

CARDINAL SOCCER CLUB



PARENT HANDBOOK
spring 2005

QUICK REFERENCE – SPRING 2005

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Training Center Hotline: 369-3357

Updated daily. Call to find out if weather conditions have affected training schedule.

Anderson Park District Field Status Hotline: 357-6629

Call to find out if league games are on as scheduled.

Cincinnati United Soccer League (CUSL) Website: www.cuslsoccer.org

Check bracketing and scheduling information; scores and standings; field directions.

Cardinal Website: www.cardinalsoccer.org

CUSL and GSE President

Jim Waldron: 474-5939. waldron@one.net

President of the Cardinal Soccer Club and Cardinal Competitive Board

Tony Dellecave: 474-0385. tony.dellecave@cinbell.com

Cardinal Competitive Board Members

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Age Group Coordinators

U8: Remy Yunker 528-1822

U9: Jim Rowe 753-6019

U10: Tom Colaner 231-1561

U11: Bill Besl 474-2458

U12: Sherry Ransbottom 528-7286

U13: Jeannie Koepfer 231-5494

U14: Linda Tilford 474-0375

U15, U16: Jeff Brokamp 474-3149

U17, U18: Jim Cook 233-9443

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MISSION OF THE CARDINAL SOCCER CLUB

To develop female athletes into world class soccer players and individuals of character by providing the highest quality training, coaching and soccer education, by leaders with national and international soccer knowledge, extensive playing backgrounds and the highest level of coaching credentials.

VISION OF THE CARDINAL SOCCER CLUB

The Cardinal Soccer Club (competitive program) is a division of The Girl's Southeast Cincinnati Soccer Club. The Club is known as the best girl's soccer club in greater Cincinnati as well as one of the top girls and women's programs in the country since 1977. The Girl's Southeast Cincinnati Soccer Club is known for its ability to create an environment where players of all skill levels can learn and enjoy the game in a neighborhood setting; for its ability to leverage the strength of its neighborhood program to create nationally competitive teams in all age groups. Our Cardinal Club teams excel in their respective league. Our Premier, A, B and C teams are competitive throughout their age groups as well. Cardinal teams routinely advance far into the State Cup Tournament, while advancing onto Regional cup and Final Four play annually. Our success is primarily due to our elite national and international training staff, which provides the best training available enabling us to attract and retain players and coaches.

Players seek to play for the Cardinals because we provide a place to optimize their abilities and skills, achieve great success on the field and have fun in the process. The Cardinal program encourages academic education and supports educating people of character while developing life long friendships. Cardinal players routinely make Regional ODP teams and are standout performers on their high school teams. Colleges and universities recruit Cardinal Players because of their soccer skills and knowledge, dedication, strong work ethic and strength of character.

Our teams are coached and trained by professional licensed trainers and our coaches are known and respected for their experience, training and their ability to build team and individual performance. The Cardinal Club encourages continuing education for coaches and trainers through licensing and mentoring programs.

Parents of Cardinal players are one of the Club's strongest assets, supportive of both their teams and the Club in general, involved as volunteers on boards, in committees and as general needs require. They are ambassadors of the Club, demonstrating support for their children and their teams and good sportsmanship under all circumstances.

The Club is known as a "good value" for its players, keeping costs low through a combination of expense control, leveraging of resources among teams and fund raising. Ability to pay is never an obstacle for a girl who makes one of our teams.

The Cardinal training complex enables multiple teams to train at the same time. Located in the communities we serve, our wholly owned facility is usable in all but the most challenging weather conditions.

CARDINAL SOCCER CLUB HISTORY

The Cardinal Soccer Club is the competitive division of GSE, the Girls Southeast Cincinnati Soccer Association. GSE was formed in 1970 and is one of the nation's largest soccer programs for girls. In 1977, the competitive teams of GSE were organized into the Cardinal Soccer Club. The success of the Cardinals has helped it grow to its current size of more than 30 teams from age groups U8 to U18.

In addition to developing thousands of skilled, focused, well-disciplined young athletes of character, our club is proud to have achieved the following accomplishments:

NATIONAL CUP RESULTS:

2 National Championships	1999 (U19), 1997 (U20)
3 National Runners Up	1997 (U17), 1996 (U17), 1994 (U17)
4 National 3 rd Place Finishes	1993 (U17), 1989 (open), 1987 (U16, U19)
2 National 4 th Place Finishes	1996 (U19), 1995 (U16)

REGIONAL CUP RESULTS:

19 Regional Championships	2000 (U13), 1999 (U19), 1997 (U17, U20), 1996 (U17, U19), 1995 (U16), 1994 (U17), 1989 (U12), 1988 (Open, U12, U15), 1987 (U16, U19), 1985 (U13), 1984 (U12), 1982 (U14), 1980 (U12), 1979 (U12)
6 Regional Finalists	1999 (U20, U23), 1998 (U19), 1989 (open), 1983 (U19), 1980 (U14)
11 Regional Semi-Finalists	2000 (U19), 1999 (U18), 1999 (U14), 1998 (U15, U19, U20), 1996 (U20), 1995 (U19), 1993 (U14), 1985 (U17), 1982 (U16)

STATE CUP RESULTS:

51 State Cup Championships since 1979
19 State Cup Finalists since 1980
10 State Cup Semi-Finalists since 1986

CARDINAL SOCCER CLUB STRUCTURE

The Director of Coaching is the professional leader of the Cardinals, responsible for all training, tryout, and tournament activities. He hires contract trainers and works closely with coaches and the Cardinal Board.

The Cardinal Board has both elected and appointed members, all of whom are current or former Cardinal parents. Board responsibilities are shared by six committees:

The Training Committee is responsible for the overall training philosophy of the Club and for the execution of that philosophy. This includes day to day responsibility for full time employees and contractors, as well as work needed to provide them with the support they need to train and support the teams.

The Coach Development Committee is responsible for the development of parent coaches in the Club, including recommendations to the Board regarding head coach candidates, coach training, mentoring new coaches, on-going coaches education, annual evaluations, and age group coordinators.

The Club Financial Operations Committee is responsible for the day to day financial operations of the Club, including the creation of annual and a three-year operating and capital budgets, the collection of team fees, handling employee contracts, and paying bills.

The Marketing Committee is responsible for all external communications from the Club, including the website. It also handles the major fundraising efforts of the Club, including the development of major sponsors.

The Club Administration Committee is responsible for the orderly management of the Club, including all mailing lists and rosters, and the content of Club communications to players and parents.

The Facilities and Equipment Committee is responsible for the management of our physical facilities and equipment, including field and equipment maintenance and uniforms.

CARDINAL COMPETITIVE BOARD MEMBER PROFILES

TONY DELLECAVE

President of the Cardinal Board and President of the Cardinal Soccer Club since 1995, Vice President of Girls Southeast Cincinnati Soccer Association, serves on the governing board of Cincinnati United Soccer League.

Soccer background: Head Cardinals coach, 1982-1983.

Personal: Lives in Anderson Township, married to Debbie, father of Nick, Adie, Matt and Eric. Employed as Director of Community Relations for Cincinnati Bell.

PAT FOREMAN

Board member since 1981, Operations Manager for the Cardinal Soccer Club.

Soccer background: Head Cardinals coach from 1994-2002.

Personal: Lives in Anderson Township, married to Bob, mother of Kim, Jodi, Ben and Sarah. Teacher/technology coordinator at Anderson High School.

JEANNIE KOEPFER

Board member since 1994, currently leader of the Coach Development Committee, uniform coordinator.

Soccer background: Director of Referees for CUSL, former Cardinals head coach.

Personal: Lives in Anderson Township, married to Chris, mother of Chris, Julie, Susie and David. Administrative Assistant at Summit Country Day.

JIM ROWE

Board member beginning in 2004.

Soccer background: Former Cardinals and recreational coach.

Personal: Lives in Batavia, married to Tracey, father of Katie, Sarah and Sam. Employed as Director of Purchasing for L'Oreal USA.

REMY YUNKER

Board member beginning in 2004.

Soccer background: Former Cardinals and recreational coach, grade 7 referee, referee assignor and field coordinator.

Personal: Lives in Union Township, married to Katherine, father of Nicole and Alison, employed as an analytical biochemist involved in pharmaceutical research.

TOM ST. MARTIN

Board member beginning in 2004, leader of the Training Committee.

Soccer background: Recreational coach for many years, Cardinals coach since 2002, former college and professional player.

Personal: Lives in Anderson Township, married to Marla, father of Chelsea and Alexis. Self-employed computer consultant.

MARTHA COLANER

Board member beginning in 2004.

Soccer background: Former recreational coach, Cardinals Coach since 2002.

Three daughters have played Cardinals soccer.

Personal: Lives in Anderson Township, married to Tom, mother of Katie, Erin and Regan. Employed as a special ed aide at Wilson Elementary School.

CARDINAL SOCCER CLUB TRAINING STAFF

JON PICKUP – DIRECTOR OF COACHING U8-U18

UEFA Preliminary coaching license

NSCAA Premier Diploma

USSF A license

USSF Youth license

UEFA B license

Coaching experience

2002-2003 A-league Pro Stand-in Head Coach/Team trainer, Cincinnati Riverhawks

1999-2002 Player Development Coordinator U11-14 boys Cincinnati Classics/Hammer.

1999-2001 2nd Assistant, University of Cincinnati, Men's soccer

1998-2001 Camp Director, Indiana Blast Pro soccer camps

1994-1996 Camp Director, Columbus Xoggz Pro soccer camps.

Professional playing experience

2004 – present, Cincinnati Kings Professional outdoor team Head Coach/Player

2004 – present, Cincinnati excite Professional indoor team

2003 – 2004 Indiana Blast (A-league, USA)

2001-2003 Cincinnati Riverhawks (A-league, USA)

1998-2001 Indiana Blast (A-league, USA)

1996-1998 Foshan FC (1st Division, China)

1995-1996 Wigan Athletic (3rd Division, England)

1994-1995 Chester City (3rd Division, England)

1994-1996 Columbus Xoggz (A-league, USA) “Summers”

1990-1993 Blackburn Rovers FC (Premier League, England)

1989-1990 U16 England National Team

GREG BERNING – ASSISTANT DIRECTOR OF COACHING U8 – U10

USSF Goalkeeper License

USSF B License

USSF National Youth License

Coaching experience

Cardinal trainer since 1993

1994 – Head Coach, Team Cincinnati

1994 – Director of Goalkeepers, Team Cincinnati

Present – Director of Goalkeepers, Cardinals

Playing experience

1994 – 1995 Pro GK, Cincinnati Cheetahs (A-league)

PAULETTE RUMPKE – ASSISTANT DIRECTOR OF COACHING U11 – U14

USSF B license

Coaching experience

Cardinal trainer since 1996

High School and Club camp trainer

Playing experience

2002 – present TC Stars (W2 league)

University of Cincinnati:

Rookie of the Year in Conference

Twice Conference Player of the Year

Twice Conference Tournament MVP
NCAA College Ranking – 1st Team
Senior year awarded the Helen Norman Smith Award: Best Female Athlete
Attended a National Training Camp in San Antonio, TX
1995 - 1997 Columbus Ziggs (W2 league)
Club: 1993 U19 National Champions (MVP of Tournament)

SIMON LOWEY – COACH, TRAINER

Coaching experience

4 yrs summer camps at University of Rio Grande
4 yrs summer camps for Cincinnati Riverhawks
3 yrs trainer, Sycamore Arsenal
2 yrs trainer, LSO

Playing experience

2004 – present, Cincinnati Excite Professional indoor soccer team
1998 – 2002 Cincinnati Riverhawks
1994 – 1998 University of Rio Grande, OH
1992 – 1994 Burnley FC (England Div 1)

LUIGI OLIVERIO – COACH, TRAINER, GOALKEEPER TRAINER

U8 – U13 Goalkeeper Trainer
NSCAA Goalkeeping Diploma
USSF E License

Coaching experience

1996 – present, ODP Ohio staff coach
2001 – 2002 Pro GK Coach, Cincinnati Riverhawks (A-league)
1998 – 2001 Select soccer coach and GK coach for various clubs

Playing experience

2001 – 2002 Pro GK, Cincinnati Riverhawks
1994 – 1996 Semi Pro for AS Castrovillari (Serie D, Italy)
1990 – 1993 Semi Pro for SS Fucaldo (Italy)

TROY COCKRUM – COACH, TRAINER

USSF C License

Coaching experience

2000 – 2002 Head Coach, Cincinnati Classics U12 – U14 Boys
1999 – Asst. Boys Coach, Evansville Central High School
1998 – 1999 SWISA (Southwest Indiana Soccer Assn) U17 Girls Coach
1998 Head Boys Coach, New Harmony High School
1997 – Head Girls Coach, U17 Evansville Premier (IN)
1995 – 1998 Asst Girls Coach, Evansville Bosse High School
1993 – 1995 Head Girls Coach, Evansville Mater Dei High School

Playing experience

University of Evansville, IN
Harlaxton College, Grantham, England
ODP Indiana U15, U16, U17

CRAIG YACKS – COACH, TRAINER

Coaching experience

1997 – present, Various select soccer programs throughout Cincinnati

Playing experience

2004 – present, Cincinnati Excite Professional indoor soccer team

1997 – 2003 Cincinnati Riverhawks (4 time USL “Player of the Week”)

2000 – 2001 El Paso Patriots – El Paso TX

1999 – 2000 Columbus Crew

1994 – 1998 Yale University

1992 – 1993 U17 National Team

AMY RIEF DUNLAP – COACH, TRAINER

USSF A license

NSCAA Advanced National Diploma

Coaching experience

1999 – Present, Girls Varsity Head Coach, Indian Hill High School

1999 – 1993 Cincinnati United Premier Head Coach

1999 – 2000 ODP District Head Coach

1995 – 1999 Girls Junior Varsity Head Coach, Indian Hill High School

Playing experience

University of Virginia (NSCAA Final Four) – top 10 National ranking all 4 years

1995 – 1999 Cardinal player

MIKE MEYER – COACH, TRAINER

USSF C license

Coaching experience

2000 – Present, Asst Men’s Soccer Coach, Northern Kentucky University

2000 – present, Cardinal trainer

1997 – 2002 Select soccer coach for various clubs in Cincinnati and Kentucky

Playing experience

Wilmington College, 4-year starter

1997 – 1999 Pro player, Cincinnati Riverhawks (A-league)

SCOTT CAGLE – COACH, TRAINER

NSCAA Advanced Regional Diploma

USSF D License

Coaching experience

2000 – present, Head Coach, Summit Country Day High School

2000 – 2001 Select soccer coach for various Cincinnati Clubs

1999 – 2000 ODP Ohio staff coach

1995 – 2000 Head Coach Taylor High School

Playing experience

Ohio State University

Cincinnati Amateur League

JOHN VALLINDINGHAM – COACH, TRAINER

NSCAA Regional License

USSF C License

Coaching experience

1986 – 2003 Select soccer coach for various clubs

1986 – 2003 Numerous high school and Club soccer camps

2001 – 2002 ODP Ohio staff coach

1992 – 1998 ODP Kentucky staff coach

1996 – 1997 Grant County High School coach (KY)

Playing experience

10 years recreational

GREG DEUTSCH – U14-U18 GOALKEEPER TRAINER

NSCAA National Diploma

USSF C license

Coaching experience

1985 – Present, “Greg Deutsch” GK camps

1982 – Present, Select soccer coach for clubs in Cincinnati

1994 – 1996 Pro GK coach, Cincinnati Cheetahs (A-league)

Playing experience

University of Florida

Professional player with the St. Louis Steamers (Indoor Soccer)

CARDINAL SOCCER CLUB COACHES

Qualifications and selection process

The Cardinal Soccer Club maintains a high standard for coaches, with the expectation that they will continually develop personal knowledge and coaching skills. Coaches attend license clinics, work with trainers, read, attend lectures and watch tapes. (Information on license clinics can be found on the Ohio South website, www.osysa.com.) In addition, coaches must demonstrate interest and ability in team management and good communication with parents. Coaches keep the experience fun and competitive by interacting with players in a positive and instructive manner. A complete list of Cardinal Coaches and their contact information can be found on the Cardinals website, www.cardinalsoccer.org.

To become the head coach of a Cardinals team, prospective coaches go through an application process that includes filling out a competitive coach volunteer form and interviewing with the Competitive Board and Director of Coaching. Qualified applicants are then invited to help with try-outs. Once tryouts are completed, the training staff forms rosters and appoints coaches. If more than one applicant has a daughter assigned to the same team, the best candidate will earn the coach position. Premier teams from U11 and older are coached by a paid coach/trainer rather than a parent coach.

Parent coach v trainer coach (as explained by Jon Pickup, Director of Coaching)
The relationship between player and coach is paramount to the success of the individual and team.

During the very early stages of development (U8-U10), trainers are employed to work with our players/teams during their weekly practice. Training, and the level of training at this very early stage is key to the success of the players' development in the years to come. Game day analysis, key substitutions and man management of the players on game day takes second place to training, therefore exceptional knowledge is not required for the head coach position. Our teams are designated the most qualified parent to coach the team on game days, lead their own practice once a week, and work alongside the Cardinal trainer on a weekly basis. Our trainers will also be present at games from time to time, as will our full time staff.

After our players complete their first year with the club, they are once again divided into teams and are selected Premier level down. Training with the club remains once a week at U9 and is increased to two session per week at U10.

Once our players reach U11, a paid coach and trainer is employed for our Premier teams. This individual has a responsibility to the age group – first and foremost as Head Coach of our Premier team, and secondly as a trainer of our 2nd, 3rd and 4th teams. Training for our Premier team is now increased to 3 training sessions per week, once with our full time staff and twice with their paid coach. All other teams below our Premier continue with a parent coach, and receive two training sessions per week from the Club.

The main reason for switching from a parent coach to a paid coach is the increased time commitment and level of soccer knowledge that is needed at the highest level. However, a parent assistant will be working alongside our paid coaches to help in the development and overall success of the players and team.

With the combination of both parent and trainer coach on the sidelines, I feel we have reached the perfect combination, combining soccer knowledge and a passion for the game, alongside the obvious parenting skills our trainer coaches may not possess in relating to our younger players.

CARDINAL SOCCER CLUB TRAINING

The Cardinal training staff is the best in the Cincinnati area, with trainers from England, Italy and the USA. The knowledge and cultural differences they bring to games and training sessions are invaluable. In addition, this diverse staff brings with them over 40 years of professional playing experience and the highest coaching credentials possible.

Training is carefully tailored to meet the developmental needs of players at every age group:

U8s and U9s do not understand the concept of team play, so most training sessions are geared towards individual skills and ball control. The goal is to develop very technical, individual players with the ability to dribble at opponents with confidence.

U10s and U11s understand the team concept, and with players' added strength and awareness, real soccer begins to happen. Individual skill is still important, but teamwork and small group activities need developing. Different types of passing are introduced, and heading becomes a factor. Leaders begin to emerge on the field.

U12s to U14s have acquired the basic tools of a good soccer player. Individual positions have been narrowed down, and players understand their role on the team. This is a direct result of playing multiple positions in their early developmental seasons. The girls have reached a physical and psychological maturity level that allows the game to be taken to the next level, with tactics now requiring 6 to 8 players. Set plays also become a factor. By the time our players head off to play High School soccer, they have become skilled, competitive and free-thinking players with the ability to adapt and problem solve on their own.

U15s and above typically play High School soccer in the fall and Cardinal select soccer in the spring. Competition is intense in training and games, and our players are expected to demonstrate a high level of commitment to soccer. Tactical training becomes even more complex, taking the physical demands of our athletes to a much higher level. Winning becomes important as our players reach the age of 16/17. College coaches and scholarships become a focal point of our players, and winning teams attract attention from college programs.

SPECIFICS – WHAT TAKES PLACE AT CARDINAL TRAINING

Here is what is involved in a typical training session:

Warm up: (15-20 minutes)

A good warm-up is the building block to every good practice, resulting in players mentally and physically ready to play. Warm-ups will always involve the ball, revolving around fun activities, while working on various game concepts. Stretching at an early age, although not really needed, is performed before each practice. The concept of stretching needs to become second nature to our players and will prevent many injuries as they mature. The activities become more complex and intense as players mature.

Skill work: (15-20 minutes)

Depending on the age, this is an area that will be used as a major part of training, and will be prolonged, or as a warm-up to training depending on the age and level of the player. Repetition of the same skill will be repeated over and over again in order for our players to master the skill.

Topic/Concept of the day: (25-40 minutes)

The two previous stages of the training session should have involved some aspect of the Topic of the day. However, some days this may vary and the beginning 10-15 minutes of this time slot would be a basic concept of what the team will eventually get to. Depending on the amount of skill work the team is doing will depend on the time allotted to this area of the training session.

Game (for duration of practice; minimum 15 minutes)

Depending on the age of the team, the topic of the day may have involved normal game play with restrictions. However, the last portion of training should be for the players. All that is required is effort. The game should be open for our players to enjoy themselves in a coach-free environment.

At the start of each season, coaches are handed a curriculum by the Club, and their goal is to teach the players what they need to know. Therefore, as parents you may question from time to time why the things that went wrong on the field are not necessarily the things we work on at training. Remember that this is a progression for your child and that her overall development and understanding of the game is what is important.

CARDINAL TRAINING CENTER INFORMATION, WINTER TRAINING AND ACCELERATION TRAINING

The Cardinal Training Center in Amelia is a wholly owned, lighted, 14-acre facility with space for four teams to train at a time. It is located at the corner of Clough Pike and Amelia-Olive Branch Road.

Directions:

From Anderson Township, take Clough Pike all the way to the training center – it is 5.8 miles from the intersection of Clough and 8 Mile Road. (Once you pass the stop sign at Shayler Rd, you must take a left .3 miles further to stay on Clough. There is a small sign indicating that Clough turns left, but you have to watch for it.)

From 275, exit onto Route 32 East. Go 3.2 miles (past the Jeff Wyler car dealership on the right) and exit at the Olive Branch Stonelick Road. Go down the ramp and take a right at the stop sign. Go .7 miles to the end. At the stop sign go left onto old State Route 74 for .1 mile. Take a right onto Amelia Love Branch Road. Stay on this road for 1/6 miles to the next light, Clough Pike. Go left onto Clough, and take the first right into the parking lot.

Town & Country Sports Complex, Wilder KY

Our U11 through U18 teams have the capability to train outdoors from November through February, on T & C's all-season turf, and indoors as well. Winter training schedules vary according to the needs of the age group. Older age groups begin training shortly after the high school season ends, for example, while U11s don't begin until January. Outdoor training is cancelled in case of extreme winter weather conditions. Be sure to check the Training Center Hotline (369-3357) for updates.

Directions:

Town & Country is located right off I-275 and the AA Highway at the Wilder Exit.

Winter Indoor Training for U8s to U10s takes place once a week in January and February, at Eastside Sports on Ohio Pike in Withamsville (next to St. Thomas More Church.)

Team Acceleration Training takes place in January and February at Tekulve Acceleration Training, located at Fitworks on Beechmont Avenue in Anderson Township. There are 10 sessions, designed to improve speed, endurance, strength, balance and coordination. This is an optional program, specifically designed for Cardinal soccer players, that many teams choose to take advantage of.

TRYOUTS

Frequency

Tryouts take place late spring/early summer for the upcoming fall season. We also hold tryouts at this time for our high school players for the following spring season. In the fall, some age groups have tryouts and some don't, depending on the needs of the age group. Ohio South rules prohibit players from being dropped from teams in the fall, and only three roster changes are permitted. Tryout dates are posted on the website, www.cardinalsoccer.org.

How tryouts work

The Director of Coaching and his staff run tryouts, with Cardinal coaches there to assist. While players are encouraged to compete vigorously and do their best, the atmosphere on the field is positive and encouraging. Once they have registered, players go through a thorough warm up and then perform a series of drills and small-sided games. All trainers and coaches help evaluate each player, but the Director of Coaching and Associate Directors put together the rosters. Coaches make phone calls inviting players on teams within 2-3 days of the final tryout session. The player and parents have 24 hours to respond to the invitation, after which time the club must move on to the next player in line.

Player movement between teams

The ultimate goal of the club is to develop players to their fullest potential. Each player will be placed in an environment to maximize learning and development. This means that player movement between teams is inevitable, because at different stages of their development, girls will benefit from different levels of speed and intensity. Regardless of placement, every Cardinal Soccer player is guaranteed top-notch training.

The following is a rough guide as to what Premier to 4th teams are all about:

Cardinal Premier teams consist of the best of the best. Soccer is the main sport for these athletes, and college scholarships are a main focus at U15 and above.

Cardinal 2nd teams are for players that want the same rewards from the game as the premier player. Player development, athleticism and skill level may determine why the player is placed on the 2nd team. A player's goal at this level is to become a premier player.

Cardinal 3rd teams are a great place for the talented recreational player. Players at this level need to work on developing stronger overall soccer skills. The team tends to be split between girls that are working towards becoming 2nd and premier level players and girls with stronger skills than 4th team players.

Cardinal 4th teams are for players who find recreational soccer too easy, or simply would like to develop as a player. This is a great step up from the recreational program, offering players the opportunity to train with and compete against players with similar soccer goals.

PLAYING TIME GUIDELINES

The following document, written by our Director of Coaching Jon Pickup, is given to Cardinal coaches and trainers to guide their handling of playing time issues.

Playing time:

Over the last several years the one question that never seems to disappear is the concern from parents and players regarding “playing time.” The preconceived notion that by paying a club fee gives the player and family guaranteed playing time is unrealistic.

What the club can guarantee is the most qualified training staff and player development opportunities within Cincinnati. It is therefore up to the individual, and family, to take advantage of these opportunities and use them to their best interest.

Multi sport athletes are encouraged within the club, especially at the early stages of their development. As our players mature, the demands of soccer become greater, and although we still encourage our athletes to play multiple sports, individual sacrifices and a dedication to the program become a priority to the team and coach. Therefore, it is very important that we understand a player’s priority when a conflict arises with our training night or game. Attendance at team practice and games is essential. We do however, under the right circumstances allow our multi sport athletes to make up their missed training night with another team. This scenario is not the norm, and requires individual guidance from the club in every case.

At U9 our players are selected Premier and down, creating more competitive teams within the CUSL league and on a level with the other local soccer clubs. The 8v8 game will now see our top 2 or 3 players on the team playing the majority of the game, with the other girls rotating in and out of the game as the coach sees necessary. As our players mature and enter the 11v11 game, time spent on the field will increase, as will the number of players playing the majority of the game. However, all players will see the field, and playing time should not be an issue.

During the early stages of a player’s development (U8-U10), time on the field is essential. Therefore, the demands and expectations of the players and family are far less than that of an older player. In order to create the right attitude and environment to maximize learning, certain guidelines and rules need to be in place.

It is no longer good enough to just show up when you want, give a mediocre effort and expect to play at the weekend. We, as coaches and trainers need to demand more from our players and parents. Missing practice or giving a poor effort should all affect the amount of playing time a player receives.

Therefore, I ask that each coach follow this simple rule regarding playing time:

Missed practice (U8-10):

At this age I believe effort, a willingness to learn, (not necessarily improve,) should provide a player with the same opportunities as any to play at the weekend. If a player misses a practice then the only rule should be that they do not start the

game. Rewarding the players that show up for practice is still vital to creating the right learning environment.

Player development at this age is our only goal. Therefore, player rotation/positions within the field are essential to the overall knowledge and understanding of the game. However, constant substitutions and player rotation within the game helps nobody. Players need to have time on the field and learn not only from their success, but from their own mistakes.

Other factors that need to be taken into consideration are squad size, fitness of the players, role-playing and the impact an individual has within the game. Some players will always play more than others. However, during this early learning phase, playing time, the success of the individual and keeping the interest of the players and parents is vital.

Missed practice (U11-18):

“For every missed practice a player will be guaranteed to miss 1/3 of a game.” Education and religion will be the only exceptions to the rule. Conflicts with other sports, and I highly recommend our players to participate in all sports, must follow the same rules.

Obviously situations will arise throughout the season regarding players missing practice for reasons other than those stated above. Therefore, I ask that you use your own discretion, but at the same time take into consideration the rest of the playing squad. Your decision however **must not** be influenced by the importance of the up coming game.

Participation at practice is vital to the success of your team and to the club.

Inevitably all players attend practices, put forth 100% effort, and leave knowing they stand the very best chance of starting the game at the weekend. As a coach, your training environment has now been created. Players arrive early to warm up, they become focused, and their attitude towards practice is exceptional.

All that remains is your decision as to who starts the game. Given the above scenario it all comes down to the level of skill an individual possesses. However, this is not an ideal world; players will not always give 100% therefore making your decisions much easier.

Other factors that need to be taken into consideration are squad size, fitness of the players, role-playing and the impact an individual has within the game. As teams reach maturity the more relevant this becomes!

Conclusion

Analyzing the information above is quite simple. The burden now becomes the players. More responsibility has been placed on the individual. This creates a more controlled working environment from which a player knows they can be rewarded for their efforts. Players will start to demand that their own team mates show up for practice and give 100%, because inevitable, a player's lack of attendance or effort affects the other players around her. Team chemistry begins to blossom.

SOCCER LEAGUE STRUCTURE

Ohio South Youth Soccer Association

OSYSA is a non-profit organization that governs and promotes recreational and competitive youth soccer programs. It is affiliated with US Youth Soccer and US Soccer. Visit the Ohio South website, www.osysa.com, for information on leagues and tournaments, camps and clinics, the State Cup and Olympic Development Programs, and more.

Cincinnati United Soccer League

CUSL is the main competitive soccer league in the greater Cincinnati area, with the Cardinals and other top clubs as members. Teams are organized into brackets based on their win-loss record season by season. The top teams compete in the Premier Division; the next tier is Competitive 1 (C-1); followed by Competitive 2 (C-2), and so forth. For detailed information, visit the CUSL website, www.cuslsoccer.org.

Buckeye Premier Youth Soccer League

This league is for upper echelon teams U15 and older. Top teams from the Cincinnati, Dayton and Columbus areas compete in the Buckeye Premier League, and college coaches recruit from this league. Visit www.buckeyepremier.com for further information.

Greater Cincinnati Eight

The GC 8 is a recreational league operated by Girls Southeast Cincinnati Soccer Association. The GC 8 provides an opportunity for U8 teams to compete against one another in the spring, one season before they are eligible to join a competitive league. Many of the CUSL member clubs participate in the GC 8. The GSE website, www.gsesoccer.org provides registration information and details about the league.

TOURNAMENTS

In addition to league games, all Cardinal teams play in sanctioned tournaments during the season. Some tournaments are local, and some require travel. On average, each team will compete in two or three tournaments per season. The younger age groups and 3rd and 4th teams have a far less committed tournament schedule. Our Director of Coaching recommends the best tournaments for our teams to attend, sending our Premiere and A teams to the most competitive tournaments, and our B and C teams to tournaments best suited to their level of play.

Our U11 and up Premier and A teams typically compete in the State Cup Tournament, which is held during the spring season over a number of weeks. State Cup winners from the Ohio South region go on to compete for the regional championship, and regional winners compete for the national title.

Our club hosts the adidas Cardinal Cup tournament, played on the outstanding fields at Clear Creek Park in Newtown. This is a pre-season fall tournament, offering U9 to U14 Premier through C level girls teams an opportunity to raise fitness and fine-tune team play before league games begin. Visit www.cardinalsoccer.org for more information.

Our club also co-hosts the spring Ohio Buckeye Showcase tournament for boys and girls U17 teams. Showcase tournaments are designed to display talent to college coaches.

You can learn more about other sanctioned tournaments and State Cup on the Ohio South website, www.osysa.com. In addition, there are links to other states' websites and tournament information.

UNIFORMS

Cardinal teams are recognizable by their red and white uniforms, which proudly display the Cardinal logo and two gold stars, signifying our two national championships. Adidas is the official supplier of the Cardinal Soccer Club, which allows us to purchase world-class uniforms at a discounted price. Our U8 through U10 teams wear uniform t-shirts instead of jerseys to keep the cost at a minimum for these young, fast-growing players.

In addition to the Cardinal uniforms, teams and individual players may opt to buy warm-ups and team bags or backpacks, also supplied by Adidas at a discounted price. Many teams benefit from the generosity of corporate sponsors, who contribute to the cost of these items or purchase them outright. It is up to the coach or a parent on the team to secure such sponsorships. Some teams hold fundraisers specifically to offset the cost of these extra items.

PARENT VOLUNTEERING

Team Opportunities

Every coach needs the help of many parents to manage the team successfully and free up his or her time to focus on coaching the players. Key volunteer positions include assistant coach, team manager, and treasurer. Coaches also need parents to help with uniform ordering, tournament logistics, and taking responsibility for nets. Parents also help with party and special-event planning, maintaining the team tent or banner, and coordinating fundraising. Many Cardinal teams have websites, with a parent volunteer maintaining the site. Different coaches have different needs and expectations from parent volunteers, but the bottom line is ... when your daughter joins a Cardinal team, you become part of the team as well!

Club Opportunities

The Cardinal Soccer Club welcomes parents, relies on parents, and enthusiastically encourages MORE parents to get involved with the running of the club. Opportunities abound at the board level on each of the committees: Training, Coach Development, Club Financial Operations, Marketing, Club Administration, and Facilities and Equipment. For a brief overview of the work of these committees, refer to the Club Structure overview on page 5. Or you may contact your coach, age group coordinator or any of the board members, who are listed on the Quick Reference page at the front of this manual.

Bingo

To help reduce the cost of Cardinal soccer, GSE operates Bingo on Monday nights at American Legion Post 72 on Old State Rte 74 in Mt. Carmel. Teams are required to supply volunteers to help staff bingo, and in return, the volunteers earn credits that can be applied to their team fees. Teams are normally assigned one bingo rotation (two consecutive Monday nights) each year. Parents who wish to offset fees to a greater degree can sign up to work bingo on a regular basis.

CODE OF ETHICS & CONDUCT

SOCCER BELONGS TO THE PLAYERS ...

Coaches and parents must understand this and put the welfare of the players and game ahead of their personal desires.

Coaches, players and team supports must never place the value of winning above the safety and welfare of the players. Winning should be the result of thorough preparation and team discipline.

The Laws of Soccer are written to insure continuous flow of action, while protecting the safety of the players. Coaches must be familiar with the Laws of Soccer and the rules of play. Coaches shall insure that players understand them and adhere to both their letter and spirit.

Advantage shall never be sought deliberately violating the Laws of Soccer, nor by engaging in unsportsmanlike behavior. Coaches shall not tolerate unsportsmanlike behavior by members of their team toward opponents, officials or spectators – regardless of the situation.

Coaches and parents have an obligation to teach good sportsmanship by both word and example.

Players should treat the players on other teams in a friendly and courteous manner, and in the same way that they would like opposing players to treat them.

Coaches are responsible for the behavior of their team and supporters at the field.

Coaches should be as inconspicuous as possible during the game. Corrective instructions should be given during practice. During a game, instructions should be limited to players on the side line.

Game decisions by officials may not be questioned. Public or private criticism of officials by coaches, players or spectators is not permitted. Coaches should maintain a controlled undemonstrative attitude toward officials.

DEALING WITH CONFLICT

From time to time, for many different reasons, conflicts will arise within a team. Almost always, the first thing to do when a difficult situation comes up is talk to the coach directly. It is best to call, email, or approach the coach away from a game situation. Parents are encouraged to ask direct questions and be willing to work through the solutions that are agreed to by both parent and coach. If you cannot come to a resolution with the coach, the next step is to contact your age group coordinator, who is available to mediate. (For a list of age group coordinators, refer to the Quick Reference page at the front of this manual.) If you have a concern about training, you should contact your daughter's trainer.

Our Club encourages its coaches to develop a successful and open line of communication between coach, parents and players. Clear, honest and timely interchanges help to build working relationships and an understanding of expectations for successful team and player development. Here are some guidelines and principles to ensure positive communication on the team:

An open communication policy should be established by the head coach. Expectations and guidelines should be provided for both formal (e.g. player evaluations and team meetings) and informal communications (e.g. how he/she prefers to be contacted -- phone, email, etc.)

Communication must be a "two way street" in order to be successful. Coaches and parents must be willing to openly discuss sensitive issues such as player discipline, development and movement.

Parents must receive information from the coach about his/her child in the spirit in which it is given.

The Club requests that parents receive feedback about their player's performance with an open mind and take an interest in working with the coach for the betterment of the player. Parents reacting negatively to honest communication could make future communication more difficult for all parties.

Parents and coaches should be positive in all interactions with the girls. Positive motivation and reinforcement brings out the best in everyone, and coaches and parents must remember that soccer should be a positive learning experience. No player goes into a game expecting or attempting to fail! Enthusiastic, positive coaches and parents can significantly boost a team's performance.

US WOMEN'S NATIONAL TEAMS PROGRAM POSITION STATEMENT

'Playing to Develop' versus 'Playing to Win'

'Learning versus Winning'

Issue

In youth soccer circles today, an over emphasis is being placed on winning. It stems from social pressure in America where we are expected to be the best in everything. We glorify winning and first place finishers. The emphasis in sports on 'winning' is out of balance. Witness the increase in violence at youth athletic events. In sport, we are obsessed with the 'outcome' rather than the 'process.' As long as we win, we are happy. We evaluate coaches only on their win-loss record. What about enjoyment of the process, the journey, the experience and its ultimate influence on us as people, coaches and athletes? What about evaluating coaches on the improvement, growth and development of their players? After all, we can't control the outcome, but we can control the process.

Recommendations

Admit that we're obsessed with winning. When Suzie comes home after her game, the first thing we ask is did she win and the second thing is did she score a goal? Reframe the way we look at sport. Suzie, "how was the game today? Did you have fun? Did your team play well? How did you play? Did you do some of the new things the coach asked you to try? Are you hungry?"

In youth soccer, the priority for coaches and players should be on individual player development and learning. Set age and ability specific technical, tactical, psychological, and physical goals to aid in optimizing player development. This will provide coaches a framework and structure to follow. These goals also provide an alternative for coaches and parents to measure achievement and development of their players. For under 14 and younger, the primary objective of game participation and training is to provide the players with learning opportunities. Teams should "strive to win," but this should not be the focus of any training sessions, half-time talks or player motivations.

At the age of 14 and above, careful consideration needs to be placed on balancing instances where in addition to developing as individuals and a team, finding ways to 'win' also becomes part of the overall objective. One of the biggest obstacles in women's athletics is that young girls are socialized not to be competitive. **By all means, 'teach players to compete, to compete hard, to compete to win, but don't have winning be the only measure of success.'** Choose which tournaments and games are to be played to 'learn,' and which are to be played to 'win.' It is not in the best interest of the players' development to have a schedule where the sole purpose for participation is 'winning.' Individual and team improvement and peak performance should be the measure of achievement, rather than winning or losing.

It should be noted that while the US Women's National Team steps on the field prepared to win every game and every tournament, there are only two tournaments (every four years) that we play with the sole purpose of 'winning,' the Olympics and the Women's World Cup.

At 16 years of age and below, players should be encouraged to play different positions on the field. This will allow for a greater understanding of the game.

Coaches should attempt to have players play for an extended period of time. The players are thus asked to solve their own problems on the field instead of having the coach make substitutions in order to solve the problem for them. Unlike most American sports, "soccer is a players game," not a coaches game. Substitutions allow for all players to play and will speed development for a greater number of players. The coach should decide before the game or tournament what the philosophy will be regarding substitutions – then stick to it.

The system and style that the coach selects should be based on matching the skill and abilities of the players and not to achieve a 'win.' Exposing players to various systems and styles of play offers a tremendous opportunity to learn.

Care must be taken at the younger levels (U16) to select players based on their soccer abilities and not on their strength or size. It is tempting to use the bigger, earlier maturing players to help you win games this year. If our aim as coaches is to develop players and teams to advance to the next level, we must be mindful of a smaller players 'potential' to be a better player in a year or two.

Lastly, player, parent, and administrator education is vital. Through communication and explanation of long term goals and rewards a coach must bring all parties to a consensus in support of this developmental philosophy. In order for these ideas to work properly, the coach must demonstrate his/her ability to develop players and teams. 'Winning' is not a measurement of coaching success. The technical and tactical ability of the player, player and team improvement during the course of a season, player and team satisfaction, and player matriculation are the best yardsticks for success.

Rationale

With sound technical, tactical, physical and psychological skills encouraged through a 'process' oriented philosophy, players will develop the necessary tools to maximize their potential. A thoughtful plan based on the level and needs of the players significantly increases the rate of retention, improvement, and enjoyment.

"There are many people, particularly in sports who think that success and excellence are the same thing and they are not the same thing. Excellence is something that is lasting and dependable and largely within a person's control. In contrast, success is perishable and is often outside our control.... If you strive for excellence, you will probably be successful eventually ... people who put excellence in first place have the patience to end up with success An additional burden for the victim of the success mentality is that he/she is threatened by the success of others and resents real excellence. In contrast, the person fascinated by quality is excited when he/she sees it in others."

Joe Paterno – Penn State Football Coach – 1990