

NRS Parent Information

Practice

- A. Be prepared
 - 1. arrive on field ready to start at practice time
 - 2. have your size ball, shin guards (will not be allowed to practice w/o), & water
 - 3. go to the bathroom prior to practice
 - 4. wear sport and weather appropriate clothing
 - 5. to help

Games Saturday – check www.soccer.org for game time schedule

- A. Arrive at field 20 minutes prior to game time
- B. Proper Uniform: home team = white and away team = red, always have both
 - 1. shin guards under socks, laces double knotted, shirts and strings tucked in
 - 2. no jewelry, all hair ties must be soft
 - 3. cold weather: sleeves, jackets, or sweats under uniform.
- C. Seating
 - 1. for the safety of the player, sit no closer than 2' (2 adult steps) to the playing field
 - 2. ref & coach are not to start game until area is safe, move when instructed to move
- D. Referee:
 - 1. be thankful and appreciative of the young officials time and effort
 - 2. are in charge of the game, can stop the game if instructions are not followed, or feel treated through verbal or physical intimidation.
- E. Pets: no animals per NRS and city regulations. Will be asked to leave.

Practice/Games

- A. Smoking: in-designated areas only per NRS and city regulation
- B. Be supportive and positive
 - 1. learning
 - 2. discipline
 - 3. errors
- C. Coaching: head and assistant (not parent)
 - 1. reduces confusion and frustration
 - 2. allows the child to make game decision (right or wrong)
 - 3. help child to listen to coach and referee
- D. Notification courtesy: Notify coach with message or note
 - 1. absent
 - 2. late
 - 3. leaving early
 - 4. leaving child: ask another parent to watch your child (per NRS/City coach cannot)
 - 5. special guest

General

- A. Team mom:
 - 1. phone list/snack rotation: no OJ/Sunny D (cramps stomach) verify allergies
 - 3. end of year party and awards if wanted(certIFICATE vs trophy).
- B. Picture Day _____
- C. Delay/Cancellations: posted on www.nrssoccer.org or sent an email to indicted address
- D. Inform. Chain: coach, age coordinator, coaching coordinator, board member
God bless our time with you and your families