

# TEAM MANAGERS GUIDE







## What does 90+ mean?

90, the standard amount of minutes in a soccer game, represents a “story”; a defined moment in time that has a beginning and end, highs and lows and in ways is a microcosm of life. The + (plus) stands for the “added time” that is acknowledged at the end of each half. This extra time has been woven into the game to make up for wasted time or moments when the game had setbacks or interruptions. Our desire is to use the added time to invest and add (plus) to the story of each young person that is a part of our project.

## Purpose

The 90+ project believes soccer can play an essential role in promoting the physical, mental and emotional development, welfare and recreation of youth. Our passion is to use the beautiful game and the power of mentoring to foster a spirit of community, promote and develop character, sportsmanship, and service and to enable under-resourced urban youth to reach their fullest intellectual and athletic potential — regardless of economic background.

## Mission Statement

The 90+ project exists to mentor under-resourced urban youth by fostering holistic development through the sport of soccer.



# GENERAL INFORMATION & CONTACTS

**90+ Project Office**  
**518 West 3rd Ave.**  
**Spokane, WA 99201**

**Website: [www.90plusproject.org](http://www.90plusproject.org)**

**Facebook @90PlusProject**

**Instagram @90PlusProject**

## Staff and Board 2023/24

Board and Staff consists of the following:

Board of Directors:

Chad Dashiell, Harry Daniels-Shatz, Jeff Lochhead, Krista Crotty, Matt Kinder, Nicole Wittwer, Russ Davis

Staff:

Mackenzie Sherstad: admin / registrar

Matt Kinder: coaching development coordinator

Russ Davis: executive director and co-founder

Stefan Andersson: 90+ league director, 90+ programming and professional “Yeller”

## Thank you!

Thank you so much for volunteering for the important role of Team Manager. Your role as a facilitator on your player’s team is essential in helping the team reach its fullest potential.

In addition, it takes the support of our entire 90+ community to make sure that every team and every player who wears the 90+ Project jersey grows as an individual and player, makes life long memories, and graduates the program with an exceptional experience from the 90+ family.

This guide should help you understand the different tasks you will be taking on and navigating through during the season. Don’t hesitate to ask questions if you don’t understand how to do something.

We have several people in our organization assigned to assist you in making your team’s season run as smooth as possible and to also make this a wonderful experience for all of the players and their families.

Thank You!

The 90+ Project

# Team Manager Role

## **OBJECTIVE:**

To ensure the successful management of the team and welfare of the players in their care, whilst making sure that all off field matters are dealt with efficiently and timely. To promote cooperation and understanding between the 90+ Project, families and community; to promote a positive environment; communication.

## **CHARACTERISTICS OF AN EFFECTIVE MANAGER:**

Organized • Communication Skills • Planning Ahead • Enthusiasm • Honesty • Time Management • Ethical • Responsibility • Delegation • Commitment

## **GENERAL RESPONSIBILITIES:**

- The manager is responsible for team coordination of activities & communication through direction of the team coach.
- Represent the 90+ Project in a professional manner
- Attend to administrative matters as directed.
- Liaise with Office to resolve questions
- Maintain team binder with medical releases & ID cards for each player

# Managing Q & A

## **Why manage?**

Support your player by supporting the coach. Build better relationships with parents on your sideline. Always know what is happening. Support your player. Support 90+. Get a free week of summer soccer camp for your player.

## **Is it for you?**

Do you enjoy organization? Do you get frustrated when you don't know what is happening on the team(s) of your son/daughter? Do you want a way to be more involved in your son/daughters' team? If yes! Then it's for you!

## **What do I do (your job description)?**

Your primary responsibility is support! Support your team. Support your coach. Support the players. You support your team by managing correspondence from 90+ to your team parents and players. This includes things like practice schedules, game schedules, and related changes. Registration for some tournaments and management of team check in and roster management. You support your coach by managing player cards, first aid kit, and communication between parents and him/her. It is helpful for your coach to know if there is feedback on the parent sidelines, concerns, etc so he/she can address them before they become bigger problems. Lastly, you support the players by managing their player file.

## **How much time will it take?**

Just like the seasons, it varies but gets easier each year you stay with the same team and coach. Initially, the setup of a new team takes some meticulous hours of organization, checking boxes and completing your notebook. This notebook, once set up with the initial team documents stays set up and you don't have to do it again (as long as you stay with the same team/coach). So, the initial set up takes roughly 10 hours of time. After that initial set up, during the active fall and spring season the time commitment is likely an hour to two at the most weekly. In the winter months, maybe an hour a month, but even that might be excessive. Summer and tournament play is also a bit more like fall/spring depending on the age and tournaments your team plays in. Near tournament time this might be closer to an hour or two. Hint: I do a lot of it during my sons practice time – often sitting on the sideline or in my car waiting for practice to end.

## **Don't want to do it alone?**

Great! Find another parent and do it together. Just remember, that sometimes, 3's a crowd. So, you will just have to make sure there is a good plan for communication!

## **Am I committed forever?**

No! You can be done at the end of a season if it didn't work for you. Hopefully you'll love it and want to come back, but we understand that lives change and it doesn't always work.

## **What do I get out of it?**

Besides the overwhelming satisfaction that the kids on the team will have a better experience because of your commitment; there are actually a couple of other perks. You actually know information before other people / parents and don't get overlooked on important information. You get to participate in the good work that 90+ is seeking to do in the city and the cherry on top...a free week of the 90+ / Whitworth summer camp. Overall a pretty sweet deal!

# 90+ an Overview

## People over Players

While many call this level of soccer “competitive” we believe the priority is above everything, developmental. We are committed to the long term development of everyone that is a part of our 90+ community and focus on “people development” over but not exclusive to “player development”. We focus on the growth of the person first and the player second.

## Process over Outcome

Much of soccer at this level is more concerned with the outcome than the process. Having a singular focus on winning distracts us from the beauty of the game and the opportunity that competition presents to refine and develop character. Winning isn't the problem. Making winning the ultimate is the problem. Caring about the outcome more than the process leads to much that is wrong about youth sports today. Maximizing character development is our core objective at The 90+ Project. To thrive at 90+, players, parents and coaches must shift their mindset and embrace this core philosophy.

## Participation over Pricing

When we started 90+ we did so out of a heart to impact kids and families and to allow access for everyone to play the game we love. We sought to identify barriers that impacted child participation in youth sports. Of the most significant areas was the inability to afford player fees and the lack of transparency within youth soccer. If you have done your research, you know that playing soccer at a competitive level is cost prohibitive and there are a lot of "hidden" costs within the industry. We sought to maximize participation and minimize cost and cost confusion. We have attempted to do this by being committed to offer year round camps and clinics for free to our most marginalized communities as well as always having the cost of soccer on a sliding scale based on income, raising the funds necessary to allow as many kids to play as possible.



# THE 90+ PROJECT CORE VALUES



## UBUNTU / COMMUNITY

**"I am, because WE are"**

The overarching focus of The 90+ Project is the idea that we are better off individually when we live in community, diversity and togetherness. We strive for deep and meaningful relationships with players and coaches as we seek to create a culture of belonging.

## GROWTH MINDSET

**"Thrive on Challenge"**

90+ believes that our intelligence, creativity, integrity, and strengths are developed through the process of hard work, learning from feedback, embracing challenge, and developing resilience. When we practice a growth mindset, we see challenges and failure as an opportunity and we seek to celebrate wins on the journey of growth in sport and life.

## INTEGRITY

**"Doing the Right Thing"**

We believe that the strength of a community is based on the integrity of its members. Integrity to us means high moral character, mutual respect and honesty. We believe in the inherent dignity of each person no matter their background; everyone has the right and responsibility to contribute to the good of the whole society.

## EQUITY & INCLUSION

**"Together We are Stronger"**

The 90+ Project aims to ensure fair and equal access to participation, resources, and information. We accept and seek to represent all individuals and communities and will never turn away anyone based on race, ethnicity, gender, disability, sexual orientation, religion, or socio-economic status as we seek to build an equitable community together.



# Where do I Start?

## Team Snap

- 90+ admin will send you a link to your team on Team Snap. Sign up or link yourself into that team ASAP.
- You will be given administration privileges for your teams Team Snap. Learning how to use TeamSnap from both a computer and a phone is really vital to your success!

## Pre-pre Season

**Application:** Players (families) apply online on the 90+ website if they are new to 90+. If they are returning to 90+ they will receive a direct registration link

**Registration:** This is important as it links to TeamSnap. Players register each year, this is how we collect annual fees, tournament fees, all year.

2023-2024 Fees are as follows:

**See Online for most recent fees.**

## Before the Season: (this includes fall season and spring – except high school):

Your relationship with your coach is essential! Before the season starts, sit down with your coach and figure out who will do what. It gets really frustrating if it isn't clear and if there are expectations from the manager or the coach that aren't clear. This can cause the ball to drop and can create frustration and stress for players and their families. Again, communication is KEY! Address the following with your coach.

**Communication** about practices and games.

**Pre-season parent meeting:** Important for clarifying parent/player expectations, season schedule, answer questions, sideline behavior, 90+ culture and values, etc.

**Practices:** time, place. Recurring, and expectations. Frequently this is the coach as there are last minutes changes, etc. The important part here is that it is communicated IN ADVANCE! If you can do 2-3 month increments it helps families with multiple players on various teams.

**Games:** time, place, any changes, uniform, warm up time (some coaches want 30 min, some prefer 45 or longer. It changes depending on team needs, travel). Typically done by a manager but sometimes a coach likes to manage it. Whatever you decide, just be consistent. Parents will want to know who to ask questions to. You're likely to get questions regardless of who is managing it in TeamSnap.



**Season Game Schedule Requests:** Coaches personal schedules can dictate weekends that your team may need a bye. Before the season starts you can request this using the *Scheduling Request Form* found on either the WPL (managers corner; league forms and policies) or WISL form, no more than 2 requests per team. After the schedule comes out and if you want/need a change, you will need to work with the opposing team manager/coach to find an agreed upon change. Once the date is decided – if it is a home game, the request goes to the 90+ registrar. The change must occur ASAP. If the change is not communicated prior to 2 weeks before scheduled game we cannot make the change. (Do not contact 90+ about adjusting AWAY games...it is the other team's responsibility.)

\* If you are requesting a change, the 90+ registrar needs to know: game ID #, teams, locations, time, and any other details to make sure the adjustment is accurate.

**Tournaments:** This is two part – one, what tournaments are planned each year, we often know this before the summer season begins. Communicate about them as soon as possible to the team. When it comes to away tournaments (older teams) there is a need for info about team hotels, travel, arrival day/time, warm ups, team meals, etc.. You will need to discuss this with your coach. When we have a tournament that is away (older teams) and more than one 90+ team is going we will work to have all teams stay in the same location. This is easier on families and often gets us a better rate.

**Team Bonding:** This is an important part of 90+. It isn't just the team, it is also the families. Talking with your coach about how often and what kind of activities is really important. A team that plays well off the field plays even better on the field. Off field time creates stronger relationships, and better trust between players that then translates on to the field. The relationships/friendships you make with other players parents is also a great bonus of 90+. Learning how to support each player and encourage them on the field by knowing their family makes 90+ a very rich and exciting experience for both player and family. Ideas of things that have been done – potlucks at a persons home or in a park, meeting at a restaurant for meal, group hike and picnic, lazer tag, miniature golf, footgolf, family nerf wars at 90+. Recognizing that cost can be hard for some and transportation as well trying to have a variety of opportunities allows for more to attend. Talk with your coach about any players that might need additional support from a financial or transportation perspective. We want to be inclusive to all.

### **Team Bonding Ideas**

Trampoline Park	Laser Tag	Bowling	Family BBQ
Meet at the park	Kids vs. parents soccer game		Pool parties
Nerf War at 90+	Pancake Party	Family Kickball	Pizza Party
Spaghetti Feeds	Capture the Flag at the park		Escape Room(s)
Volunteer –service projects		Christmas White Elephant Gift Exchange	

## May (Collection Month):

May is an important manager month. We are close to knowing team rosters for summer and next year. We know who isn't returning and who is joining. So, what does this mean?

## Leaving the team?

We are always sad to see a player and family leave our community, but we know it happens. For the players that are leaving it is suggested that you chat with the family to decide if you will return their player file or keep it. Returning it means that you no longer maintain any data on this player keeping it means that if the player decides to return and/or guest play for any reason you have the data. Asking the parents their preference is ideal.

## New Team or Joining a team?

90+ isn't very old, so we are forming a lot of "new" teams vs. just adjusting rosters each year. So, the exciting news is we are growing! The bad news of that is that a new team is the heaviest lifting you will ever do! Good news, you only do it once 😊

## New player (regardless of new team or joining a team):

### You will collect for every player the following:

- Players Birth Certificate
- Medical release form
- Concussion/cardiac arrest release
- Photo of player
- Number selection – you need to work with the player and their family to decide what number they would like. There cannot be duplicates on any single team.

### You will collect for coaches/managers:

- Certificate of completion for cardiac arrest
- Certificate of completion for concussion

## Returning players:

### Every Year

- Photo of player
- You can do these with a phone. Think school picture-esq. Meaning shoulders and face head shot. You can be a super-achiever and plan a day when they wear a uniform or practice jersey so your cards for consistency.
- Concussion/cardiac arrest form

### Every Other Year:

- Medical release



## What do I do with it?

You will take all this information and create both a digital and hard copy file for each player.

**Digital File:** When you have 100% of your team player info you will connect with the 90+ Admin. You will send all info to the 90+ admin. The admin takes this info and send it in to the PSPL in order to order player cards. This should be completed by July 1<sup>st</sup>. Cards expire every year on August 1<sup>st</sup>. Summer tournament play will need new cards. So, the sooner we can send in our information the sooner we get cards.

**Hard Copies:** You will need a hard copy of each of these documents (except the photo) printed and put into your binder. You present your binder at each tournament and can be required to present this material if a player birth year is questioned. You will need to keep you binder with you or send to games during the season.

**Uniforms:** Uniform ordering isn't a fast process. Uniform sizes are collected, order placed with Umbro in bulk. Bulk uniforms are then sent to our office and then sent out for local printing. Uniforms are then returned to 90+, sorted by 90+ volunteers, redistributed to you for team distribution. As a result, we need your prompt attention to help us place orders promptly.

**We order full uniform kits (home/away shirt, shorts, socks) as an organization on two year cycles. Make sure parents order for players to wear the kit for two full seasons as getting a replacement is costly and time-consuming.** Size is updated in the player registration form done each year. However, you likely will want to create a spread sheet and confirm sizes before order is complete by 90+. The form sometimes automatically updates the same size as previous season.

Kids also grow at all sorts of times, and lets be honest, they lose stuff too! So, we are building out a system to address this difficulty; but the cost is on the player. In May (collection month) ask the team for any needs they may have regarding uniform orders.

## Swag

# During the Season

**Player Cards:** You will receive a link to player cards and/or be sent a PDF of player cards. (we will print them) If they are not printed for you – you will need to print them and have them laminated. You will need 3 sets of cards. One set goes to your coach, one set goes in your player backpack and stays there, and one set you use at each game when asked for by the ref. Often a set of cards wanders off, hence the need for 3 sets. It is easier to do them at the beginning on the season then make them again as needed. You will need to present these cards with your game day sheet at every game. The ref will ask for them, keep them for the game, and you need to pick them up from the ref at the end.

**WPL Website:** This website holds all the info you could possibly need ([www.wpl-soccer.com](http://www.wpl-soccer.com)). Specifically, the “Managers Corner”, under resources. In the “Managers Corner” you will find information about game rules, game day sheets, reporting scores, etc. I encourage you to read through it when you have some time, or at least familiarize yourself with it.

**Forms:** <https://system.gotsport.com/users/753945>. This website has a score correction form and a violation report form if needed. It’s rare but if needed available for you to fix and/or report.

## **Season Games:**

**Scheduling:** You will receive (with your coach) the season schedule. Once this is released you will want to talk with your coach to see if there are any conflicts. If you don’t have any, that’s awesome! If you do, you will work with the other managers to change the game/time. Games move around for several weeks – you will hear from other managers with their needs too. The more your coach can tell you their availability (or lack there of) for each season the easier it will be for you. My advice, communicate, communicate, communicate.

## **Game Day:**

There are two parts to game day. You will need an “official roster” and a game day sheet. We will provide you with several “official rosters” once all cards are created by US Soccer. You will use these throughout the season. In addition, you will need a game day sheet. You will need to complete a game day sheet (see attached). You will need to have 3 copies (you always end up with 4. One copy you give to the opposing team manager, two copies go to the ref. You will need to get a copy back from the ref at the end of the game (especially if you win). If you cannot figure out who the manager is, you can give the copy to the opposing coach. Make sure you have your set of player cards. Generally the coach has theirs and they present their set to the ref for team check in.

You are considered part of the team staff, like a coach, because you have a player card you are allowed on the player bench during games and tournaments. Discuss this with your coach. You are welcome to go over to the bench to take waters, check on injury, etc. Parents who do not have a card are not allowed on the bench or to engage with players on the line.



## **Tournaments:**

You will work with your coach to identify tournaments for your team. You will register your team when registration opens. Send the receipt to 90+ admin. You will receive a check of repayment directly to you. Please send (518 W. 3<sup>rd</sup> Ave. Spokane. WA. 99201) or email [admin@90plusproject.org](mailto:admin@90plusproject.org); title email Coach Name/Tournament Name Reimbursement Request) the following information with your receipt:

- Name and location of tournament and dates. This information is used to calculate coach fees/ per diem.
- Roster of players playing in tournament. This is how we will bill. If you have a guest player we will need this information as well if they are sharing the cost of tournament fee.
- Address and name of person to send receipt of tournament payment to.

**Coaching Expenses:** per diem, lodging, mileage: We use the following for coaches reimbursement if you are ever asked about additional fees. They are the standard club procedure.

## **Guest Players:**

Inner organization: You can only guest play within the league that your player is carded. You can play at an older age (kid playing up) but an older player can never play at a younger age.

External Club: This is highly complicated. You must work with the other club registrar. They need a player loan form from their club signed and a copy of their player card PRIOR to adding them to your roster. This document and the player card must be presented to the ref and tournament registrar if needed.

## **Uniforms:**

**Players need to bring BOTH uniforms to EVERY game.** This is very important – teams come in similar uniforms. If you are the HOME team you are required to make the change.

# End of Season

## Parent / Player / Coach Meetings

End of Season gathering to celebrate the season, say thank you to coaches and managers, and to review upcoming summer/league plans.

Coach meetings with players and parents should be done during Winter/prior to spring season start (report cards, commitment to next years' team, etc)

## Season Wrap Up Gathering

Putting something on your calendar early in the spring season is helpful to increase attendance. Generally, you know who is returning and not returning by this time. It is a great time to celebrate your community! Say good-bye to old players, hello to new (if you have them), thank coaches, etc. If you put it out there, often someone on your team is happy to host it. The sooner there's a date the sooner you can ask for someone to help host or help plan! There is often an early summer (June) tournament. This is typically the start of "next" season, so trying to squeeze the celebration in between end of season and first tournament "feels" better as far as ending the old and starting the new.

## Extra Stuff:

**90+ summer camps:** We try to encourage teams to go the same week if they can, again, just an opportunity to engage more. 90+ partners with Whitworth for their summer camps.

**90+ clinics:** We are building out a selection of summer and winter clinics to develop player skill and technique.

**Winter training:** Each winter 90+ competitive teams have an opportunity to play with Stefan Andersson. It is a great opportunity for players to stay on the ball and training with Stefan is always super fun! It is great to encourage kids to do this and to stay committed as a team.

**Battle Royale Spokane:** Nerf Wars! All proceeds from this benefit 90+ programs.

**90+ Team Bonding Event:** More information to come. We are working to create a weekend retreat like event for Developmental teams to enjoy some fun team bonding and soccer fun this fall (2023). Details to come. Stay tuned!



# Appendix

Coaches Reimbursement

Emergency Action Plan

Coaching Ethics

Player Safety

First Aid

Injury Report

Heat policy

Concussion

Sudden Cardiac Arrest

## **Head Coach Travel Reimbursement 2023/2024**

### Transportation:

62.5 cents/per mile. Based on current IRS mileage rate, will adjust rate if IRS adjusts rate. (Mileage shall be determined by utilizing Google Maps and taking the shortest driving distance from your team's home field (90+ indoor center) to the tournament field)

### Meals:

\$40/per day max. If the hotel provides a continental breakfast, the per Diem will be reduced by \$10. The day(s) on which the coach travels; they shall receive a ½ day per Diem.\* (Meal rates: \$10 breakfast/\$15 lunch/\$15 dinner). Receipts will need to be turned in.

### Lodging:

\$200 max/night. Standard Double Room Rate/per night. On rare occasion that a hotel cannot be found within 20 miles of fields under 200.00 the extra amount would be reimbursed. Receipts will need to be turned in.

Reimbursement request will be turned into admin or to coaching dev director.

Location of Travel:

Dates of Travel:

Miles Traveled x 62.5:

Meals:

Lodging:

Total amount:

## **90+ Emergency Action Plan**

When an injury or emergency occurs, it is important to know the steps to take to properly respond and minimize further danger. All 90+ officials and coaches should know the location of emergency equipment (first aid kit, AED) and know how to use them – where applicable. The coach will be designated as the person in charge in the case of an emergency, unless there is someone more qualified in first-aid and emergency procedures.

### When an Injury Occurs

If an injury occurs, assess the player's ABC's (airway, breathing, circulation/pulse; any major bleeding). Put on gloves if there is any bleeding. If any of the following is identified, activate the Emergency Action Plan:

- Decreased, irregular breaths or not breathing
- No pulse
- Bleeding profusely
- Impaired or decreasing level of consciousness
- Injury to the back, neck or head
- Major trauma to a limb, the skull, or spine
- Deterioration of neurological function; cannot move or feel limbs
- Mental status changes: lethargy, altered arousal, confusion, agitation
- Seizure activity
- You believe you should

If not an emergency, treat injuries with First-Aid.

### Emergency Action Plan

The person in charge must:

- Control the environment and advise players to move away from the injured person.
- Tell someone to call 911.
- Provide First Aid to stabilize the injured player.
- Remain with injured player until EMS arrives and player is transported to hospital.

The person who calls 911 will:

- Identify themselves;
- State “We have a \*\*\* year old (male/female) athlete, who is (conscious/unconscious) and may have a \*\*\* injury”;
- Outline type of First Aid that has already been administered;
- Provide directions to field/facility;
- Ask the projected time of arrival;
- Provide a contact cell phone number;
- Remember to let the Dispatcher terminate the call;
- Report back to the person in charge to inform him/her of the estimated arrival time;
- Clear any traffic from the entrance/access road before ambulance arrives;
- Wait by the entrance to guide the ambulance when it arrives;
- Notify the parents/guardians/emergency contact if not on the scene.



## **90+ Emergency Action Plan**

### Reporting the Injury

Inform 90+ Project officials if the Emergency Action Plan has been activated or if First Aid has been administered within 24 hours of the occurrence. An injury report form should be filled out within 24 hours of the injury or emergency.

Contact Information:

[admin@90plussproject.org](mailto:admin@90plussproject.org)

[russ@90plusproject.org](mailto:russ@90plusproject.org)

## **90+ PROJECT**

### **Coaching Ethics:**

#### **THE STARTING XI FOR COACHES:**

As a coach with the 90+ Project, I will aspire to...

- I. Lead by example as a role model and an ambassador of the game, seeking to embody the core values of the 90+ Project\*, demonstrating fair play and sportsmanship, and treating all players and opponents with respect.
- II. Never place the value of winning over the emotional and physical well-being and safety of my players.
- III. Do my best to provide a safe playing situation for my players, review and practice first-aid principles needed to care for my players, and strive to ensure the welfare of all players.
- IV. Demand the very best from each player at all training and competitions and seek to hold my players accountable for whatever they have control over.
- V. Prepare for training sessions and games to the greatest extent of my ability. Continually look to improve as a coach, do my best to organize practices that are fun and challenging for all my players and will use age appropriate coaching techniques for all of the skills that I teach.
- VI. Respect the fundamental rights, dignity, and worth of all participants by treating each player as an individual, remembering the large range of mental, emotional and physical development among children even of the same age group.
- VII. Empower players to think and act positively on their own. I will demand the right intent over the right result as the outcome of games and actions cannot always be controlled.
- VIII. Be aware of cultural, individual, and role differences, including those due to age, gender, race, ethnicity, national origin, religion, sexual orientation, disability, language, and socioeconomic status. Coaches seek to eliminate the effect of biases and will not knowingly participate in or condone unfair discriminatory practices.
- IX. Put developing character ahead of developing soccer skills, while seeking to do both with excellence.
- X. Strive to allow each player to experience each position – this is particularly important for younger players as position rotation will allow them to learn all aspects of the game and ultimately develop them into more well-rounded players.
- XI. Remember that I am a youth sports coach, and that the game is for children and not adults. I will ask “What can I do for the player”, not “What can the player do for me?”

#### **Commitment to the Laws of the Game and the Culture of Sport:**

Coaches shall be thoroughly acquainted with, adhere to, and demonstrate a working knowledge of, the laws of the game. They should instruct their players to play within the written laws of the game and within the spirit of the game at all times.

Coaches are responsible for their players' actions on the field and should not permit them to perform with the intent of causing injury to opposing players or the intent to mock and shame the opposition.

Professional respect, before, during and after the game must be mutual. There must be no demeaning dialogue or gestures between officials, coaches, or players. It is unacceptable for an individual to have any verbal altercation with an official, opposing coach or bench before, during, or after the game.

Officials must have the support of coaches, players and spectators. Refrain from criticizing officials and to the best of your ability, use your influence to control spectators that demonstrate intimidating and/or unacceptable behavior toward officials, player(s), and opposing team members.

Coaches represent the 90+ Project, the community, and the game of soccer to the public. Comments and critiques of leagues, officials, clubs, teams, coaches, players, or parents must be positive and constructive.

# Player Safety

## Weather & Emergency Action Plans Lightning Policy

### 90+ Project Thunder/Lightning Policy

The United States Soccer Federation (USSF) position is that if you can hear thunder you are within reach of lightning and that referees must protect the safety of all participants by stopping game activities quickly, so that participants and spectators may retire to a safer place before the lightning threat becomes significant. Applying the 30-30 rule is recommended and to wait 30 minutes or more after hearing the last thunder before leaving shelter.

The 90+ Project position regarding severe weather states: "It is said that lightning can strike from a clear blue sky that is within a ten mile radius of a storm. It is therefore strongly recommended that practices and games be terminated immediately upon hearing thunder or seeing lightning".

In view of the above, the following is the position of 90+ Project regarding severe weather and is to be instituted by coaches and referees at all practices, games and other 90+ Project sponsored events.

90+ Project will not cancel entire days or remaining games due to active thunderstorms in our area as these storms usually pass through quickly. Regardless of the weather overhead, when thunder is heard and/or lightning is seen, suspend play and direct participants to a safe area by following the guidelines below. Play may resume 30 minutes after the last thunder is heard, or lightning seen.

#### Areas considered safe:

- Inside a fully enclosed metal vehicle with windows up
- Inside a substantial building (roof and four walls)

#### Unsafe Areas:

- Small buildings including picnic shelters and the open area of a concession stand
- Anywhere near metallic objects like flagpoles, antennas, towers, underground watering systems, soccer goals, metal bleachers, electric equipment
- Open fields, trees and water

#### Open area without shelter:

- Avoid standing in groups
- Spread out to reduce risk
- Crouch on your feet, keep your head low
- Avoid being the tallest object
- Avoid lying on the ground

#### If a strike occurs to an individual:

- Call 911
- If you are qualified to do so, apply First Aid or CPR immediately
- People struck by lightning do not carry an electrical charge and are safe to touch

#### Restarting after the All-Clear (30 minutes after the last boom is heard or strike is seen):

- Games which have completed the first half will be considered finished and the score at the time play was suspended shall be the final score.
- Games which have completed less than one half; the referee will resume by starting the second half, reducing the remaining time if necessary so that the match ends at the scheduled time.

\*Adapted from AYSO Thunder/Lightning Policy



## First Aid

The 90+ Project Coaches will have first aid kits available at the field during all games.

90+ asks all parents to provide the coaches and organization with all player emergency contact details and any medical conditions. 90+ asks for information on pre-existing conditions or any medical issues at registration, however, it is best for parents to also reinforce with the coach at the beginning of the season any health issues or conditions so they can be ready to respond.

Coaches will have access to all parent contact information via the Team Snap app.

### First Aid Kit Contents:

- adult & child CPR instructions
- CPR mask
- cold compress
- Advil
- sunscreen
- Neosporin
- bandaids
- alcohol swabs
- gauze
- Pre-wrap
- athletic tape
- rubber gloves
- eyewash

## Injury Report Form

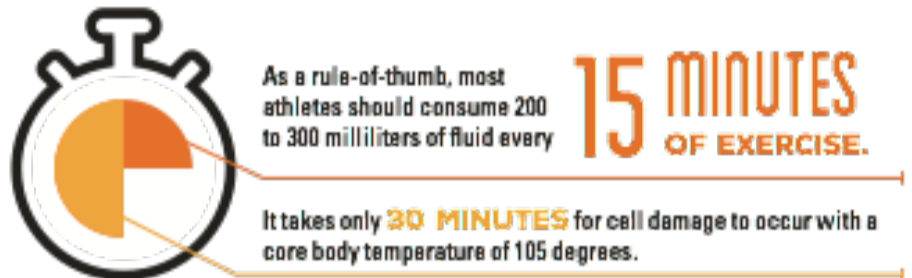
If an injury does occur during a practice or a game. You will need to fill out the 90+ Injury Report Form. This form provides details about the incident, the injured player and the current state of the player. This link is on the 90+ Project website for both your and our convenience. Head to the 90+ Project website to fill out the Injury Report Form sometime within 24 hours of the injury occurrence.

The link is : \_\_\_\_\_

# BEAT THE HEAT

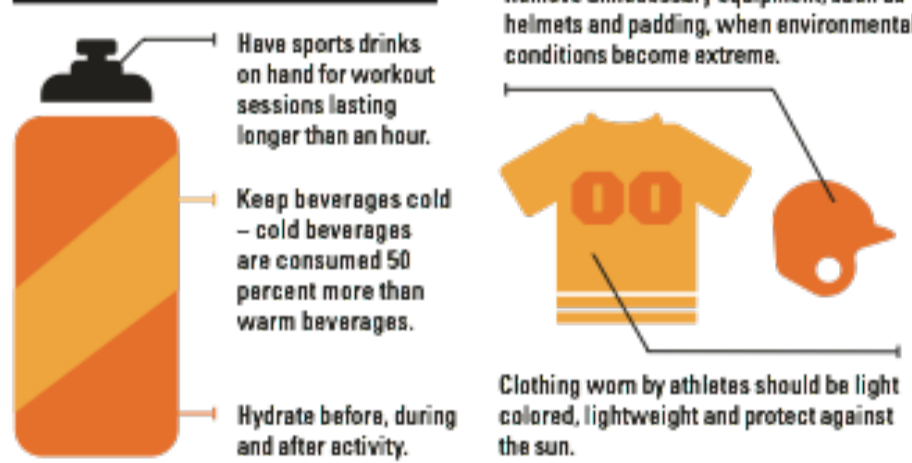
Summer's high temperatures put student athletes at increased risk of heat illness. There are several types of heat illness. They range in severity, from heat cramps and heat exhaustion, which are common but not severe, to heat stroke, which can be deadly. Although heat illnesses can be fatal, death is preventable if they're quickly recognized and properly treated.

## DEHYDRATION AND HEAT ILLNESSES



- From 2010-15, 20 athletic heat stroke fatalities were reported.
- It takes seven to 14 days for a body to adapt to exercising in the heat.
- Dehydration at levels of 3 to 4 percent body mass loss can reduce muscle strength by an estimated 2 percent.

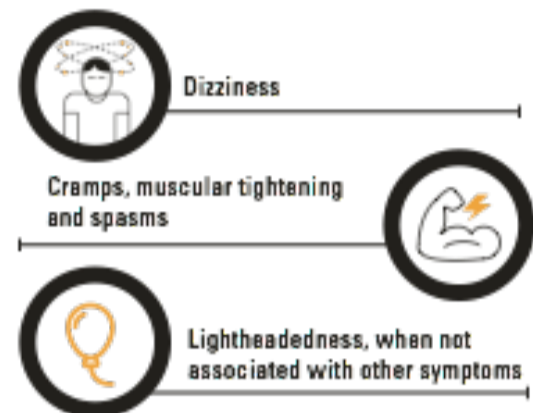
### SAFETY TIPS



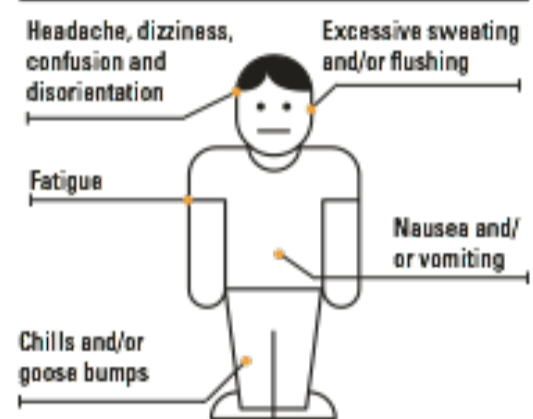
- For the first week or so, hold shorter practices with lighter equipment so players can acclimate to the heat.
- Follow a work-to-rest ratio, such as 10-minute breaks after 40 minutes of exercise.
- Get an accurate measurement of heat stress using a wet-bulb globe temperature, which accounts for ambient temperature, relative humidity and radiation from the sun.
- If someone is suffering from exertional heat stroke, remember to cool first and transport second.
- Have large cold tubs ready before all practices and games in case cold water immersion is needed to treat exertional heat stroke.

Infographic courtesy of the National Athletic Trainers' Association, [www.nata.org](http://www.nata.org)

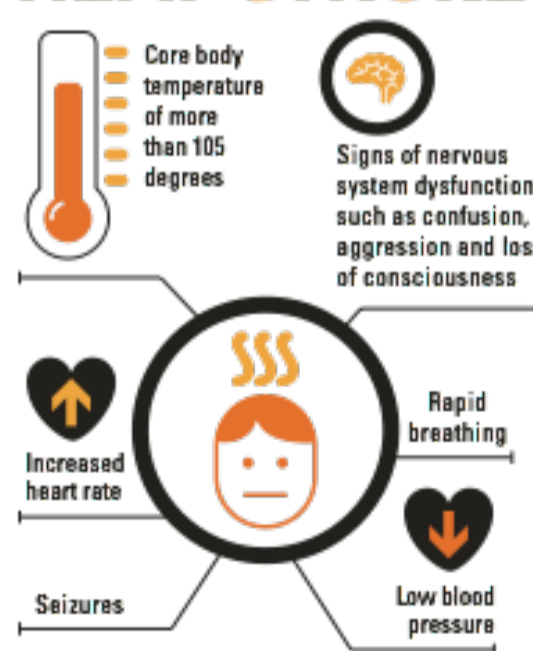
# SIGNS OF MINOR HEAT ILLNESS



### EARLY WARNING SIGNS OF EXERTIONAL HEAT STROKE



# SIGNS OF EXERTIONAL HEAT STROKE



Sources: Korey Stringer Institute, American Medical Society for Sports Medicine, NATA



### SIGNS AND SYMPTOMS

Athletes who experience one or more of the signs or symptoms listed below after a bump, blow, or jolt to the head or body may have a concussion.

#### SIGNS OBSERVED

- Appears dazed or stunned
- Is Confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

#### SYMPTOMS REPORTED BY ATHLETE

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not "feeling right" or is "feeling down"

#### SEEK IMMEDIATE MEDICAL ATTENTION FOR ANY OF THE FOLLOWING SYMPTOMS

- One pupil larger than the other
- Drowsiness or inability to wake up
- A headache that gets worse and won't go away
- Weakness, numbness or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Unusual behavior, confusion, restlessness or agitation
- Loss of consciousness

### COACH ACTION PLAN

If you suspect that an athlete has a concussion, you should take the following four steps:

1. Remove the athlete from play.
2. Ensure that the athlete is evaluated by a health care professional experienced in evaluating for concussion. Do not try to judge the seriousness of the injury yourself.
3. Inform the athlete's parents or guardians about the possible concussion and give them the CDC fact sheet for parents on concussion.
4. Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says they are symptom-free and it's OK to return to play.

### ADDITIONAL AYSO COACH PROCEDURES

5. Submit AYSO Incident Report to Safety Director
6. Refer parents to the AYSO/CDC Information sheet and SAI information available at AYSO.org
7. Obtain signed AYSO Participation Release from Parent/Guardian prior to return to play
8. Obtain a Medical Release if required by State Law
9. Give all signed forms to your AYSO Safety Director

### AYSO REFEREE ACTION PLAN

During a game, if there is any reason to suspect a concussion:

1. Whistle to stop play immediately.
2. Call the coach onto the field.
3. If safe, have the player leave the field to be checked for signs/symptoms. If any sign/symptoms are observed, the player must not play for the remainder of the day.
4. If signs/symptoms are observed after the player returns to play, remove player from the game.
5. File a supplemental game report of the incident with the appropriate AYSO authority.

**REMEMBER, WHEN IN DOUBT, SIT THEM OUT.**

For more information and to order additional materials free-of-charge, visit:

[www.cdc.gov/Concussion](http://www.cdc.gov/Concussion)

## WPL Forms

<https://www.wpl-soccer.com/forms/cardiac-arrest-form>

[https://washingtoneyouthsoccer.org/wp-content/uploads/2020/02/Medical-Release-Form\\_1.22.19.pdf](https://washingtoneyouthsoccer.org/wp-content/uploads/2020/02/Medical-Release-Form_1.22.19.pdf)





# Sudden Cardiac Arrest

## Information Sheet for

### Student-Athletes, Coaches and Parents/Guardians

SSB 5083 ~ SCA Awareness Act



**What is sudden cardiac arrest?** Sudden Cardiac Arrest (SCA) is the sudden onset of an abnormal and lethal heart rhythm, causing the heart to stop beating and the individual to collapse. SCA is the leading cause of death in the U.S. afflicting over 300,000 individuals per year.

*SCA is also the leading cause of sudden death in young athletes during sports*

**What causes sudden cardiac arrest?** SCA in young athletes is usually caused by a structural or electrical disorder of the heart. Many of these conditions are inherited (genetic) and can develop as an adolescent or young adult. SCA is more likely during exercise or physical activity, placing student-athletes with undiagnosed heart conditions at greater risk. SCA also can occur from a direct blow to the chest by a firm projectile (baseball, softball, lacrosse ball, or hockey puck) or by chest contact from another player (called "commotio cordis").

While a heart condition may have no warning signs, some young athletes may have symptoms but neglect to tell an adult. If any of the following symptoms are present, a cardiac evaluation by a physician is recommended:

- Passing out during exercise
- Chest pain with exercise
- Excessive shortness of breath with exercise
- Palpitations (heart racing for no reason)
- Unexplained seizures
- A family member with early onset heart disease or sudden death from a heart condition before the age of 40

**How to prevent and treat sudden cardiac arrest?** Some heart conditions at risk for SCA can be detected by a thorough heart screening evaluation. However, all schools and teams should be prepared to respond to a cardiac emergency. Young athletes who suffer SCA are collapsed and unresponsive and may appear to have brief seizure-like activity or abnormal breathing (gasping). SCA can be effectively treated by immediate recognition, prompt CPR, and quick access to a defibrillator (AED). AEDs are safe, portable devices that read and analyze the heart rhythm and provide an electric shock (if necessary) to restore a normal heart rhythm.

*Remember, to save a life: recognize SCA, call 9-1-1, begin CPR, and use an AED as soon as possible!*



### Cardiac 3-Minute Drill

- 1. RECOGNIZE Sudden Cardiac Arrest**
  - Collapsed and unresponsive
  - Abnormal breathing
  - Seizure-like activity
- 2. CALL 9-1-1**
  - Call for help and for an AED
- 3. CPR**
  - Begin chest compressions
  - Push hard/ push fast (100 per minute)
- 4. AED**
  - Use AED as soon as possible
- 5. CONTINUE CARE**
  - Continue CPR and AED until EMS arrives



**Be Prepared!  
Every Second Counts!**

**UW Medicine**  
Center For Sports Cardiology  
[www.uwsportscardiology.org](http://www.uwsportscardiology.org)

**WIAA**  
Est. 1905  
WASHINGTON INTERSCHOLASTIC  
ACTIVITIES ASSOCIATION

**NICK OF TIME FOUNDATION**  
SCA Awareness  
Youth Heart Screening  
CPR/AED in Schools  
[www.nickoftimefoundation.org](http://www.nickoftimefoundation.org)





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