other teams. It is the coach's responsibility to contact another team to get guest players for the tournament.

**Entry and Payment.** Registering for additional tournaments is easy. Most have online registration and you mail them a check or submit a credit card to complete the entry.

Whenever you enter a tournament, it is important to accurately describe your team's level. Generally, giving your league placement will suffice, but when in doubt, give more detail. Please make sure to work with your coach to make sure the team is placed appropriately. For developing teams, it is acceptable to ask for placement in the lowest bracket. You don't want to participate in a tournament where you get slaughtered in all three games or win each by wide margins.

Once you have submitted payment, add in the coaching payment that must be made (see below), and divide by the number of participating players: that's the amount to request from each participating family.

Note: If a family does not participate in a tournament, they do not have to pay the fee. If you invite a guest player to play, they do not have to pay the coach and tournament fees, either (though they are responsible for their own room and travel costs). So, divide fees between families of players on the team who will be participating. Also, if your coach has more than one team going to the tournament, the coach's travel expenses are split across all participating teams: coordinate with the other teams' managers.



**Coach Payment.** If a team chooses to participate in an additional tournament, the team is responsible for paying coaches a stipend. The compensation structure for parent-paid tournament involvement is listed below.

In addition, parents are responsible for the coach's travel expenses for all tournaments outside of the Orlando area, *even when the club is covering the stipend*. This includes meals, gas, hotel room, plus airfare and car rental if applicable.

Additional tournaments are a great way to increase the team and players' individual skills, so please encourage families to consider them.

Finally, while winning a tournament is exciting, it should not be your primary motivator. Going 1-1-1 is in some ways perfect because it means the team was evenly matched and saw a good variety of competition.

For away tournaments:

- All parents don't have to attend if rides can be arranged (encourage families to consider offering gas money).
- Parents and players will stay together.
- All players are to be under the supervision of an adult. Players cannot travel to tournaments on their own and stay at the hotel on their own.
- Work with the coach to arrange team meals and find a suitable restaurant, as well as consider other possible team outings.

## **RAINOOTS AND DELAYS**

Rain is almost inevitable at times during the season. Orlando City Soccer School Lake Nona adheres to XL SOCCER WORLD policy when it comes to precipitation. If lightning is detected, play is immediately ceased and players asked to take cover until the danger has cleared.

On a day of rain, if XL officials determine that play will be detrimental to the fields, they will ask that we move practice indoors or cancel games. Directors and the coaching staff also evaluate fields, and if they feel conditions are conducive to injury, they also may decide to shift training indoors or cancel games. Decisions to move practice are made as early as possible given weather forecasts, while decisions to cancel games are made on Saturday or Sunday morning, generally, or as weather dictates.



## CONTACT INFORMATION

### Primary Contacts:

- Erik Hort – Director of Coaching
  - a. Email: [erik@oclakenona.com](mailto:erik@oclakenona.com)
  - b. (312) 888 – 0525
  
- Rob Morton – Director of Operations
  - a. Email: [rob@oclakenona.com](mailto:rob@oclakenona.com)
  - b. 407.883.2720
  
- Greg Fernandes – Chief Operating Officer
  - c. Email: [greg@oclakenona.com](mailto:greg@oclakenona.com)
  - d. 407.538.1661

For any questions regarding your team's practices and games, please contact the coach directly.