



# CENTRAL VIRGINIA UNITED SOCCER

## Travel Acceptance and Expectations 2020-2021 Season

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### **I. Welcome**

Congratulations on your placement in the CVU Travel Program for the 2020-2021 soccer season! CVU has over 40 years of excellence in developing soccer talent and we look forward to helping you grow and reach your goals as a competitive soccer player. Please carefully read the following pages and documents as they provide pertinent information regarding our program and expectations. We look forward to seeing you on the fields for a great season.

### **II. Player Information**

#### **Travel Program Placement**

- Placement of players is based on tryout evaluations which includes player skill, commitment level, and attitude. Historical performance will be considered for any returning players.
- Travel positions may be offered at any time subject to available positions. Prospective new players are welcome any time of the year – Spring, Summer, Fall, or Winter – at the discretion of the CVU Executive Director.

#### **Travel Commitment Requirement**

- Players are required to attend all training sessions and matches. If a player is unable to attend a session or match, parents and/or players are expected to communicate with the team coach. Reasons must be provided for all absences.

- Participation levels/attendance history may be considered in roster composition, playing time, and offers to continue with the travel program the following season.
- Players must arrive before all matches in time to participate in pre-match preparation activities. The arrival time for matches will be determined by the coach. Players and parents should expect an arrival time of 45 minutes to an hour before kick-off time – depending on match circumstances.
- Team commitment includes participation in a specified number of tournaments determined on a team-by-team basis.
- Although the level of involvement may vary among age groups and teams, the level of commitment should not.

**CVU expects each and every player to:**

- Have a growth mindset, competitive and industrious spirit, and positive attitude
- Commit to the program and the game

**Participation in School Soccer**

- CVU fully supports high school soccer for our players in grades 9-12. It is great to watch our players thrive and excel on the pitch as they represent their, schools, community, and CVU.
- All players in the 2005-2002 age groups are committed to CVU for the Fall season.
- All players in the 2010-2006 age groups are required to make an annual commitment and participate in both the Fall and Spring season. The Spring commitment is no different than the Fall.

**Rosters**

Players/parents should not expect roster composition to change dramatically within the course of the year, however, there are factors which may result in changes to rosters:

- Leagues and tournaments embracing the “Club Pass” rule will allow a number of changes to base rosters for associated matches in an ad hoc manner. CVU may utilize the rule to provide opportunities for players to play with other teams within the club, for developmental and/or supplemental purposes.
- State Cup and Tournament rosters may vary in composition from league rosters for developmental and/or supplemental purposes.

**Playing Positions**

- U11 to U13 Players should expect to spend some time over the course of each soccer year playing in all areas of the field as deemed appropriate by the coach – back, midfield, and forward. Players interested in focusing on the goalkeeper position are given regular opportunities to do so.
- For U14 and Older, coaches and players are permitted to begin the process of finding positions that best fit each player’s skill set and preferences. Players interested in focusing on the goalkeeper position will be allowed to do so.

## Playing Positions

- With U11-U13 Teams, coaches should target a minimum of 50% playing time for all players over the course of the season. Positional rotations and roster size may affect the coach's ability to provide 50% playing time in every match.
- For U14 and Older, playing time will be provided for all players, but player performance and tactical considerations will also be taken into account. Rosters are selected to be competitive within the squad as well as against outside competition and strive for 50% playing time for each player over the course of the season, however, the amount of playing time in league and tournament matches will be determined by the coach.

## III. Parent Information

CVU parents play a major role in facilitating a productive and enjoyable training and match environment. Our CVU parents are asked to:

- Understand that, as a team program, CVU strive to win, but greater importance is placed on the development of the players and of the team.
- Be positive role models by encouraging good sportsmanship and demonstrating positive support for all players, coaches, fans and officials at all trainings and matches.
- Support the coaches' decisions as they relate to the players and the team.
- Refrain from sideline coaching as this creates a chaotic and confusing soccer environment for the players – refer to the Parent/Supporting Sideline Conduct Outline below
- Respect the decisions of the officials.
- Support a player development environment that is highly structured, challenging and competitive.

### **\*Parent/Supporter Sideline Conduct Outline\***

- Coaching from parents/supporters is NOT permitted at any time. This includes coaching of one's own child. Coaching is defined as telling a player what to do (e.g., "pass it," "shoot," "get the ball," etc.). If you are shouting to players during or after actions in the game, it's likely that you are coaching.
- Supporters must allow the players to hear each other, the official, and only one voice giving instruction – that of the coach. They must allow the team to focus only on the topics of the day and help to minimize a sense of panic on the field.
- Supporters must also be careful with positive and negative feedback to the players (e.g., "nice," or "don't do that.") One might say "nice" when a player kicks the ball out of bounds when they could have just passed back to the goalkeeper. And one might say "don't do that" when a player makes a great decision to pass back to the goalkeeper. In both examples, the comments, although surely meant to help, are actually detrimental.
- Some common problem areas with supporter coaching to guard against: 1) Cries of "get the ball, get it, get it" are counter to the habits of good defenders whose priority is containment over winning the ball. 2) Cheers for aimless kicks forward support the complete opposite of controlled, deliberate, thoughtful, purposeful, multi-directional

soccer. 3) Specific instruction threatens to take decision making away from the players.

- Supporters must not engage in negative or abusive verbal exchanges with the opposing players, opposing supporters, referees, etc. Any problems at a match should be addressed after the match formally by the CVU Directors only.
- Failure to follow the above rules may result in:
  - I. A verbal and/or written warning by the coach, official, CVU Director or CVU Board member.
  - II. Parental training and match suspension.
  - III. Player training and match suspension.
  - IV. Player expulsion from the team program.

### **Parent Communication Guide**

*Parents* should expect to receive the following communication from CVU Coaches and Directors:

- Program and coaching philosophy, expectations of players and parents, schedules for trainings, matches, tournaments, and other team functions.

*Coaches* should expect to receive the following communication from CVU Coaches and Directors:

- Concerns regarding their child, notice in advance for all absences and late arrivals, and positive support for all players, coaches, and officials.

\*It is NOT appropriate for parents to discuss the following with coaches: players other than their child, training structure and activities, tactical decisions during matches (positions, substitutions, systems, style of play, etc.), or team strategy.

Parents should follow the steps below to arrange discussions/meetings with coaches and/or CVU Directors:

- I. Contact the coach at an appropriate time to request a meeting. This should not be immediately before, during, or after a training or match. Coaches and parents are encouraged to follow a 24-hour rule of waiting after a match for any questions or concerns that are not pressing or urgent in nature. Email is the preferred method of communication for all staff and coaches.
- II. If you are unable to reach the coach, contact the CVU Executive Director to facilitate a meeting with the coach.
- III. If, after meeting with the coach, the issue is not resolved, contact the CVU Executive Director to request a meeting. The Executive Director will communicate with the coach and parents to facilitate the situation.

## **IV. Central Virginia Regional Soccer Complex (CVRSC)**

The CVRSC is your home for soccer and an exceptional place to train and compete. As CVU members, you have access to the facility to practice and train at any time that it is available –

this includes regular training times, weekend game days, and upon request. We strongly encourage our players to take advantage of open space and nets when appropriate by notifying CVU staff and ensuring that goals and training spaces are safe and open for play.

**Please note the following rules for the CVRSC:**

- Possession of firearms, consumption or distribution of alcohol, smoking, and use of abusive or foul language are prohibited at all times and are justifiable reasons for immediate dismissal from the facility.
- No pets are allowed at the complex at any time.
- As members, we are all stewards of the facility. Help maintain the facility by bringing reusable beverage containers, staying off of damaged or saturated turf, and cleaning up trash and belongings in your area as much as possible.
- Please drop off any found items to our lost and found box located near the concessions building or to the office if a staff member is present.
- ALL GOALS MUST BE ANCHORED APPROPRIATELY FOR ANY USE AT ANY TIME. Do not allow children to play in or around unanchored goals!

## **V. 2020-2021 Scheduling**

### **Training Schedule**

- All teams will need to train twice per week during the Fall and Spring seasons. Training sessions will be 1.5 hours in duration for U11-U13 and up to 2 hours for U14 and older age groups.
- All players are expected to arrive at training before the scheduled start time with a ball, shin guards, long socks, and no jewelry of any kind.
- Players are required to attend all training sessions unless excused by the coach.

### **Fall Training**

- Fall training begins with our strongly encouraged Preseason Travel Camp from July 27<sup>th</sup> to July 30<sup>th</sup>, 2020. Preseason Travel Camp is a very important component to a successful Fall season.
- Regular team training begins during the second week of August continuing through the second week of November.
- U16 and older players will be invited to the Winter CCL Showcase that usually takes place in February. Date TBA.

### **Spring Training**

- Spring team training typically begins the second weekend of February continuing through the end of May. Training over spring break is optional per each coach's decision. Typically, teams train on weekends until resuming normal mid-week training after Daylight Savings Time.

## **Supplemental Programs**

- Additional training opportunities are encouraged throughout the year. Futsal, Preseason Travel Camp, Individual/Small Group Training, and multiple camps are offered by CVU. We strongly encourage all players to get involved in these supplemental programs.

## **Match Days**

- Matches typically occur once per week in the Fall and Spring seasons – generally on Saturdays.
- Some matches may be played on Sundays as schedules necessitate.
- Occasionally 2 matches are played in a given week.

## **Fall Matches**

- Fall matches start around mid to late August for Premier teams. Exact date TBA. Classic matches begin in late August or early September. All teams typically end league play around the 2nd week of November.
- All Travel teams will participate in the CVU Hosted Battle of the 7 Hills Labor Day Tournament on Labor Day Weekend.
- All Premier Travel Teams will participate in the CCL Adidas Festival in September.
- Premier & Classic Travel Teams may choose to participate in additional tournaments based upon additional per player costs – typically \$60-70 per event, per player.
- Tournament selections are determined at the discretion of the CVU Executive Director with input from CVU Coaches.

## **Spring Matches**

- Spring league matches start around March and end around the end of May. Rain-outs and make-ups may be scheduled through the first week of June and players must remain available for these dates.
- No matches will be played the weekend of Easter Sunday.

## **Player Evaluations**

- U11-U15 players will be provided 1 written evaluation per year from their coach after the completion of the Fall program. A coach and player/parent conference to review player progress will take place towards the end of the Spring program.
- U16 and older players will be provided 1 written evaluation per year from their coach at the end of the Fall program.

## **VI. Team Managers**

The Team Manager serves as the administrative representative for the players, parents, coach, and the club. Supporting the players and coaches is their highest priority above all else.

The manager is not the coach! If parents have questions regarding coaching decisions, they must address the coach, and/or the CVU Directors. Specifically, Team Managers provide details regarding schedules, hotels, training, travel and other pertinent information, updates and reminders. It is imperative that parents communicate clearly with their manager!

## VII. Payment of Fees

Upon accepting a roster placement, all club members will be asked to PAY THEIR ANNUAL PLAYER FEE IN FULL. Members that have not lived up to their financial obligations may be prohibited from participating in all future CVU activities. CVU will take necessary steps to collect outstanding fees including prohibition of training or match participation and contact from the CVU Board of Directors.

As an alternative, members may choose to follow the payment schedule below:

- \$100 deposit upon acceptance of invitation to reserve team placement
- Remaining fees divided out over the following dates:
  - August 14th
  - September 18th
  - October 16th
  - November 13th

The successful operation and growth of the club is dependent upon timely and accurate payments. Up-front, one-time payments are greatly preferred. Questions regarding payments may be sent to the office at [cvuadmin@cvuclub.com](mailto:cvuadmin@cvuclub.com)

### Payment Plans and Scholarships

Families with demonstrated financial hardship can request payment plans or scholarships by contacting the CVU Administrator. Those interested in applying for a scholarship will need to complete a CVU Scholarship Application.

CVU goes to great effort and expense to ensure that player ability, commitment, and character are the primary determining factors for participation, regardless of financial ability.

Please note that CVU has a *limited fund available and we cannot offer scholarships to everybody who applies*. The CVU board members' selection panel works on who is in most need of support. CVU cannot cover uniform or hotel/travel expenses as part of our scholarship program.

CVU will release scholarship applications on our website early July 2020. All applications must be submitted by August 7, 2020 to be considered.

- **Mandatory Service/Support:** All families requesting scholarships must agree to provide service to the club equating to the total amount of assistance offered. Each hour of service provided per mature family member will equate to \$50.00. For example, a family requesting \$400 in scholarship support will provide the club with 8 hours of service. Service opportunities include, but are not limited to, facilities support, tournament or events support, concessions support, and office support. All required scholarship service must be completed by November 1st.

## Refunds

CVU has a no refunds policy. This includes player fees, uniform costs, etc. Exceptions may be made in rare circumstances such as season ending injuries. All decisions will be made on a case-by-case basis.

## 2020-2021 Program Fees

CVU's Board of Directors and Staff have worked to maintain a stable fee structure and limit expenses to our constituents. We have minimized our costs and expenditures, streamlined income collection, improved our facility, and maximized support of our capital gifts, grants, and scholarship programs as much as possible.

Fees have been adjusted for all travel programs as seen below. In addition to addressing rising external costs, this will enable a much-needed improvement in coaching staff stipends, and ensure a more regular presence of athletic training staff at our home competitions.

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2020-2021 Travel Fees	Premier	Classic
U11-U15 Fall & Spring Season	\$1,120	\$820
U16+ Fall Season	\$805	\$520

Parents of CVU players who have been selected to participate on a CVU team and who have accepted to do so, must read and sign this CVU Program Commitment and Expectations document upon registration for the team.

Acknowledgement of BOTH Parents/Guardians:

**We, the parents/guardians of \_\_\_\_\_ have read and understand the CVU Travel Program Commitment as outlined above.**

Parent(s)/Guardian(s) Name:

\_\_\_\_\_

Parent/Guardian Signature:

\_\_\_\_\_

Date: \_\_\_\_\_

Any questions please contact the office at [cvuadmin@cvuclub.com](mailto:cvuadmin@cvuclub.com)