



**2017-2018
Player/Parent Handbook**



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Section I

Sporting Omaha FC's Vision

"Cultivating a passion for the game while developing character in coaches, players and parents."

Sporting Omaha FC's Core Values

1. Integrity
2. Leadership
3. Discipline
4. Humility
5. Accountability
6. Communication

Sporting Omaha FC's Mission Statement

"Sporting Omaha FC is a non-profit full service youth soccer club that offers all levels of play from 4 to 19 years of age. Sporting Omaha FC develops complete soccer players with key core values which we believe provide our players the best opportunity to succeed at their next level whether that is high school, college, professional soccer or life outside competitive sports."

Sporting Omaha FC's Goals

1. To maximize the positive influence we have as a youth organization on the local, regional and national soccer community
2. To be recognized for player development and competitive success
3. To provide competitive opportunities for players from all cultural and economic backgrounds
4. To provide a variety of programs for all ages and abilities in a safe and fun environment
5. To instill healthy, positive and lasting core values in order to better prepare our players to compete successfully in a competitive world

Sporting Omaha FC's Club Philosophy

The Sporting Omaha FC philosophy is to develop individual players to fit into a team concept; the result is individual success and by extension team success.

We have a holistic approach to development. We strive to develop the complete individual through the game of soccer by instilling the necessary traits in order to reach their potential, on and off the field.

Our players will graduate into national, professional and collegiate programs familiar with commitment, hard work, integrity, dedication, respect, discipline, responsibility and accountability. All necessary to be success in soccer and in life.

Sporting Omaha FC's Commitment to our Community

It is our commitment that Sporting Omaha FC seeks to provide youth players of Omaha and neighboring cities and communities a full range of opportunities to enjoy and develop in soccer, at a level appropriate for their age, ability and interest. We recognize that different players play the game for different reasons and that Sporting Omaha FC must therefore provide a variety of programs which address the needs and interests of all players in the communities we serve.



Sporting Omaha FC's Character Standards

Coaching with Character

Teach players age appropriate soccer and life skills

Demonstrate and teach Tactical, Technical, Psychological and Physical soccer skills

Speak of and reinforce character developing life skills (hard work, honesty, etc.)

Be a leader

- Maintain good communication with players and parents

- Manage your team(s) and team managers effectively

Over communicate

- Encourage strict adherence to club values and conduct policies for coaches, players and parents

- Truth and transparency are productive, never assume or leave doubt

Model ideal behavior

- Dress, act and communicate like a professional coach

- Use proper conduct with players, parents, opponents and officials

Be organized

- Have a practice plan catered around goals and objectives

- Keep players busy and avoid idle time

Praise in public

- "Catch" players being good - help them connect appropriate behavior with desired outcomes

- Praise the players often while offering productive reinforcement to the ratio of 3 to 1, being positive reinforcement

Correct Misbehavior

- Communicate expectations, be consistent and stick to tolerance levels

- Address misbehavior promptly and give age appropriate consequences when necessary.

Encourage the spirit of the game

You are privileged to have the opportunity to have a positive, lasting impact on the lives of many children.

Always be looking to improve your coaching ability and enhance the overall experience for everyone involved. If we focus and commit ourselves to the character development of players and parents while applying our skills and knowledge, success will follow. Have fun and never do anything that would diminish the spirit of the game!

Parenting with Character

MODEL appropriate behavior

- Cheer for your team and not against the opponent

- Never yell at an official or question a call on the field

Leave the coaching to the coaches and SUPPORT them in their efforts

- Support your player with positive reinforcement but leave the coaching and soccer education to the coach

Praise and compliment your child and avoid criticism

- Support your player with positive reinforcement and encouragement

- Allow adequate time and space for the player to decompress after the games

Place the responsibility of getting ready and being prepared for practice or games on the player

- Have your player show up on time with the proper equipment and attire

- Communicate any school conflicts with coaches and managers well ahead of time



Voice concerns appropriately

Wait 24 hours after a practice or competition before addressing a coach with questions, calmly state your concerns, listen to the coach's answer, and keep an open mind while respecting their authority as a decision-maker

Emphasize effort and enjoyment over winning

Praise the player immediately after a contest, regardless of a win or loss
Encourage players to always give 100 percent and show respect

Be engaged in your club

Donate time, talent or treasure; parent volunteers help keep a club running
Take an interest in the parents and other players on your team, be a team player

Problem solve any issue your child has with coaches

Stay neutral and avoid making negative comments about the coach
Teach your player how to be an advocate for themselves directly with the coach

Playing with Character

Listen to your coaches

Stop what you are doing, make eye contact and listen to your coach when they are speaking
Make an effort to concentrate on what is being said and learn from your coaches

Follow the coach's instructions

Listen to your coach the entire time they are providing instruction
Do what your coach asks immediately and with energy, ask if you don't understand

Accept coaching as it makes you better

Follow your coach's instruction without hesitation or talking back
Do what your coach asks immediately and with energy, ask if you don't understand

Get along with your teammates

Make positive comments toward your teammates and avoid negative comments
Ignore irritating behaviors and encourage participation

Have high energy

Do everything to the best of your ability and challenge yourself
Always hustle and stay on task, avoiding horseplay with teammates

Respect your opponents and referees

Playing with the rule of the game and don't trash talk an opponent or referee
Ignore unsportsmanlike behavior from opponents and do not respond to it

Be prepared for practice and games

Being prepared is your responsibility, pack your equipment and jerseys well head of time
Show up on time ready to play to the best of your ability

Win with class and lose with dignity

Act appropriately regardless of the final score of the game
Don't brag or boast when winning and don't make excuses when losing

Respect your club, facilities and coaches

Treat your coaches, families and facilities with respect and always clean-up after yourself
Learn from every opportunity and challenge you face



Sporting Omaha FC’s Culture-ONE Club and ONE Family

Each individual player is a member of the CLUB and will benefit from all club resources. We do not operate as a group of loosely connected teams following separate agendas. Player movement within Sporting Omaha FC is an important aspect for individual development as well as club culture. We strive to promote and provide a family environment within the club.

Section II

General Club Information

Sporting Omaha FC is a 501(c)(3) non-profit organization.

Sporting Omaha FC Board of Directors

The Sporting Omaha FC Board of Directors (BoD) is the governing body of the Club. The Board oversees and provides strategic guidance and financial oversight for the Executive Director who implements and executes soccer and business operations through the Directors of Coaching and coaching staff.

President	Sven Jasinski
Vice President	Mike Alvano
Secretary	Michelle Schefcik
Treasurer	Candice Mullendore
Board Member	Donna Walsh
Board Member	Jason Franke
Board Member	Patrick Henry
Board Member	Brad Costonzo
Ombudsman	Mark Berner

Sporting Omaha FC Staff (as of 7/1/17)

Executive Director	Tim Bennett
Registrar	Renee Wanderscheid
Facilities Manager	Alex Vazquez
Director of Communications	Keri Leece
Director of Operations	Karl Ostrand

Boys Director of Coaching	Ryan Kruse
Girls Director of Coaching	Alex Mason
Director of Youth	Christina Lewis
Director of Goalkeeping	Daniel Galvis

The Sporting Omaha FC Directors report directly to the Executive Director.

Please visit www.sportingomahafc.com for a full list of Sporting Omaha FC employees and bios on the coaching staff.



The Sporting Omaha FC Office

The physical address of the Sporting Omaha FC office is:

14706 Giles Rd.
Omaha, NE 68138

info@SportingOmahaFC.com
Office: 402-896-4420
Fax: 402-896-1430
YDP/Weather Hotline: 402-401-6082
website: www.sportingomahafc.com

For any registration, payment or business-related questions, please contact the Sporting Omaha FC office. For any soccer specific related questions, please contact respective team coach or Director of Coaching with Sporting Omaha FC.

Sporting Omaha FC Ombudsman

The Sporting Omaha FC (SOFC) ombudsman is responsible for neutral and impartial dispute resolution, providing confidential and informal assistance to individuals associated with the Club including parents, players, coaches, staff, employees, and volunteers.

The ombudsman's role is to protect against abuse, bias and other improper treatment or unfairness. Serving as a designated neutral, the ombudsman is not an advocate for any individual or for the Club as a whole but, rather, for fairness. He or she acts as a source of information and referral, aids in answering individual's questions, and assists in the resolution of concerns and disputes. In considering any given instance, the rights of all parties that might be involved are taken into account.

The ombudsman is a resource to absolve conflict between any parties associated with the Club: coach-parent, board-coach, parent-board, and coach-coach only after the proper channels and chains of communication have been tried: (see player/parent concern process below)

Player to coach to DOC to ED to Board
Player to coach to DOC to ED to Board
Coach to DOC to ED to Board (includes coach to coach conflicts)
DOC to ED to Board
ED to Board
Board to Board

Reporting

The ombudsman is independent of existing administrative structures and reports directly to the President of the Club. If the matter at issue concerns the President specifically, then the ombudsman shall report to the Vice President.



While maintaining confidentiality of communications, the ombudsman prepares an annual report to the SOFC Board which may be disseminated to any individual associated with the Club upon request. Based on anonymous aggregate data, this report discusses trends in the reporting of grievances and concerns, identifies patterns or problem areas in SOFC policies and practices, and may recommend revisions and improvements.

The ombudsman does not accept legal notice on behalf of SOFC.

In order to maintain an unbiased and objective perspective the ombudsman will not have any clear emotional or relative tie with any board, staff, or Club member. The ombudsman will not have a child that plays, or could potentially play, in the Club nor a wife/husband, sibling, etc. who serves as a coach or board member in SOFC.

Club-wide Communication

Sporting Omaha FC uses several forms of communication to relay necessary information and announcements to its membership:

- Weekly Communication (email)
 - from team coach and/or Director of Coaching
- Sporting Omaha FC Newsletter
 - emailed quarterly and posted on www.sportingomahafc.com
- Club-wide email blasts
 - will be sent when information needs to reach the audience in an expedited manner
- Social media (Facebook and Twitter)

Player/Parent Communication Concern Process

Sporting Omaha FC's protocol and process for presenting and addressing player/parent concerns is as follows:

****Please respect the 24-hour rule: Wait at least 24 hours before initiating contact following a game or weekend event.****

Select Soccer Related Concerns (For Parents)

1. Contact your player's coach and request a meeting to discuss your concern. If this fails to resolve the issue:
2. Contact your program's Director of Coaching and request a meeting to discuss your concern. If this fails to resolve the issue:
3. Contact the Executive Director and request a meeting to discuss your concern. If this fails to resolve the issue:
4. Complete the Compliant form which is available at www.sportingomahafc.com and submit electronically to Mark Berner at markb@sportingomahafc.com. You will then be contacted to discuss your concerns privately and directly.



Administrative Concerns (For Parents)

1. Contact the administrator and request a meeting to discuss your concern. If this fails to resolve the issue:
2. Contact the Executive Director and request a meeting to discuss your concern. If this fails to resolve the issue:
3. Complete the Compliant form below and submit it electronically to Mark Berner at markb@sportingomahafc.com. You will then be contacted to discuss your concerns privately and directly.

Recreational or YDP Soccer Concerns (For Parents)

Contact your player's coach and request a meeting to discuss your concern. If this fails to resolve the issue:

1. Contact Christina Lewis, the Director of Youth, and request a meeting to discuss your concern. If this fails to resolve the issue:
2. Contact the Executive Director and request a meeting to discuss your concern. If this fails to resolve the issue:
3. Complete the Compliant form and submit electronically to Mark Berner at markb@sportingomahafc.com. You will then be contacted to discuss your concerns privately and directly.

SECTION III Roles of Coaches, Parents and Players

Role of the Player (Academy and Select)

THE SPORTING OMAHA FC SOCCER CLUB PLAYER WILL BE ACCOUNTABLE FOR HIS/HER ACTIONS.

All players will be required to attend all practice sessions, to arrive on time and be properly attired.

All players will be required to arrive 45 minutes prior to game kick-off for team warm-up. Team warm-ups should begin approximately 30 minutes before kick-off.

All players will be required to notify their respective coach if they will miss or be late for a training session or game.

All players will be required to be prepared for all training sessions and games.

Proper uniform for training and games:

- Training – Gray Adidas training shirt, black shorts, black socks
- Game – Navy or Light Blue SOFC Adidas uniform (both uniforms should be with players at all games).
- SOFC Adidas black warm-up (jacket and pants)
- Proper shoes and shin guards

Shin guards covered fully by socks.

Sporting Omaha FC uniforms cannot be altered or changed.

Bring an inflated soccer ball of the correct size and a water bottle.

The Sporting Omaha FC uniform package is the approved gear for all Sporting Omaha FC players.

Maintain and uphold the standards set forth by the Sporting Omaha FC Playing with Character document. Respect the coach, DOCs, Team Manager, all other Sporting Omaha FC players and staff, the game day opposing team and referees.

Do not use tobacco, alcohol or drugs.

Do not use profanity.



Do not act in a way that will negatively impact you, your family or Sporting Omaha FC. All players are to act in a manner that minimizes unnecessary (dissent & undisciplined behavior) yellow and red cards during games. Players are to be on their best behavior while representing Sporting Omaha FC during training sessions, games and tournaments. Players will be disciplined for poor conduct while representing Sporting Omaha FC at any event.

Role of the Parent

- The role of the parent is very simple; be a parent, not a coach or referee.
- Do not use alcohol or tobacco during training sessions or games.
- Support your son/daughter in a positive manner.
- Do not coach from the sideline during games or trainings.
- Help make sure your child is on time.
- Once your son/daughter has joined the team's training session, do not interfere with the training or the game.
- Do not interfere with the center referee or assistant referees, the opposing team's players/parents or staff, or any field marshal.
- Do not use foul or abusive language.
- Parents sit on the opposite sideline/half from the team during games unless directed otherwise by the coach, team manager, referee or field marshal.
- No taunting of opposing team's players, parents, coaches or spectators.
- Stay off the fields while the teams train or play.
- Be responsible for your child at all Sporting Omaha FC games and functions, including tournaments.
- For soccer training or coaching issues, contact your teams' head coach first, then the program director, and then the DoC to resolve any problems, not the team manager. Immediately after training or a game is not the time to discuss issues or concerns. The 24-hour rule is in effect. This will allow a 24-hour window before any communication is made between parent and coach to allow emotions to settle.
- Email, call or set up a meeting with the coach.
- Please note that Sporting Omaha FC will be very firm with our parent's policy, specifically regarding how and when communication occurs to address soccer issues. If a parent is in violation, suspensions may be implemented by Sporting Omaha FC.
- Please be prompt with manager's request.

At Sporting Omaha FC, the player is the future of the club. This future depends a great deal on the growth of every Sporting Omaha FC player, both on the field and at home. We encourage all parents to enjoy this time with their player during their development at Sporting Omaha FC.

SECTION IV

Sporting Omaha FC's Player Development Model

The SOFC Player Development Model is the execution of the Sporting Omaha FC philosophy. The model consists of three levels/programs: Youth Development Program, Youth Academy and Recreation and/or Select. The goal of the model is to ensure that each stage is connected, thus giving ample opportunity to develop and progress within each level and smoothly transition throughout the system. The individual practical application of this model manifests itself in each player in three specific areas: technical mastery of the ball, tactical awareness (attacking and defending fundamental principles) and proper training habits.



Sporting Omaha FC Programs

Youth Development Program (YDP)

The YDP soccer program is for players that are “soccer age” under 4 through under 10. YDP is for players new to soccer and those who are looking for a more structured learning environment. This offers quality skills based training which is age appropriate and FUN.

YDP fosters basic soccer skills development through our Club Training and game play.

Under 4:

An Under 4 program that includes 6 age appropriate sessions for just \$50

Under 5 & Under 6:

Option 1: The FUNdamentals soccer program. Players meet once a week to work on individual skill development and play small sided games for just \$70. A t-shirt is provided.

Option 2: Team based YDP league. Players play twice a week for 6 weeks for just \$80. Players participate in the Club Training program for the first 3 weeks. A uniform is required.

Under 7 & Under 8:

Under 7 players play twice a week for 7 weeks for just \$90. Players participate in the Club Training program for the first 3 weeks. A uniform is required.

Under 8 players play a league game once a week (for 7 weeks). They participate in Club Training for the first 3 weeks and the team enjoys a reserved practice space for team practice once a week on Sporting Omaha FC soccer fields. The fee is \$100. A uniform is required.

Under 9 & Under 10 YDP

Under 9 & Under 10 players play once a week for 7 weeks. The fee is \$100. Players play 7v7.

Games are officiated by a referee. Teams participate in Club Training sessions run by Club Staff on the first three Saturdays of the season. Individual coaches are also able to schedule team practices.

Games are facilitated by a volunteer parent coach. A uniform is required.

All fees are seasonal.

Youth Academy (ages 9-10)

The ultimate purpose of the Sporting Omaha FC Academy Program is to utilize a long-term, player-centered developmental structure, which is based on a coaching curriculum. The program will help enhance and increase the growth and development of each player. The yearly fee is \$840.00 which covers indoor/outdoor field usage, coach salary, league registrations, USYS registration fee and administrative costs. It does not include other team related expenses such as tournaments, coach travel expenses, team social events, uniforms and possible other related training expenses.

The Academy program is designed to promote fun, efficient, and educational training sessions that will motivate and challenge each player, while developing within his or her own ability level. The Sporting Omaha FC program objectives are to: 1) develop the basic fundamentals of the game (passing, receiving, 1v1 skills, ball mastery); and 2) promote creative and thoughtful players. Coaches in the Academy program are instructed to focus and teach the fundamentals of the game. This will include Physical development, Psychological self-worth and Social development.



Recreation (ages 11 - 17)

The recreation program is based on fun and learning through playing the game. Coaches are volunteers. Sporting Omaha FC provides a curriculum for coaches to follow as well as coaching education clinics. The curriculum is based on US Soccer guidelines and aided by age appropriate child psychology.

Format/Costs

Division	Description	Cost (season)	Format
U11 - 12	9v9	\$130.00	Games with ENSA, training 1x week (volunteer coach)
U13 - 19	11v11	\$150.00	Games with ENSA, training 1x week (with parent coach)

Teams may play in a more competitive league with additional costs.

Select

Overall, the Sporting Omaha FC select program focuses on individual player development including but not limited to: individual skills, understanding of individual and group tactics, learning how to win through a greater emphasis on tactical understanding, importance of possession, competitiveness or results oriented training exercises, functional training, problem solving activities, sportsmanship, respect and development of physical components (endurance, agility, speed, flexibility and strength).

Within the Select program, teams are separated by skill level and expectations with Elite team at the top of the pyramid, following by Gold, Black, Silver and White. The Gold and below teams’ primary focus is on individual player development, understanding of individual and group tactics, learning how to win through a greater emphasis on tactical understanding, important of possession, competitiveness or results oriented training exercises, functional training, problem solving activities, sportsmanship, respect and the development of the physical component of the game. For improved synergy between levels, the Sporting Omaha FC philosophy is expected. This continuity allows for better opportunity to progress to higher levels.

The Elite program/teams continue to focus on individual player development understanding of individual and group tactics, learning how to win through a greater emphasis on tactical understanding, important of possession, competitiveness or results oriented training exercises, functional training, problem solving activities, sportsmanship, respect and the development of the physical component of the game. Elite teams compete in results orientated leagues, therefore success is expected. However, playing soccer the Sporting Omaha FC Way is equally important as winning at this level of competition. Elite teams contain the premier soccer athletes that are at the pinnacle of the Sporting Omaha FC development model.

Format/Costs

Division	Description	Cost	Format
U11-14	Elite	\$1250.00	9v9 and 11v11
U11-14	Gold/Black/Silver	\$1100.00	9v9 and 11v11
U15-18	Elite	\$1170.00	11v11
U15-18G	old/Black/Silver	\$1020.00	11v11

The fees cover league fee, indoor/outdoor field usage, USYS/US Club registration, coach salary, and administrative costs. It does not cover team tournament expenses, coach travel, game and training uniforms, additional field usage...



SECTION V

The Sporting Omaha FC Club training concept and policies

Sporting Omaha FC commits to each and every player in our Club.

- The player contract per NSSA rules is from July 1, 2017 and ends June 30, 2018. The continued participation of a player is contingent upon the player and family abiding by the rules, agreements and policies outlined in this handbook, the NSSA, all USYS and/or US Club leagues and the USSF.
- The Sporting Omaha FC Directors of Coaching in coordination with staff coaches will make a recommendation to any player they feel would benefit from moving between teams as and when competition rules permit.
- The Sporting Omaha FC coaches have the primary responsibility for player development, instruction and education for players/parents and to manage the overall growth of our players within our safe soccer environment.
- Sporting Omaha FC will implement a ten-month Training Curriculum for field players and goalkeepers. Specific technical, tactical, physical and mental themes will be taught during the Sporting Omaha FC soccer season. Training will be age appropriate to the competitive level but the ideas and methodology will be consistent throughout seasonal year. Specific training needs that arise relative to each team's competitive performance are also addressed on an ongoing basis.
- Learning to play and make decisions on the field is vital to the development of soccer players. In soccer, those decisions will include many successes and many failures. Players learn from both successes and failures. Sporting Omaha FC players will develop due to technical training, tactical training in match like training sessions, appropriate and competitive levels of play and the direct support of the Sporting Omaha FC coaches and DoCs.

Policies (Academy and Select)

Training and Game policies

- All team training sessions are mandatory.
- Additional training sessions are available to Sporting Omaha FC players. (See additional sessions policy)
- Players must arrive 10 minutes prior to the scheduled training time. The coach should be notified in advance of practice if a player is expecting to arrive late or if a player has to leave training early. If a player is unable to attend a training session, the coach should be notified a day in advanced.

Missing Training and Game policies

- Sporting Omaha FC players are required to attend their respective team's training sessions and games.
 1. Failure to attend a training session at the select level, irrespective of reason, could result in limited or no playing time at games.
 2. Failure to train on a consistent basis, irrespective of reason, could result in limited or no playing time during games. Consistent failure to train, unless excused absences (see below) is considered a disciplinary issue and will be handled accordingly.
 3. Excused absences for missed sessions/games will include: family emergencies, player illness or other medical issues, mandatory school functions.



Make up training policies and penalty

- Sporting Omaha FC players are required to make up any unexcused absence from a team training session; failure to do so may result in the following penalties:
 1. limited or no playing time
 2. suspension from games (multiple excused absences)
 3. removal from the team (consistent unexcused absences) with Executive Director's approval.
- The player must make the sessions if possible within the same week, or prior to the next event to avoid any reduction in playing time. If this is not possible, the missed training should be made up at the next possible opportunity with coach approval.
- It is the player's responsibility to contact the coach to schedule a make-up session. Please see additional training sessions policies for proper procedures.

Additional training sessions policies (Academy and Select)

At Sporting Omaha FC, we have developed an unprecedented training schedule to help in this process. It allows for players to attend additional practices within the club without sacrificing their primary team's events. Opportunities to train with different genders, age groups, players and teams are a great developmental opportunity that Sporting Omaha FC players and coaches should embrace. Players are encouraged and welcome to training in additional Sporting Omaha FC sessions. Additional training sessions should only be used as supplementary training and not take the place of the primary team's scheduled events. These extra sessions are not mandatory. They are free of charge.

When attending a training session with another team, players need to understand their level of participation, especially during tactical training, may be limited at times.

Please follow the procedure to take full advantage of additional opportunities:

1. All coaches AND managers within each age group should be copied on all weekly training schedules and updates from each respective team.
2. Players must let their primary team coach know of their desire to attend extra sessions 24 hours prior to help facilitate communication between coaches.
3. Coaches need to inform the coach responsible for the extra session 24 hours prior to training with a list containing the specific number of attending players. Initially we have to limit the number of players (5) attending additional sessions so as not to lose the integrity of accommodating coach's session.
4. If a player can't attend but had reserved a spot, he/she must inform the coach directly.
5. Players should not attend sessions with teams more than one level up or age group, i.e., Black to Elite, unless it is coach-initiated and DOC approved. Silver to Black (or possibly to Gold), Black to Gold or Gold to Elite should be the primary steps. Elite to Elite is possible, moving up age groups, U14 Elite to U15 Elite maybe the most common. Jumping two levels would be tough for any player.

Player Travel Policy

- All Sporting Omaha FC players will be responsible to pay for their respective travel expenses and other travel associated costs in a timely manner whether to the team manager or the Club:
 1. Failure to pay may lead to non-participation in Sporting Omaha FC events
 2. It is mandatory that all players on a team will pay for the tournament entry fee, regardless of



participation of player. The only exception to this policy may be payments made for optional team functions during Winter, e.g. indoor leagues.

- All Sporting Omaha FC players shall adhere to the Sporting Omaha FC's Playing with Character document when attending all events as Sporting Omaha FC player.
- All players shall adhere to any specific instructions set for by their Sporting Omaha FC coach and/or DoC for each specific event.
- Curfews and hotel policy will apply to tournament and league travel.
 1. Players may be sent home if travel rules are not adhered to.

Player Travel Conduct Guidelines

The intention of these guidelines is to ensure that Sporting Omaha FC players, parents and coaches can enjoy tournaments/showcase and/or away league games in a secure and safe manner. Sporting Omaha FC players also have a responsibility to act as ambassadors for the Club when traveling. These guidelines are intended to provide a clear communication to all players and parents as to acceptable behavior while representing Sporting Omaha FC.

- It is strongly encouraged that all players, parents and coach stay at the same hotel for the duration of the tournament.
- Players should follow the dress code outlined by the team coach or DoC.
- All players shall have a defined curfew established by the coach.
- All players are expected to punctually attend all team meetings and/or team events at tournaments.
- All players shall act in a polite, professional and courteous manner while at a hotel, restaurant or any place where the team or player travels.
- Any player found stealing, vandalizing or involved in any illegal or inappropriate activity will be asked to leave immediately and may be suspended by or removed from the Club.
- Any player found using or in possession of alcohol, drugs or any other illegal substance will be asked to leave immediately and may be suspended by or removed from the Club.
- Players are strongly discouraged from fraternizing with members of the opposite sex while representing the Club.
- Any player, coach or parent who observes conduct inconsistent with the above guidelines has the obligation and responsibility to report the act to the coach and or DoC.

Guest Playing Policy

Guest playing opportunities are a great way for players to experience different levels of play, age groups and social interaction.

Coaches—Communication Flow

Select Tournament/Showcase within Sporting Omaha FC

If a coach needs a guest player the following must occur in sequence:

1. Primary Coach should contact DoC to a request your general need a month prior to event.
2. The DoC will then suggest several possibilities and contact that specific team coach. Do not reach out directly to another coach about possible players. The DoC will handle the initial communication request.
3. Once possible player (s) have been identified, the DoC will then discuss the guest playing opportunity with the player/family. **AT NO TIME WILL THE REQUESTING COACH CONTACT DIRECTLY OR INDIRECTLY THE PLAYER AND/OR FAMILY MEMBER PRIOR TO THE DIRECTOR OF COACHING AND TEAM COACH!**



4. After the completion of the above and acceptance of player AND parent, the requesting coach may begin to finalize the opportunity with the player/parent AND his/her respective team coach.

The Club does not allow for Sporting Omaha FC players to guest play in any event (USYS, US Club or any other sanctioned or unsanctioned events/leagues/friendlies) with any other club. Exceptions may be made for those players playing at a DA Club or other possible college showcase event. NOTE— Any guest playing opportunities outside of the Sporting Omaha FC organization must be approved by the Executive Director.

Select Tournament/Showcase outside Sporting Omaha FC policy

Sporting Omaha FC will permit guest player (s) from outside the Club to participate with Sporting Omaha FC teams ONLY IF all internal avenues have been exhausted in a timely manner. Final permission will be granted by the Executive Director.

Sporting Omaha FC Secondary Player Policy In club

1. Contact DoC to request a secondary player.
2. Once possible player (s) have been identified, the DoC will then discuss the secondary playing opportunity with the player/family. AT NO TIME WILL THE REQUESTING COACH CONTACT DIRECTLY OR INDIRECTLY THE PLAYER AND/ OR FAMILY MEMBER PRIOR TO THE DIRECTOR OF COACHING AND TEAM COACH.
3. After the completion of the above and acceptance of player AND parent, the requesting coach may begin to finalize the opportunity with the player/parent AND his/her respective team coach.
4. Upon acceptance and payment of fee (\$25.00), the secondary pass will be issued.

Out of Club (Sporting Omaha FC players secondary to another organization)

1. Secondary requests for school/church teams must be submitted directly to the appropriate Sporting Omaha FC DoC. If secondary requests are made directly to a SOFC coach and family, the request may be denied and the according recruiting violation will be reported.

Out of Club (players secondary to Sporting Omaha FC)

1. Sporting Omaha FC accepts players from other clubs with the permission from the player's respective team coach and/or Director of Coaching.
2. Appropriate registration and secondary form must be completed and submitted with correct fee. \$50.00 for Academy/Select. YDP/ Recreation is full registration fee, however it may vary depending on level of participation. A pass will then be provided.

Roster Movement Policy

Select

All player movement will be directed and finalized by the Directors of Coaching and/or Executive Director.

YDP & Recreational

1. Parent request in accordance with registration policies.



Academy & Select

1. Academy Director, Coach and/or Director of Coaching will determine changes during the year.
2. Please remember registration is binding to the club and not the team.
3. Financial Transitions:
 - All registered players are financially responsible for ALL associated Club and team costs initiating with USYS and/or US Club registration through June 30 the following calendar year. Refunds (full or partial) for long term injuries (season ending) will be handled on a case by case basis.
 - If a SOFC player is added as a guest player for a tournament and event within the Club, the player will be responsible for the player's portion of the tournament fee, coach's travel and possible additional field costs for preparation training in addition to their respective personal travel costs. Additional team monies generated by the addition will be re-applied to future team costs.
 - If a SOFC player is transferred to a new SOFC team within the soccer year, all surplus money paid into former team's account will move with the player to the new team and applied to the new team's costs.
4. Communication and player evaluations are critical before and during player movement. Be diligent to fellow coaches, the player and family directly involved during the player's transition to a new team.

Concussion Policy

Sporting Omaha FC strongly supports the soccer governing bodies in removing heading risks. We believe the following steps will support long term safety. Sporting Omaha FC will continue to monitor and evaluate any new information, and adjust this policy as required to ensure the safety of our players.

Effective April 1, 2015, Sporting Omaha FC is implementing an indefinite 'ban' on repetitive heading practices for all U12 and younger teams. All coaches at the YDP, Academy, Recreation and Select levels of play will be responsible of ensuring the successful implementation of this ban. Please note that heading the ball is part of the game of soccer, and heading the ball is not being 'banned' completely at these age groups, just any form of repetitive 'heading' practice exercises, e.g. players in pairs or in lines serving (hands or feet) the ball to each other repetitively, over and over again to perform headers. Examples of scenarios where you could still see heading in training sessions, from players at the U12 and younger groups include, but are not limited to: any small sided or full sided game, crossing and finishing sessions, set piece exercises.

It is important for coaches only to allow the correct weight of the ball for the age of the player, caution must be taken when players of mixed age groups play or train together. We must also use caution when allowing players to play up where the size of the soccer ball changes.

Concussion Baseline Testing

Sporting Omaha FC does not mandate Baseline Concussion Testing for any of our players. We do fully support the baseline testing of athletes and encourage parents to have a baseline test taken periodically through a certified provider. We also encourage parents seek professional medical advice when dealing with any potential head injury.



Concussion Injury Prevention

Sporting Omaha FC believes the best way we can manage concussion injuries is to educate our coaches, players and parents on the CDC's 'Best Practices' and provide basic guidelines that minimize the risk of damage when a head injury occurs.

CDC information for Coaches = http://www.cdc.gov/concussion/pdf/coaches_Engl.pdf

CDC information for Parents = http://www.cdc.gov/concussion/pdf/parents_Eng.pdf

CDC information for Players = http://www.cdc.gov/concussion/pdf/athletes_Eng.pdf

Sporting Omaha FC Concussion Protocol in conjunction with Omaha Physical Therapy Institute

Omaha Physical Therapy Institute (OPTI) is a preferred partner of Sporting Omaha FC.

1. Once an athlete is assessed and diagnosed with a possible concussion from a medical practitioner (physician or licensed athletic trainer), fill out the "Suspected Concussion & Release Authorization Form" and make a copy (or take a picture of it if at the fields and send it to Katie Cordery's cell or email 402.350.1341 or Katie@omahapti.com) and give the athlete's guardian the original copy so they can have a physician fill in the bottom portion.
2. Recommend that the athlete follow up with a licensed medical doctor who specializes in concussion management. Also, provide some education to the guardian regarding the monitoring of symptoms as well as what symptoms may require immediate medical attention.
3. If the athlete is of high school age, recommend that the athlete or guardian inform the athletic trainer at their high school of their condition so they have it documented for their participation in high school sports.
4. Instruct the athlete/athlete's guardian to have a physician fill out the appropriate section on the "Suspected Concussion & Release Authorization Form." This document needs to be given to the Club Director (Tim Bennett) who will communicate with the appropriate administrator/coach in the Omaha Football Club that the athlete has been cleared to return to play.

Sporting Omaha FC Return to play following a diagnosed concussion

The physical therapists at OPTI are experienced in performing a return to play rehabilitation protocol following concussion. An athlete that has sustained a concussion will be treated using an individualized treatment plan based on self-reported signs and symptoms, cognitive function, and balance ability.

RETURN TO PLAY PROGRESSION

1. A return to play progression will be started once the athlete is asymptomatic for a 24-hour period.
2. Return to play guidelines require the athlete to be symptom free for at least 7 days before returning to full participation.
3. The following phases will be included in the Return to Play rehab protocol post-concussion:
 - No activity
 - Light aerobic exercise
 - Sport Specific exercise
 - Non-contact training drills
 - Full contact practice
 - Return to play



Social Media and Electronic Communication Policy

Online, social media and other electronic communication tools such as text messaging have become a prevalent and effective means of personal and professional communication, and have fundamentally changed the way many people and organizations interact. This policy sets forth our expectations with respect to the use of online and social media, as well as other forms of electronic communications, by all Sporting Omaha Football Club's ("SOFC") coaches, players, parents, staff, volunteers and administrators.

The term "social media" as used in this policy encompasses a wide array of online media and communications and their scope is constantly evolving. For purposes of this Policy, the terms "online media" and "social media" are to refer to internal and external websites, blogs, online social networks including, but not limited to the following (e.g., Facebook, Twitter, Instagram, LinkedIn), wikis, video and photo sharing sites (e.g., YouTube, SKYPE and Flickr), and other forms of personal online publishing and discourse. This Policy also applies to text messaging, email, and individual telephonic communications. Social media forums are typically public. Even when using social media for purely personal purposes, a person's public expressions might affect their professional identity and the organizational interests of SOFC and our members.

Both on and off the field, safety and youth protection is a key focus. SOFC is committed to be an advocate for youth and to keep children and their privacy safe, both online and off, and safety is always at the forefront of any considerations where social media usage is concerned.

SOFC fully respects the interest our employees, volunteers and coaches may have in participating in online and social media on a personal basis. What our employees, volunteers and coaches do outside of work on their own time is generally their own business. However, activities of SOFC employees, volunteers and coaches that affect the organization's reputation, the employee's, volunteer's or coach's job performance, the safety of our players, or other SOFC personnel, are within the scope of this policy. With the above in mind, all SOFC staff, contractors, volunteers, administrators, and coaches must be familiar with and adhere to this Policy.

Social Media Guidelines for Sporting Omaha FC Players

Playing for Sporting Omaha FC comes with responsibilities. Our players are held in high regard within our community. It is important to educate our players on the responsibility they have to portray their team, our Club and themselves in a positive manner at all times within all forms of social media. Any violation of the SOFC social media policy may possible include suspension from team activities for a time period to be determined by the Executive Director. If it is determined a seasonal or year long suspension may be necessary.

Specific violations may include the following but are not limited to the following:

1. Content online that is unsportsmanlike, derogatory, demeaning or threatening toward any other individual or entity (examples: derogatory comments regarding another club; taunting comments aimed at a player, coach or team from another club and derogatory comments against race and/ or gender) is unacceptable. No posts should depict or encourage inappropriate, violent or illegal activities (examples; hazing, sexual harassment or assault, gambling, discrimination, fighting,



- vandalism, academic dishonesty, underage drinking, illegal drug use).
2. Information that is sensitive or personal in nature or is proprietary to SOFC which is not public information (team schedules, travel itineraries, injuries, players' academic information) shall not be posted online in any form.
 3. Ethnic slurs, obscenities, or insults towards the Club, teams within the club or players within the club will not be tolerated. Do not engage in any conversation or conduct online that would be considered inappropriate on the field. As a members/ambassadors of SOFC, and your individual team, the SOFC Community hold the highest level of decorum and refuse to engage in any social media battles with other clubs, opposing coaches and their teams.
 4. Cyber-bullying in any form is NOT acceptable. This includes not only other clubs, their coaches and players, but also with other SOFC members and may result in the suspension of a player/family or removal from the Club.

Reporting, Investigation, and Resolution of Suspicious Internet and Electronic Communications.

All suspicious internet and electronic communications should be reported to the Executive Director, Tim Bennett. The Executive Director will investigate all claims of inappropriate activity with an assigned member of the SOFC Staff.

Reports of inappropriate activity may also be reported to law enforcement authorities and human services departments as appropriate

Pending the investigation of reported suspicious activity, the executive director may prohibit contact between a staff member, a coach, contractor or volunteer and all members of the club as deemed appropriate.

Upon conclusion of the investigation, the Executive Director, acting on the advice of the legal committee shall make a determination regarding future participation of the individuals involved in club activities. In the event of suspension or termination of a staff member, contractor, coach or volunteer the Executive Director shall provide a means of appeal of the decision as required by the Nebraska State Soccer Association.

NOTE: The **Social Media and Electronic Communication Policy** is additionally intended to address the use of social media consistent with the SOFC Code of Conduct.