**Dear Coach last name,**

**Please be sure you have:**

1. **Made positive contact with each family. Please call. Please be sure the family replies to an email from you before using only email to reach a family. We have some families who don’t have an email address/read their emails.**
2. **Double checked the team roster for late adds/moves and contact each family. See below for how to locate the latest roster online.**
3. **Locates and communicated the game schedule to each family. See below for how to locate the team’s game schedule online.**

**Thank you for coaching USA of Indiana.**

**ALL TEAMS ROSTERS \*WITH CURRENT UP-TO-DATE\* PLAYER INFORMATION have been emailed to coaches and posted to Blue Sombrero**.

**Team training can now begin.  Please check email/FB/Website for field closures!**

**Games start next weekend!**

**Please read this email for your COACHES 411/FAQ GUIDE:**

**CHECK YOUR ROSTERS**

Now that rosters are posted, please contact your players with your team practice schedule.

Don’t forget that you can download your team roster and text & email your players using the Dick’s GAME CHANGER TEAM MANAGER app

**Here is how to get your roster:**

1. Log into your family/personal Blue Sombrero account:

<https://sports.bluesombrero.com/Default.aspx?tabid=281184&isLogin=True>

1. click the**VOLUNTEER** tab on the left.
2. click on “Visit Team Page” button.
3. click on the **ROSTER** tab at the top.
4. ·  **Select Player Info (Name), Select Account Info (Account Name, Cell Phone, Email, Additional Cell, Additional Email)**

·  **Generate Roster**

·  **This opens a page that is easily downloaded/printed as an excel of the team roster.**

·  **One can then download it to a file to print by selecting from the drop-down “export to selected format” the  format you want (excel).**

·  **Then click EXPORT to the right of the drop-down. Or you can simply click the printer image to print.**

**SEND A WELCOME EMAIL**

You should give parents a Game schedule (dates & times) and assign a Snack schedule.  I find it easiest as Coach to bring snacks for the 1st game.  Keep snacks simple – a drink (eg capri sun) & a healthy STORE-bought snack (fruit snacks / sun chips / granola bar etc) – I usually avoid any peanut products b/c so many kids have sensitivities now a days,

* Reminder: New parents often have NO CLUE where sessions are held or WHO you are!  Please be sure to be clear:
* Not good at sending weekly reminders? Email your parents for a volunteer!

=> A sample I AM YOUR COACH email is attached.

**TEAM TRAINING**

Please note that AS OF 4-18-2019 the USAI fields remain closed...all fields technically open this coming Saturday, April 20. We will be working to repair the damage done to fields this past weekend during Indy Burn Cup and getting ready to start hosting games this Saturday, so please help us not do further damage.

Where you can train? Teams may use corners of Avon if dry (you may also find space across the bridge in Avon), and spaces off the game fields in both Brownsburg and at Northwestway Park.

**PIKE TRAINING LOCATIONS:**

Ø  **Northwestway Park** located at 5253 W. 62nd Street & Moller Rd., Indianapolis, IN 46268

**\*\* NO REC team practices to occur at MJGSC \*\***

**HENDRICKS TRAINING LOCATIONS**

Ø  **USAI Avon Soccer Complex**, 6050 E. County Road 91N, Avon, IN  46123

Ø  **USAI Brownsburg Soccer Complex**, 3400 N. County Road 600 E., Brownsburg, IN  46112

**GAME DATES-TIMES-LOCATIONS**

ONCe game schedules are posted, you can also get your game schedule through the Dick’s GAME CHANGER TEAM MANAGER App (download the app & log in just like you would to your BS account), or logging in into your Blue Sombrero account (Log into BS -> select **Visit Team Page** -> select **Calendar** to get your schedule).

**UNIFORMS**

\*Home is blue - red is away\*

Players need the same equipment:

·         Uniform (jersey & socks)

·         Dark shorts

·         SHIN GUARDS - An **absolute requirement** for games; should also be worn for all practices.

·         Cleats (optional) - - Recommended, but not required by most clubs. **Baseball or football type shoes with square or rectangular cleats are not legal for soccer.**

·         Water bottle – should be brought to all games/practices

·         Size **3** ball for U5-U6-U7-U8

·         Size **4** ball for U10-U11-U12-U13 (\*NO size 5 for Rec – only Rec Plus)

\* Players should be instructed to bring water – balls – shin guards to all games/practices \*

Ø  ***Players who ordered uniforms (reversible jersey & sock) can pick these up before their first game at ALL fields Saturday morning***

Ø  ***Players should be instructed to arrive at the fields at least 30-45 minutes before the game IF THEY NEED TO GET UNIFORMS!***

**COACHES SHIRT/TRAINING EQUIPMENT**

Stop by the uniform barn if you still need a coach’s shirt & Equipment bag.  ASST coaches should be sure to get a shirt (& bag too in case they need to cover practices). All coaches need a shirt for picture date.

**TEAM SIZES (WHAT IF MY TEAM SEEMS TOO SMALL?)**

Please let team parents know we always welcome new players so if they have a friend that would like to play the can still register. Just give us a heads up so we can put them on your team!

Remember, **you can always play with less players**, not more!  We do not want to put extra players on the field as it impacts the child’s experience and results in less touches on the ball.

**WHAT IF I NEED HELP?**

·         If you know there are games or practices you will not be able to make, reach out to all the parents to ask for an assistant...those messages mean more coming from you, who has already stepped up to volunteer in this role, than they do from us.

·         Appoint a PARENT OF THE WEEK - TELL parents whoever has snacks that week that they are your "honorary assistant coach" for that Saturday’s session.

·         Want additional help with practices? Let us know and we can connect you with a lead coach in your age division to pair up with

**GAME RULES (QUICK TIPS)**

HANDS DOWN THE BEST CHEAT SHEET FOR COACHES - USAI Rules of Play:

[**http://usaofin.org/documents/recrules.pdf**](http://send.bluesombrero.com/wf/click?upn=jADWtEFn49YOAVW29tFvCdJCVnY89-2FHrWWhi9MBWG-2FAQzfr4T7NsNv-2FNEEFl9Nis_KvzNDmhRjI80GDoH8OIIfzaUqp-2BP3fUXxE3yHs8h-2BJYyLc9o7DASepiNC5OuLT7qXpr0BdTkSxXVLS9PVKZoaxy5BrxMC6gPxEEbW-2Fc5n8hTtZ2eZ8cCDSsNC11Ibf-2BE-2FoHp-2F-2BNtOlF6WPDTy1Dr5pFw6O4Gd0CqO2-2FYieD6xnZyurSogvXGmUB0aQTlq3DiiIgJI-2BIh09IdKn-2BhDMD-2BlOXVmPZTuGRIuwmOHlODjGVWOupvCz5yqL089m181KWsk-2BwlzKDGPg7VQrbRDFo6Og-3D-3D)

 Have you visited the Rec Coach Resources page?

[**http://www.usaofindiana.org/Default.aspx?tabid=914107**](http://send.bluesombrero.com/wf/click?upn=3Fan5g-2FeIEVGPa59wxUOsGrgWfPOS-2F91XbQMTZuf04NdltJqQLG0DBhkGqjl3P7E5PeHjj9n0-2F1PrUHNkN6QBA-3D-3D_KvzNDmhRjI80GDoH8OIIfzaUqp-2BP3fUXxE3yHs8h-2BJYyLc9o7DASepiNC5OuLT7qEdrR-2FzSDP7-2Fe5uiwvp5X2iL8Ia400GuzMyjkYCMoUkrvYTo2Y8nLy9LIXdXZkTtLRD2TpDrGkTju4sDNgHq3yUnZzyEopfynfZVsM-2FN-2FGBO-2FdXFdXqfak2oq0nGB9nm5bZofxTPgOAz6kue4HtO77f5xhq4vWAAAn9hVD5lNqbFjQ3JF7MEPJlSHTNgN7kXnAxRo0pJs-2BjpuaJLJ9l2UKA-3D-3D)

On the above resources page you will find:

1. Format of play information
2. Video tutorials
3. Weekly lesson plans for training (including what to do if only 3 players show up for training!)
4. Information on development for all unique age groups

**Let us know if we can answer any questions!**

***Myriam Torres  
United Soccer Alliance of Indiana Rec Administrator*Email:**[myriamtorres.usai@gmail.com](mailto:myriamtorres.usai@gmail.com)

***Pamela Suchecki  
United Soccer Alliance of Indiana Administrator*Email:**[pamusaipikesoccer365@gmail.com](mailto:pamusaipikesoccer365@gmail.com)

**Important links:  
USA of Indiana website**: [http://www.usaofindiana.org/](http://send.bluesombrero.com/wf/click?upn=3Fan5g-2FeIEVGPa59wxUOsGrgWfPOS-2F91XbQMTZuf04PJPm6GX0c37slpiBmBL1HH_KvzNDmhRjI80GDoH8OIIfzaUqp-2BP3fUXxE3yHs8h-2BJYyLc9o7DASepiNC5OuLT7qAbRiwvWylo3PEuuWPDo8wUxDHuSl2STV9kHHO-2FJuHl95GVCcUqjUYKjEfTHkeTD3bNnkiGlDAOou-2FqEVB0R-2FjmupMbZFeZz7bIFcnCKQvHCcLnU45jiTCe38g9vG8NOidQynKJUnr3d3JS7Y8Ux4hXZbpSm0D1hvPVnREC8n-2B03d4lidk8Z8T9CG0cDFBZBhQc8-2FDvNOESa0DcXWYIcU7Q-3D-3D)  
**Field Maps & Directions**: [http://www.usaofindiana.org/Default.aspx?tabid=913721](http://send.bluesombrero.com/wf/click?upn=3Fan5g-2FeIEVGPa59wxUOsGrgWfPOS-2F91XbQMTZuf04NdltJqQLG0DBhkGqjl3P7EUXT730F-2FduTnAD75y0nPnw-3D-3D_KvzNDmhRjI80GDoH8OIIfzaUqp-2BP3fUXxE3yHs8h-2BJYyLc9o7DASepiNC5OuLT7qGR9WzmT0nZ9m-2B5hcuq8CDd6DEKCsRLGhVjf6j324eV9lWNfUDPj41iT35V9sDoy4y-2FIssonbpQkZYY-2BZiDmBvqavqnVrEQE2-2BpClN2K7izhCWTSvaN4116lgj382RK-2B1-2F1-2FgyoN5OAhoda1Ib9RIldm2wzqAsF701ErCyWivy3gBdVbdgk2I-2FmVhf3P5HoTVcJ1-2BS6CG5NvB8QJYOFXY3Q-3D-3D)  
**USA of Indiana VOLUNTEER NOW!:** [http://www.usaofindiana.org/Default.aspx?tabid=908362](http://send.bluesombrero.com/wf/click?upn=3Fan5g-2FeIEVGPa59wxUOsGrgWfPOS-2F91XbQMTZuf04NdltJqQLG0DBhkGqjl3P7E2x-2FZOA0eTtJ8-2FiOsULZ8bQ-3D-3D_KvzNDmhRjI80GDoH8OIIfzaUqp-2BP3fUXxE3yHs8h-2BJYyLc9o7DASepiNC5OuLT7qgwdhhacOtryRecsFwrDQ2vg669GDrkb5Edg1Hl0g24mAb4Ou583ejgONectPx61T7zuOMSws2oRtCFrvRN-2B0ozE8K9NyfOeDp7A8uqckRVfRdBIzK86OHY-2BbIWRmBE8XDUxf8fVfcV2RiDNghYcH1kUFLjUG3LzmB7ey-2BZzbZx-2BjxC1qspZIZdmcgQ1Z5nLgUUfnnJkWOMq8N2AyR7mdVA-3D-3D)