



**2019-2020**  
**Coaches Handbook**



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# Coach Handbook

## Section I

### Sporting Omaha FC's Vision

Sporting Omaha FC is committed to be the best soccer club in America at helping our teams and players maximize their development toward their full potential.

### Sporting Omaha FC's Mission Statement

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

Sporting Omaha FC is a non-profit full-service youth soccer club that makes team and individual player development its central focus. We offer challenging programs at all levels that demonstrate a strong commitment to the development of the whole player including the technical, tactical, physical and psychological areas of our players' development within the team environment.

### Sporting Omaha FC's Core Values

#### 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
- Try 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 ahead 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 oversee and provide 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	<b>Sporting Omaha FC Staff</b>	
Vice President	Mike Alvano	Executive Director	Sven Jasinski
Secretary	Michelle Schefcik	Registrar	Renee Wanderscheid
Treasurer	Candice Mullendore	Director of Communications	Keri Leece
Board Member	Jason Franke	Director of Operations	Karl Ostrand
Board Member	Troy Meyerson	Boys Director of Coaching	Ryan Kruse
Board Member	Brad Costanzo	Girls Director of Coaching	Alex Mason
Board Member	Sam Vakhidov	Director of Youth	Christina Lewis
		Account Manager	Heather Derksen



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

Please visit [www.sportingomahafc.com](http://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](mailto:info@SportingOmahaFC.com)  
Office: 402-896-4420  
Fax: 402-896-1430  
YDP/Weather Hotline: 402-827-9869  
website: [www.sportingomahafc.com](http://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](http://www.sportingomahafc.com)
- Club-wide email blasts
- will be sent when information needs to reach the audience in an expedited manner
- Social media (Facebook, Twitter and Instagram)

### Player/Parent Communication Concern Process

Sporting Omaha FC 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

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 (available at [www.sportingomahafc.com](http://www.sportingomahafc.com) and submit electronically to Mark Berner at [markb@sportingomahafc.com](mailto:markb@sportingomahafc.com). You will then be contacted to discuss your concerns privately and directly.



### **Administrative Concerns**

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](mailto:markb@sportingomahafc.com). You will be contacted to discuss your concerns privately and directly.

### **Recreational or YDP Soccer Concerns**

1. Contact your player's coach and request a meeting to discuss your concern. If this fails to resolve the issue:
2. Contact Christina Lewis, the Director of Youth, 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 and submit electronically to Mark Berner at [markb@sportingomahafc.com](mailto: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 – White Adidas training shirt, black shorts, white socks
- Game – Black or white 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 requests.

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.

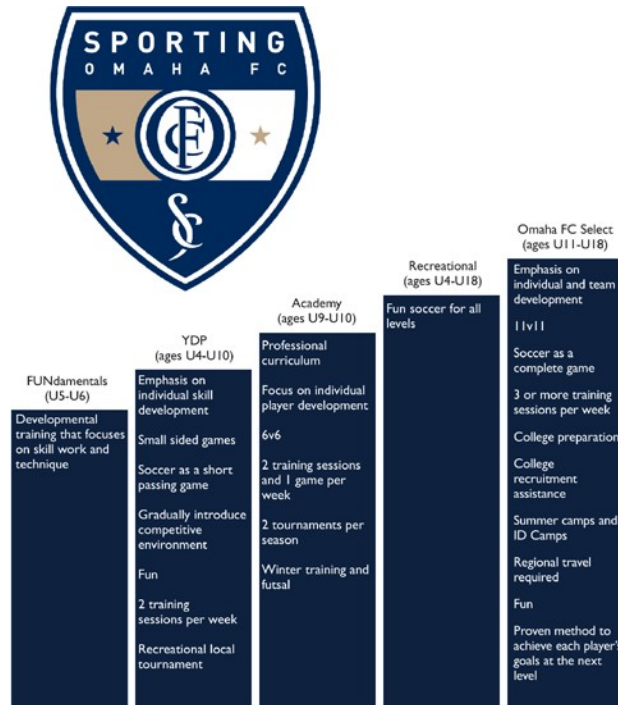
## **SECTION IV**

### **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 \$695.00 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	\$110.00	Games with ENSA, training 1x week (volunteer coach)
U13 - 19	11v11	\$130.00	Games with ENSA, training 1x week (with parent coach)

\*Teams may play in a more competitive league with additional cost. \*

### 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 – Boys

Division	Description	Cost
U11-14	Elite	\$1410.00
U11-14	Gold/Black/Silver	\$1250.00
U15-19	Elite	\$1325.00
U15-19	Gold/Black/Silver	\$1175.00

Format/Costs - Girls

Division	Description	Cost	Format
U11-14	Elite	\$1410.00	9v9/11v11
U11-14	Gold/Black/Silver	\$1250.00	9v9/11v11
U13	Pre-DA	\$1500.00	11v11
U14-U19	DA	\$2225.00	11v11
U15-19	Elite	\$1325.00	11v11
U15-19	Gold/Black/Silver	\$1175.00	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 player in our Club.

- The player contract per NSSA rules is from July 1, 2019 and ends June 30, 2020. 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 must 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.
  - Failure to attend a training session at the select level, irrespective of reason, could result in limited or no playing time at games.
  - 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.
  - 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:
  - limited or no playing time
  - suspension from games (multiple excused absences)
  - removal from the team (consistent unexcused absences) with Executive Director 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 must 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:
  - Failure to pay may lead to non-participation in Sporting Omaha FC events
  - 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.
  - 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, ECNL Club or another possible college showcase event. NOTE— Any guest playing opportunities outside of the Omaha FC organization must be approved by the Executive Director.

#### **Select Tournament/Showcase outside 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. In addition to the club cost of the secondary pass, a player rostered as a secondary is responsible for game/event related costs for the secondary team based on participation, e.g. if a player participates as a secondary player in an event, he/she is expected to pay the equal share of the tournament registration, coach travel expenses, etc. Coaches and managers must outline these financial commitments to the family well in advance.
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. Sporting Omaha FC players may **ONLY** secondary to a CYSL team, U12 or below. Players must contact their primary coach with the initial request who will then contact the DoC. The DoC will have the final approval. Players U13 or older will be handled on a case by case basis.

## **Out of Club (players secondary to Sporting Omaha FC)**

- a. Sporting Omaha FC accepts players from other clubs with the permission from the player's respective team coach and/or Director of Coaching.
- b. 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. Funds in team account will move to the new team account on a per player basis, if movement





occurs during the year.

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](http://www.cdc.gov/concussion/pdf/coaches_Engl.pdf)

CDC information for Parents = [http://www.cdc.gov/concussion/pdf/parents\\_Eng.pdf](http://www.cdc.gov/concussion/pdf/parents_Eng.pdf)

CDC information for Players = [http://www.cdc.gov/concussion/pdf/athletes\\_Eng.pdf](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](mailto: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 (Sven Jasinski) who will communicate with the appropriate administrator/ coach in the Sporting Omaha Football Club that the athlete has been cleared to return to play.
  5. Sporting Omaha FC Return to play following a diagnosed concussion
  6. 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 and must share this Policy with parents and players as necessary.

### **Internet and Communication Policies for Coaches**

All social media communications must be public, and all communications on or through them must be public. Being "public" means no private channels. For example, private Facebook groups, direct messaging or private invitations to personal Facebook pages, invite-only YouTube channels, or Twitter, direct messaging to individual players, and the like shall not be permitted between coaches and players. This enables administrators to monitor all communication and help ensure there is no inappropriate communication between coaches (including assistants and volunteer coaches) and players. This also serves to protect coaches.

Abide by a "two-deep" policy for all communications and activities. This means at least two SOFC-affiliated adults, or one SOFC-affiliated adult and a parent, must be included or at least "copied" on all messages to players.

There should be no private messages and no one-on-one direct contact through Facebook messages, Twitter, direct messaging, Skype, chats, instant messaging (including but not limited to Google Messenger, AIM, and the like) or other similar messaging features provided through social media sites. This two-deep policy also applies to all activities, outings, excursions, or other meetings between an adult and a player.

A coach may respond to a direct inquiry via text message or email from a player regarding logistics of practice times, cancellations, schedules, etc. but our coaches should strive to include another adult on messages whenever possible.

Coaches and team representatives should only use text messages and email on issues that are soccer related and all communications should include a parent or guardian copied on the message where possible.

Coaches and team representatives should avoid cell phone conversations with players to the greatest extent possible, and cell phone communications should only be used when absolutely necessary and should only be soccer related.



Staff members, coaches, contractors, volunteers, etc. may not be “friends” on Facebook with any player.

If you post content on any social media site (e.g., Facebook, blog, discussion board or comment) and it has something to do with work for SOFC or subjects associated with the organization or any of its members, you should include a disclaimer in substantially the following form: “The postings on this site are my own, personal views and do not represent the views or positions of the Company, its customers, or personnel.”

You should only provide your soccer contact information for soccer related business and the two-deep policy should be applied to all communications.

Respect privacy and confidentiality obligations when posting photos or videos. Before you post online video or photos that include images of players, it is your responsibility to obtain consent from their parent or guardian. If you fail to do so and they subsequently object, it is your responsibility to promptly take down or otherwise edit the posting in order to protect their privacy. SOFC will fully support those who wish to maintain their privacy in this regard.

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).

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.

Ethnic slurs, obscenities, or insults towards the Club, SOFC coaches, 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 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.

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 coach or player/family or removal from the Club.

### **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 must portray their team, our Club and themselves in a positive manner at all times within all forms of social media.

Educate your players on proper behavior concerning participation in online communities. Examples of inappropriate behavior may include 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 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, Sven Jasinski. 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 decide 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.

#### **Guidelines for OFC Personnel**

All SOFC personnel must comply with this policy. In the event SOFC perceives any online communication activities by an employee, coach or volunteer as compromising the integrity of the organization or the safety of our members in any respect, SOFC may request such communications to cease. In addition, violations of this policy will result in corrective action including disciplinary action or dismissal when appropriate.



**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.

## Employee Conduct Policy

At Sporting Omaha FC, we believe that our success as a club is dependent on our employees. As such, we expect our employees to always act professionally, courteously and responsibly. Inappropriate behavior will not be tolerated; including lack of professionalism, inappropriate conduct, and unproductiveness. Any inappropriate conduct is subject to disciplinary action and, depending on its frequency and severity, can result in termination.

Employees should always use common sense and their good judgment when dealing with work matters. While it is not possible to list all circumstances where conduct would be considered inappropriate, the employee should keep in mind what the Club would want and measure their behavior against that.

If employees have any questions about what conduct is expected in any particular situation, they are encouraged to discuss their concerns with the Executive Director before any such situation arises, to help ensure that any improper conduct is minimized.

The following is NOT an exhaustive list of inappropriate conduct that is unacceptable to Sporting Omaha Football Club. All the following will lead to negative workplace consequences for the employee. In some cases, the employee may be immediately suspended or even terminated.

1. Bringing any unauthorized weapon to the workplace (including leaving it in a car that is parked on company property), unless state or federal law explicitly grants the authority to bring such weapon. Sporting Omaha Football Club takes workplace safety very seriously, and any employee who brings a dangerous weapon to work will be immediately suspended and required to leave the work-site.
2. Physically assaulting a co-worker, volunteer or member. The employee initiating the assault will be immediately suspended and required to leave the work-site. Depending on the specific circumstances, Sporting Omaha Football Club may also contact law enforcement.
3. Making threats against a co-worker or volunteer or member.
4. Making inappropriate sexual and/or romantic remarks/overtures to a co-worker, volunteer, or member.
5. Making ANY sexual or romantic overtures to a worker or member, when you have a position of authority over him or her.
6. Showing up at work under the influence of alcohol, any drug, including prescription, over-the-counter, illegal, and legal.
7. Employees may not give, solicit, or accept gifts or gratuities from anyone doing business with Sporting Omaha Football Club. If a gift is inadvertently sent by a customer or supplier, it must be returned to the person or firm from which it came, with a polite note explaining our company's policy. Any gifts other than token gifts, either accepted or given, must be approved by the Executive Director. ALL gifts, whether or not solicited, must be immediately reported to the Executive Director.
8. Using Sporting Omaha Football Club funds or materials for any illegal or unauthorized purpose.



## **Non-Fraternization Policy**

Sporting Omaha FC desires to avoid misunderstandings, actual or potential conflicts of interest, complaints of favoritism, possible claims of sexual harassment, and the employee morale and dissension problems that can potentially result from romantic relationships involving managerial (coaching) and/or supervisory employees in the Club or certain other employees or members in the Club.

Accordingly, managers (coaches) and supervisors are strongly discouraged from fraternizing or becoming romantically involved with one another or with any other employee of the Sporting Omaha FC. Additionally, all employees, both managerial and non-managerial, are discouraged from fraternizing or becoming romantically involved with other employees, members, volunteers or clients when, in the sole opinion of the Sporting Omaha FC, their personal relationships may create a conflict of interest, cause disruption, create a negative or unprofessional work environment, or present concerns regarding supervision, safety, security, or morale.

Any employee involved with a supervisor or fellow employee, volunteer or client must immediately and fully disclose in writing the relevant circumstances to the Executive Director (ED) so that a determination can be made as to whether the relationship presents an actual, perceived or potential conflict of interest.

If an actual, perceived or potential conflict exists, Sporting Omaha FC may take whatever action it deems appropriate according to the circumstances, up to and including transfer or discharge. Failure to disclose material facts may lead to disciplinary action, up to and including termination. It is not the Sporting Omaha FC's intention to dictate choices made in your personal life with this policy. Employees must understand, however, that courts are holding companies to higher standards to ensure a fair, conflict-free workplace. As companies shoulder these greater burdens, more regulations and policies become necessary.

All employees should also remember that Sporting Omaha FC maintains a strict policy against unlawful harassment of any kind, including sexual harassment. Sporting Omaha FC will vigorously enforce this policy consistent with all applicable federal, state, and local laws. As with all Sporting Omaha FC policies, ideas or suggestions for improvement are encouraged and should be directed to the Executive Director (ED).

## **Coach's Travel Policy**

### **Travel Reimbursement**

This Travel Policy has been developed to enable each coach to make a substantial contribution to the success of their team and the Club as a whole. It is designed to establish and communicate equitable standards and ensure consistent and fair treatment of all coaches who travel on team or Club business.

It is, of course, impossible to anticipate every situation that may be encountered while traveling on team and/or Club business. Thus, we expect each coach to exercise good judgment in incurring travel expenses and not spend more for goods or services than they would normally spend when traveling for themselves.

The coach will be solely responsible for determining his/her mode of transportation for Club related travel within this policy.



There is no reimbursement for transportation within 75 miles (one way, 150 miles round trip) of Omaha including Lincoln, NE. For sites between 76 and 150 miles (300 round trip), only reimbursable mileage for a personal vehicle will be returned. This includes travel to York, NE or Grand Island, NE, Kearney, NE or South Sioux City, NE or similar sites. For travel to Des Moines, IA, or similar sites, a coach will only be reimbursed for transportation costs of the average cost of a rental car (mid-size only) over the necessary time period for game coverage plus gas (approximately \$40.00). For travel outside 150 miles, a rental vehicle is the only option.

If traveling by air, the team will be responsible for reimbursing the coach:

- The least expensive 30-day advance airfare available, including baggage fees, rental car at destination, and estimated fuel for trip.
- The Club/Team will pay for all lodging needed to have the coach at each game for the tournament.

Please purchase the rental agency provided insurance to avoid any personal insurance liability. The added insurance will be reimbursed by the team or equally split between teams responsible for the coach's travel expenses.

Coaches should actively plan ahead and book airline travel with as much advance notice as practical and possible. Trips planned more than one or two weeks in advance will significantly reduce air travel expenses. The following condition(s) should apply:

- Arrival at destination in reasonable time to help ensure coaches safety and to conduct team business.
- The connection times are reasonable.
- The connection is on the same airline, a commuter tie-in, or another reasonably convenient airline.
- Arrival home in a reasonable time or at a reasonable hour.
- Extra costs for extended travel time must be considered (i.e. extra nights in hotels, etc.)
- Consideration of additional airline fees such as baggage charges (depending upon the carrier).

It will then be the coach's responsibility to select the option that gives him/her the best option for the most reasonable fare. The lowest cost fare and class status should be used, given the scheduling requirements of the trip. Good business judgment should be used when weighing the cost of the lowest airfare (often involving one stop in-route) versus a savings of reasonable time with more direct routing.

A coach may elect to use his/her own frequent flyer miles for a team or club trip. Under these circumstances the coach should be reimbursed at the lowest 30-day advance fare available at the time of the booking.

A coach will be paid \$50.00 (\$7.00 for breakfast, \$12.00 for lunch, \$26.00 for dinner and \$5.00 for incidentals) per day per-diem for the days he/she is required to be with the team. For one-day trips within 150 miles of Omaha, the coach is only eligible for meals accrued during the time traveled depending on departure and arrival times (see meal timeframes below). These days will be set ahead of time but may be adjusted to allow for a coach to arrive or leave a day early or after to allow for a more cost-effective travel plan. If the hotel the coach is staying at provides a complimentary breakfast, \$7.00 will be deducted from that days per diem. Game start times may interfere with the complimentary hotel breakfast times so please plan accordingly.





## **Meal Eligibility Timeframes**

### **TRIP**

-First and last day of a multi-day trip

### **Breakfast**

-Yes, if departure is before 6:30 am

### **Lunch**

-Yes, if departure is prior to 11:00 am or return is after 2:00 pm

### **Dinner**

-Yes, if departure is prior to 5:00 pm and return is after 7:00 pm

## **Coaches with two teams traveling to one location**

In cases where one coach is taking two teams with no coaching conflicts to one location, travel expenses will be split equally between both teams.

If a coach is taking two teams to one location with coaching conflicts, an additional coach/ assistant coach can attend. Expenses for the second coach will be reimbursed by the team to which he/she is assigned to for that event. (One team/one coach) If the start day of each team is

different, reimbursements will reflect this difference. For example, if one team begins on a Friday requiring Thursday travel and hotel stay while the other team begins on Saturday, the team with the earlier start time will reimburse for one-night hotel stay and corresponding meals. Travel will be shared normally.

If a coach is taking three teams to one location with coaching conflicts, the one team/one coach policies remains in effect. However, if only two coaches travel, costs will be split equally among all three teams.

For those cases where a coach has a team in an event while his or her son or daughter is also playing in the same event on a different SOFC team, the coach's first priority is to his/her SOFC team. Coach will stay in the same hotel as his/her team.

We encourage our coaches to carpool to events where multiple SOFC teams are competing in. However, one coach cannot receive reimbursement for mileage if he/she carpools with another coach in their rental or personal vehicle.

## **Travel Standards for Staff and Volunteer Coaches**

**\*\*Regarding members – Games, practices, training, SOFC events, etc.**

A coach may not accept a ride from a family for any travel purposes including to and from games, tournaments/showcases, practices, team events, etc. Coaches must provide their own means of transportation and should make arrangements for the team to pay or reimburse travel expenses according to Club policies. In the same regard, a coach may not provide a ride to a player without the expressed written consent of the parent and prior approval of the Executive Director.

It is the belief of the Club that the above can create a conflict of interest and perception that is a coach is being transported by a family on the team, or providing rides to a player of the team, a coach may show



favoritism towards these players during a game. Perception is reality and SOFC cannot allow this potential conflict to develop.

Exception: Coaches may receive a ride from a hotel to the host field during an out of town event if necessary; a coach flies into the city and does not have a vehicle on hand to commute from hotel to field and no other club coach has a vehicle at the same venue to transport the coach.

## Private Training Policy

SOFC Coaches will be allowed to continue to conduct “private” and “semi-private” (“privates”) sessions with players with no profit sharing with the Club, provided, however, that the sessions involve no more than 5 players per session. Any grouping of more than 5 players would qualify as a “clinic” and would be subject to the rules and understanding regarding clinics set forth below.

No Club Coach shall be permitted to offer privates to a player who plays for a team for which that coach is the head coach, unless: (a) no fee is accepted by the coach; and (b) the sessions are open to all players on the team equally. Rationale for this policy is private training player (s) from a coach’s own roster creates a conflict of interest and a perception that if a coach is being paid for private training sessions from a player on his/her roster that he/she will show favoritism towards these players during a game. Perception is reality and SOFC cannot allow this potential conflict of interest to develop. A coach is prohibited from advertising or soliciting private training sessions and must only be approached by the player/family.

The Coach shall not be permitted to charge any more than the following hourly rates for “privates:”

1 Player	\$40.00/player
2 Players	\$20.00/player
3-5 Players	\$15.00/player

All private training sessions will be scheduled around and will not conflict in any way with Sporting Omaha FC programs such as TPD and other camps/clinics.

### Sporting Omaha FC – Clinic Policy

Groups of more than 5 players receiving private instruction will be considered “clinics”. Operating a clinic requires prior written approval from the Director of Coaching 90 days before the first day of the clinic. In addition, all clinics will be offered by and through SOFC and not the individual coach. All net profits of the clinic will be divided as follows: 25% to the Club and 75% to the staff responsible for putting on the clinic. For each clinic offered, there will be an organizing staff assigned the responsibility for organizing, staffing and managing the clinic. The organizing staff may be entitled to a larger percentage of the 75% of net profits than the staff who are engaged to work at the clinic. The relative distribution of the 75% net profit amount among the staff will be left to the staff to determine in advance of the clinic being offered. Responsibilities for taxes, marketing, insurance and facilities will be determined at the time of application.

Any program presently in place that is being operated by a staff member will be outside the scope of this understanding until a time determined by the Director of Coaching. At the expiration of any existing and active program, the program will fall under the terms of this policy once it is commenced again. Currently there are not any programs operating independently of SOFC. TPD is under the SOFC umbrella but is



administered by Mike Dean. However, a recent example would have been Becky Sanow's Goalkeeper Clinics held over the summer. No staff shall be permitted to charge a team any fee for training or other professional services that is not first approved in writing by the Club. Any such fee for service arrangement requires the express approval of the Director of Coaching.

#### Other Camps (College camps, ID camps or other 3rd party camps)

It is permissible for Sporting Omaha FC coaches to work camps hosted by college or universities. This does include 3rd party camps, for example Goalkeeper Plus camps. However, the Club asks that coaches working these types of camps schedule around our club hosted camps and promote the club camp/clinic accordingly.