

## **FUSC TRAVEL COACH'S GUIDELINES/EXPECTATIONS**

All individuals selected to coach a travel team for FUSC, have certain responsibilities and expectations that must be followed. They are the face of our organization especially when visiting other towns, and their actions represent FUSC on and off the field. The following is a general list of guidelines for all coaches to follow. For additional details please access the website at [FUSC.org](http://FUSC.org)

**BEHAVIOR:** We believe FUSC is a well-run, well-staffed organization that does a great job providing a quality product for our members. It is important that all club representatives display a professional and appropriate attitude at every game, practice, and activity. Always be courteous, obey the zero tolerance policy, be on time, and treat your team and your competition with respect. Make your opponents and their families envious of FUSC. Please refer to the MYSA coach's code of conduct available on the web, [FUSC.org](http://FUSC.org). Coaches should ask players /families to read, sign and return to you, their player/family code of conduct form prior to the first game, so that they are aware of the high standards expected from them. Forms are available on the web. Coaches and players displaying behavior considered to be detrimental to the club will face disciplinary action up to and including dismissal from FUSC.

**PRACTICE:** Travel teams will have a minimum of 2 practices a week, generally lasting between 75 to 90 minutes a session. Be prepared with a lesson plan at each and every practice. Be prepared to toss out a particular exercise that does not work. It is always better to have the players moving and completing a particular exercise correctly than making them continue something they can't seem to get. Combine conditioning training with skill training as often as possible. Team building exercises are always encouraged.

**TRAVEL TRYOUTS:** Travel coaches are required to attend, help plan and facilitate all three tryouts for their age division. Coaches are required to attend the post tryout selection meetings immediately following each tryout. Coaches are expected to provide additional player evaluations by attending spring games where players can be viewed in live game situations.

**STAFF:** Prior to the first game, travel coaches are expected to appoint at least one assistant coach and a team manger to handle team administration. The Coach, or an assigned representative by the coach, must attend the FUSC coaches meeting at the beginning of each season. By BAYS rule, all practices and games must be supervised by a coach or representative at least 18 years of age.

**EDUCATION:** Travel coaches are expected to hold MYSA licenses applicable to the age group they are coaching. FUSC will reimburse coaches for all class costs upon successful completion of the class. Appropriately licensed head coaches will receive a fee waiver for any of their own children playing on the team they coach. Please see the coach's reimbursement and refund form on the web, [FUSC.org](http://FUSC.org).

**TOURNAMENTS:** Travel teams are expected to participate in at least 1 tournament per season, fall, and spring. There is a list of available tournaments, catering to all age groups as well as skill level, on our web site. This list is updated annually. Tournaments offer a great opportunity for team building, both for players and families alike. In the spring, our organization hosts a Memorial Day Tournament, catering to Division 1, 2 and 3 teams. Participation in our tournament for our top teams in each age group is mandatory. Our tournament is our single biggest fundraising event, and we need all families to pitch in and volunteer some time. The success of

this event helps keep registration fees low for all our families. Teams participating in patch tournaments can purchase patches for \$1 each from the boosters club.

**INDOOR SESSIONS:** Although not mandatory, participation in at least one winter indoor sessions is expected. There are a number of indoor facilities within a close proximity to Framingham, including Teamworks in Northboro and Auburn, Forekicks in Marlboro and Norton, and Suburban Athletic Club in Framingham. There are also a number of futsal leagues in session during the winter months. In order for our teams to be competitive in the spring seasons, touches must be had during the winter for our players. Coaches not able to coach winter sessions should ask a team parent to place a team. These sessions are not a part of FUSC, and therefore, FUSC apparel is not mandatory. Alternate uniforms are acceptable, and do not need to be approved by FUSC during these sessions.

**UNIFORMS/APPAREL:** The FUSC standard board approved uniform/apparel is to be worn at all BAYS games and related events except as approved under the alternate uniform/apparel policy. All alternate uniforms/apparel (team jackets, etc) MUST be approved by the FUSC Board of Directors. The approved alternate uniform/apparel may be worn at all tournaments, during BAYS games where there is a color conflict that would require pinnies and for all indoor soccer games. Wheeler Cup participants must wear the standard FUSC uniform. Alternate uniforms/apparel must contain only the colors of the club and they must contain a reference to Framingham somewhere on the shirt. They do not need to have the FUSC logo. To get Board approval, the proposed uniform/apparel must be presented to the girls or boys director, for review at a scheduled Board Meeting.

**BAYS RESPONSIBILITIES:** Travel team coaches are expected to contact the opposing coach each Monday to confirm game time and location for the upcoming game. Home coaches should initiate the communication as a courtesy. Home coaches are also responsible for emailing game scores to the Section Captain assigned to your BAYS section within 24 hours of the games completion. Coaches must present a valid coaches card (with photo) and current season validation sticker and two copies of a signed roster to the center referee prior to each game. Coach's cards and validation stickers will be provided by the FUSC registrar. Cards can be utilized from year to year with new validation stickers affixed each fall. Coaches are responsible for affixing their own photo and getting their ID card laminated. Coaches of MTOC eligible teams (U12 and U14 BAYS, Div 1 & 2 teams) must obtain player pass cards for all players. Player pass cards never expire and can be used indefinitely. Pass cards must have player photos affixed and should be laminated. Validation stickers are not used on player cards. New pass cards will only be issued when old cards are not available from the prior year's coaches. Please contact previous coaches before requesting replacement cards from the Registrar.

**RULES:** Read and understand the rules of the game. (Available on our website)

**DISPUTES:** Travel coaches with concerns about the opposing teams players, parents, referee behavior or any related matter should contact the FUSC Girls or Boys Program Director, Referee Director and President. The FUSC president will escalate all issues to the BAYS office and oppositions club officers as needed. Please do not contact BAYS or the opposing organization directly.