

# **U12 – Spring 2012**

## **Coach Billy Oxford**

### Practice

<b>date</b>	<b>game time</b>	<b>half snack</b>	<b>end snack</b>
<b>Feb 25</b>	9:00 AM	Holly	Mary
<b>Mar 03</b>	9:00 AM	Ben	Devan
<b>Mar 10</b>	9:00 AM	Heze	Alejandro
<b>Mar 17</b>	10:00 AM	Abigail	Tabitha
<b>Mar 24</b>	9:00 AM	Hannah	Gian
<b>Mar 31</b>	9:00 AM	Teo	Chela

**Practice: Sedillo Park – Tuesday's & Thursday's, 5:00-6:00pm**

**Bring a ball, water and shin guards!!**

### Snack

To help the kids recover properly from their intense game play, it would be helpful to have snacks that can replenish nutrients lost during the game. Most kids like sugary treats, but the intensity of play at this level requires more nutritional snacks.

Half-time snacks:

-Orange Slices, Grapes, Strawberries, etc and Water

After-game snacks:

-Fruit: grapes, orange slices, bananas, apples, strawberries, etc

-Granola bars: Nature Valley, Clif Bars

-String Cheese

-Crackers: w/Peanut Butter or Cheese, Goldfish

-Trail Mix

-Sports drink: Gatorade, Powerade

**Be at the field 30 minutes before game time WITH water and shin guards**

### Contact Number

**Billy & Chrissy Oxford 575-418-9192**

You can find the master schedule, soccer tips and other resources online at [socorrosoccer.com](http://socorrosoccer.com)

## TEAM RULES

1. **Practice attendance is strongly encouraged.** Emergencies and family commitments do occur, but the player will not improve without regular interaction with their teammates. Please call if the player will miss practice.
2. Plan on arriving 10 minutes before practice is to begin. We will start practice AT 5pm. If the player is going to be late, have him/her warm-up and stretch before getting to the field. **Shin guards are required for practice.** No shin guards, no practice, no exceptions. Bring a soccer ball with you to practice.
3. Players are expected to show positive attitudes, and to follow directions given by coaches. The coaches will not permit whining, grumbling, horse-play, or other disruptive acts during games or practices. Warnings will be issued, and if the offense continues the player will be asked to sit out the remainder of the practice.
4. Players must show courtesy towards teammates at all times. Coaches will not permit name-calling, teasing, criticizing or other acts designed to hurt feelings or cause injury. If the player cannot control his/her behavior, the coach will petition the Regional Commissioner for the player's removal from the team.
5. All players must be willing to play all positions, and follow the assignments given by coaches.
6. During games, players are expected to show courtesy to opponents and to referees. The decision of the referee is binding, so don't whine over bad calls. Dirty plays, or acts designed to injure the opposing team will not be tolerated.
7. Parents should avoid any taunting of opponents or disagreement with the referees, in order to teach sportsmanship to our kids. All communications to your child or teammates should be general and positive ("Good pass", "Nice kick", "Way to go"). **Please avoid giving coaching instructions or criticizing your child.** AYSO is always in need of coaches, so if you want to coach please talk with Kim Gonzales about available positions.

### Notes

1. Please pick up players promptly. Coach has to stay at field until all players are picked up.
2. Please advise coaches of any carpool arrangements, so that we can contact the appropriate person if problems arise during practice (such as bad weather) where practice needs to end early or where player has non-serious injury (such as sprain/strain) and needs early pickup.
3. If weather conditions are questionable for practice, please call 575-418-9192. We will try to notify everyone as soon as possible if practice is canceled.
4. If you will be picking up player(s), please keep a "weather eye" out in the event of approaching storms during practice, and start heading for fields if storms appear to be approaching. AYSO rules (as well as common sense) do not permit players on field if there is nearby lightning.

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