

LIVINGSTON SOCCER CLUB TRAVEL PROGRAM GUIDELINES & PROCEDURES

PROGRAM INSIGHT

The purpose of the Livingston Soccer Club (“LSC”) Travel Soccer Program is to foster organized soccer at a more competitive level. In so doing we provide the opportunity for the more dedicated and committed Livingston child athlete to develop into the best soccer player they can become (the “Travel Program” and references herein to “Travel” or “Program” have the same meaning). References to a “team” or “travel team” mean a team that forms part of the travel program according and pursuant to the rules and procedures for the creation and formation of such team as provided in these guidelines. The LSC will form, in its discretion and based on its considerations, as many quality Travel Teams as possible.

In order to accomplish this goal the athlete must play two (2) full seasons of soccer - Fall and Spring. If an applicant and his/her family cannot commit to two (2) full seasons of soccer, the athlete should not tryout for this Program. The Travel Program does not include, sponsor nor is accountable for any winter and/or summer Team activities (training, tournaments, games, etc.) or any other activities in which members of a team choose to participate as a team or in any other manner.

In addition to teaching soccer skills and team play, good sportsmanship is an important part of the Program. Both the athlete and his/her parent must abide by a code of conduct that exhibits the requisites of good sportsmanship. This program is called “Set A Good Example,” or “S.A.G.E.” Both the athlete and his/her parent will sign the S.A.G.E. pledge prior to the beginning of the soccer year.

All Travel Teams are trained by outside professional trainers. Some Teams will also be coached by their trainer on game-day. The remaining Teams are coached by a qualified parent. Training and coaching for most Teams usually begins in late August or early September and continues through mid-to-late November. Training usually resumes for the Spring season in late February or early March and ends in early-to-mid June.

Travel team players participate in a competitive youth soccer league. Most recently Teams have competed in the Mid-New Jersey Youth Soccer Association (“MNJYSA”) or the Morris County Youth Soccer Association (“MCYSA”). Both Leagues are part of the New Jersey Youth Soccer Association (“NJYSA”). Participating in these leagues gives the athlete the opportunity to evaluate himself/herself against this talent and establish individual goals to measure one’s own performance and skill level.

In addition to playing approximately 20 league games, 10 in the Fall and 10 in the Spring, Teams typically participate in travel tournaments. Each Team is expected to participate in at least three (3) such tournaments, usually 2 in the fall and 1 in the spring. One of the fall tournaments played is the Essex Fall Tune-Up Tournament (EFT), which is run by the Livingston and West Orange Soccer Clubs. Some of these tournaments not only

attract teams from New Jersey, but usually also teams from throughout the Mid-Atlantic and Northeast. Tournament play has been a very rewarding experience for our athletes.

Two annual competitions available to Travel Teams at the U11 and above level are the New Jersey Youth Snickers Championship and the New Jersey State Cup. Teams are encouraged to compete in these competitions.

Travel players can individually compete on Regional Select and Summer Select teams. Both Mid-New Jersey and Morris County have these programs for the athletes. They provide the opportunity to compete with and against the best soccer players in the League, the State, and the East Coast, respectively.

There is another program that is available to all Travel Team players — the Olympic Development Program, or ODP. Many college coaches are involved in this Program since it gives them the opportunity to get to know the future soccer talent they will be recruiting. The ODP allows U13-U19 players to try out for the State Soccer Team. There are State Teams for various age groups. The players fortunate enough to be selected for their State Team continue in the evaluation process that could eventually lead to the selection of the U. S. National Teams.

Players who have participated in the Travel Program are typically more likely to achieve recognition at the high school level. This has been the case at Livingston High School as well as soccer programs such as those at Seton Hall Prep, The Pingry School, Montclair Kimberly Academy, St. Benedicts, and Newark Academy. If playing high school soccer is a child's objective, then the Travel Program is the first step in that direction.

As you evaluate whether this Program is right for your son and/or daughter, and your family, please keep the following objectives of the LSC Travel Program in mind:

- To enable our children to have fun playing competitive soccer;
- To teach the attributes of good sportsmanship toward teammates and opposing players;
- To provide an ongoing program of high quality, expert professional soccer training for Livingston's more dedicated and committed youth soccer players so that they can become the best players they are willing to work toward;
- To provide continuity by requiring each player and each Team to play two (2) outdoor seasons per soccer year (Fall and Spring);
- To retain these children in the Program rather than having them leave to play for other clubs in order to meet their needs;
- To make it more likely that our children will continue to play competitive soccer at higher levels upon "graduating" from our Travel Program;
- To increase the exposure of our competitive soccer players to high school and college coaches; and
- To have a Travel Program that is financially self-sustaining.

REGISTRATION

Before an athlete is permitted to participate on the Travel tryout process he/she must properly register with the LSC. Athletes do not register to take part in only the Travel Program but to play soccer for the LSC generally. The registration process includes completing the LSC general Registration Form and paying the LSC general registration fee. You will also be asked to pre-register your child for the Travel tryouts. This is not a commitment to attend the tryouts, but simply a way for us to efficiently manage the process. If your child does not make a Travel Team he/she will automatically be included in the Fall InTown Program.

Registration will generally occur in March and April for the upcoming Fall and Spring seasons. Upon completing the registration process you will be given a copy of the Registration Form. This proof of registration must be shown at the time of each tryout. Do not lose this copy of the Registration Form. No athlete will be permitted to participate in a tryout without being properly registered. Same-day registration is permitted, but, in accordance with LSC policy, a late registration fee will be charged. Children are strongly encouraged for organizational purposes to pre-register.

TEAM FORMATION AND THE TRYOUT PROCESS

AGE QUALIFICATION

Travel soccer goes by age, not grade. Within most leagues teams are grouped into divisions based on the ages of the players. These age divisions are further subdivided into "Flights." The Travel Program begins at the U8 level and continues all the way to U19. "U" stands for "Under" and means that all players must be "under" that age as of the August 1st before the beginning of the seasonal year. By definition the seasonal year begins on August 1st and ends on July 31st of the following year.

Each Travel Team is placed into a "Flight" within its particular age division. The term "Flight" refers to a grouping of teams who are considered to be of comparable ability. The number of "Flights" per age division depends on the number of teams within that age division. The usual number of teams per flight is six (6), but it can range from as few as four (4) to as many as eleven (11). The lower the "Flight" the better the group of teams (i.e. Flight 1 is considered to be the top "Flight"). Teams are often re-flighted after the Fall season. Final flighting decisions are not made by the LSC, but by the league in which the Team participates (ie. MNJYSA)

The Travel Program includes two (2) seasons (Fall and Spring) of soccer for boys and girls age levels U8 to U14. It is possible at the U8 and U9 age groups Teams may be coed, but this is typically the exception rather than the rule. To begin play in the Travel Program children must be 8 years of age between August 1st of the year they are registering and July 31st of the subsequent year. Older age groups, U9-U14, follow this same age group guideline. For athletes of high school age (i.e. U15-U19), the LSC will only sponsor one (1) season of soccer, the Spring season.

ROSTER SIZE

Athletes will play “small-sided” soccer in age groups U8 to U10. This means they will play on a smaller field with eight players playing against eight players. The roster size for these Teams is approximately 12 players, but the rosters can be bigger (maximum of 14 players) or smaller.

Athletes will play “full sided” soccer on a regulation size soccer field at the U11 to U19 age levels. Here soccer is played on a standard field eleven players playing against eleven players. The roster is comprised of approximately 15 players, but the number can be smaller or greater (U11-U16 maximum of 18 players, U17-U19 maximum of 22 players).

THE COMPETITIVE TRYOUTS

Other than the high school age level teams all athletes must attend competitive tryouts that are held in the Spring of each year to be considered for a Travel Team. Some athletes who do tryout will not make a Team. Children of past or current members of the Board of Trustees of the LSC will not be given any priority during the tryout process. Tryouts are typically held in April and May. Two (2) tryout sessions will be held at the U8-U14 levels. Applicants are strongly encouraged to attend both tryout sessions. However, if an applicant cannot attend a tryout he/she should notify the LSC in advance of a conflict so other arrangements can be made. These tryouts will be held at a central location in Livingston with age groups trying out at different times. Athletes must tryout according to their age group. Unlike the Travel Program itself, tryouts are age specific (See “Playing Up”).

Tryouts for the older age groups, U12-U14, will generally not be held on the same days as the U8-U11 groups due to the lack of field availability. These tryouts will also typically occur in April and May. These tryouts are age specific as well.

Depending on the results of the tryout process the Travel Committee may schedule additional tryouts at any age level.

Applicants are not permitted to wear a past or present Travel uniform, must wear shinguards and have water bottles. Soccer cleats are recommended. Soccer balls will be supplied. Jewelry is strictly prohibited.

The sole objective of the tryout process is to place the most talented and dedicated soccer players in each age group onto a Travel Team. For an existing Team, in addition to the tryout itself, the Team manager and trainer must evaluate the players on their current rosters. Once the tryout process is completed the Travel Committee will evaluate all these findings and recommendations. Evaluations are strictly confidential. They are only made known to the members of the LSC Travel Committee. Members of the Board of Trustees of the Livingston Soccer Club will not participate in the tryouts and will not evaluate or participate in the evaluation of the candidates in the tryouts. An outside professional entity is hired by the LSC to conduct the tryouts. During the assessment process, the Travel Committee must consider the tryout evaluation of each player, the manager’s and coach’s evaluation of the player, and the player’s dedication and work ethic. At all age levels the decision of the Travel Committee is final.

Each age group will have a different evaluation process, but the goal remains the same - to have a fair, impartial, and thorough tryout process. All evaluations are comparative. The tryout process is the same for boys and girls.

U-8

At the Division 6 level (U8), it is recognized the child's development as a soccer player is only beginning. While current skill level is important, overall athletic ability is a basic component. Speed, flexibility, and coordination are the most important attributes. Even at this age the ability to dribble, change direction with the ball, ball control, and vision (field sense) have developed to a degree that these skills can be evaluated.

Children will be evaluated both individually and in small groups in these areas. Children will also be closely observed both individually and in small group scrimmages. The individual analysis will occur through the use of one-on-one evaluations as the child will be asked to demonstrate soccer skills as an evaluator observes him/her. This portion of the tryout will last approximately 30-40 minutes. The scrimmages will last about 35-40 minutes. In the scrimmages, children may play a 2 v 2 game up to a 6 v 6 game. During the scrimmage process, in addition to the above, constructive aggressive play, communication, and teamwork will all be evaluated.

As the children tryout they will be continuously evaluated. At this age level there will be one evaluator for approximately every 12 athletes. A scoring and ranking system will be used to evaluate the athletes. Once the process is complete the confidential results will be given only to members of the Travel Committee. Evaluations at any level will not be released.

U9-U10

For Division 5 (U9-U10), while a child's development should be superior to the U8 level, it is far from complete. Tryouts at this level will last about 2 hours for each of the two (2) sessions. Children will be evaluated in the same basic areas as the U8 level.

Group dribbling will be evaluated with an emphasis placed on the player's ability to control the ball under the constraint of time and space, ability to change direction with control, and the ability to change dribbling pace. Children will be asked to dribble with each foot, dribble with different surfaces (inside, outside and laces), and change direction at the command of the evaluator.

Group passing, receiving, volleying, and juggling will also be analyzed. The number of touches with the ball and the quality of each touch will be judged. Sequences of the various touches will include different foot surfaces (laces, inner and outer foot), dominant and weaker foot, as well as thigh, chest, and head. Sequences may also include one or multiple touch volley for control. Overall evaluation criteria is based on passing, receiving, ball control, and pace of player when collecting and passing.

In addition to group assessment, individual evaluations will occur. Each athlete will be observed one-on-one by an evaluator in the same areas mentioned above. Directions will be given to an athlete to perform a particular exercise so that his/her skill can be measured.

Scrimmages are also an important part of the process at this level. Athletes will play games of 5 v 5 or 6 v 6, etc. with or without goalkeepers. Small-sided groups will switch off at various intervals and play against another group and children will be swapped from one group to another. Here athletes will be judged by their dribbling and collecting skills, physical ability, work ethic, and their ability to move with and without the ball.

The scrimmages will last about an hour with the remaining time used for group sessions and individual examination. There will be one evaluator at this level for approximately every 12 athletes. During this process the athlete is continuously evaluated. Each child will receive a confidential score and rank. When the process is complete the results will only be given to the Travel Committee.

U11-U12

Division 4 consists of the U11 and U12 age groups. U11 is particularly important because this will be the first time an athlete will play full-sided soccer. That athlete had been playing 8 v 8 soccer but now will be playing 11 v 11 on a much larger soccer field. While the tryout criteria will basically remain the same as the younger age groups, with both individual and group skills being tested, the athlete who competes on a full-sided field must have the stamina and work ethic to play on a larger field with a longer game time. Group and individual dribbling will be tested as will group and individual passing, receiving, volleying, and juggling. Players should be able to use both their dominant and weaker foot. Field vision and awareness are particularly important given the larger playing surface. Children at this level should be able to handle the ball with their head up, looking at the field as opposed to looking at the ball as they pass or control it. The evaluator will look at the quality of the touches on the ball and ball control. The individual and group sessions where particular skills are tested will last for about 45 minutes with match play scrimmages lasting about an hour.

At the Division 4 level, there will be one evaluator for approximately every 15 athletes. Athletes will be judged throughout the process and as such rated and ranked. The confidential results will only be given the Travel Committee.

U13-U14

The LSC at the Division 3 level sponsors two (2) age groups of teams for year-round soccer, U13 and U14. At these ages players who are trying out will be judged as a result of scrimmages. Individual skills will be observed during match play. Areas such as dribbling, trapping, first touch, ball control, shooting, heading, fitness, movement on and off the ball, field awareness, work ethic, and physical ability will be evaluated. Each tryout session will be about 2 hours in length. There will be one evaluator for approximately every 15 athletes. Once the process is complete the athletes will be ranked according to ability and these confidential results will be given only to the Travel Committee.

U15-U19

Single-season soccer is available at the Division 1 and Division 2 (U15-U19) levels. These athletes generally play for their high school teams in the Fall with club soccer available to them in the Spring. This is the only level at which the LSC permits single-

season soccer. There are no formal tryout procedures at these levels unless more athletes are interested in playing than available roster spots. Should that occur the manager/trainer of that Team will run tryouts on an as-needed basis. That manager/trainer will be the sole judge of that Team's roster, not the LSC.

“PLAYING UP”

The term “playing up” refers to an athlete being placed on a team in an age group older than they would normally play given their date of birth. An example would be a U-11 eligible athlete “playing up” on a U-12 or older team. Examples of reasons for “playing up” include, but are not limited to, the following:

- The exceptional player who has the size, skill, and ability to do so;
- The player has a past history of playing on older teams; and
- The Travel Committee places a child on the Team in order to support the formation of that Team.

If an athlete by their choice wishes to “play up” it is the responsibility of the parent to inform the Travel Committee prior to the competitive tryout. Even though the athlete desires to “play up” he/she may also be requested to tryout with their appropriate age group. This decision will be made by the Travel Committee in consultation with the tryout evaluators. Whether or not an athlete will actually be placed on an older Team will be based on the result of the tryout. The safety of the player due to physical size differences may also play a role. The decision of the LSC Travel Committee is final.

Note: By League rules 1) an athlete cannot play down in age, 2) U-8 players may not play on a full-sided team, and 3) all U-11 teams must be made up of a majority of U-11 age appropriate players.

TRYOUT EVALUATION SCORING SYSTEM

The Travel Committee considers the outside professional trainers to be the best evaluators of the children's soccer skills. Accordingly, the ratings given the athletes by the professional trainers will be awarded the greatest weight in the Tryout Evaluation Scoring System. The Scoring System for current Travel Team players will be as follows:

- 45% of the overall weighting will be the results of the two (2) tryouts;
- 40% of the overall weighting will be based on the Teams' professional trainer's evaluation during the season; and
- 15% of the overall weighting will be based on the manager's evaluation.

For an athlete who has not previously participated in the LSC's Travel Program, but was part of the InTown Program the previous Fall, the Scoring System will be as follows:

- 85% of the overall weighting will be based on the results of the two (2) tryouts; and
- 15% of the overall weighting will be based on the evaluation given the athlete by their Fall InTown coach.

Finally, for an athlete who has neither participated in the Travel nor Fall InTown Programs 100% of the overall weighting will be based on the results of the two (2) tryouts.

All athletes who tryout (other than at the U15-U19 levels) will be graded using the same scoring system: 1 is poor; 2 is fair; 3 is good; 4 is very good, and 5 is excellent. Athletes will be ranked according to total points.

Once the Travel Committee has made decisions at the various age levels the applicants will be notified, typically at the beginning of June. Thereafter, a Travel Program registration will be held where candidates who received notification of offer to join the Travel Program and their families would be invited to officially accept such offer and, if they do, additional fees will be collected from such families. Travel Teams cannot and will not be formed until after this registration. Notification to candidates who accepted the offer at the registration of the formation of a Team in the applicant's age group will typically occur in June. A Travel Team is officially formed by the Travel Committee upon either the posting of the roster for such Team to the LSC website, or the submission of the roster for such Team to the President of the LSC.

Notification by the Travel Committee will be either acceptance into the Travel Program, wait list, or the return of the candidate's name to the Fall InTown Program. The wait list means that the candidate has not initially been chosen to participate in the Travel Program, but depending upon the outcome of the June registration and subsequent Team formation process, there is the possibility that he/she will be chosen for a Team. If a candidate's name has not been chosen from the wait list to play on a Travel Team by August 1st, his/her name will be returned to the InTown Program for the Fall season. If a candidate's name is returned to the InTown Program following the initial Team formation process he/she can still be removed from an InTown roster and added to a Travel Team, but no later than August 15th. After August 15th an InTown roster will not be changed to benefit a Travel Team roster. After August 15th the wait list will no longer be used to fill Travel Team rosters.

Note: It is LSC policy that no New Jersey travel carded player is allowed to play in the Fall InTown Program. Travel players may play in the LSC Winter Indoor Program.

TRAINING AND COACHING

All Teams (U8-U14) will receive approximately 66 hours of expert professional training per soccer year. Approximately 33 hours of training will be given during the Fall season and approximately 33 hours will be given during the Spring. There will be 2 one-and-one-half-hour training sessions per week over the two seasons. Fall season training will begin on or about September 1st and ends on or about November 15th. Spring season training begins on or about March 1st and ends on or about June 15th.

PROFESSIONAL TRAINERS AND COACHES

Trainers who possess the requisite experience will train all LSC Travel Teams in order to teach the necessary soccer skills to these athletes. Before any trainer can train a Team

that trainer must be approved by the LSC Travel Committee and meet the necessary requirements of all appropriate national, state, local, and league policy-making bodies.

The trainer will not only conduct practices for the Travel Teams but also may be that Team's game-day coach. The trainer's ability to be that Team's game-day coach will depend on that Team's schedule and that trainer's other coaching commitments. It is the goal of the LSC to have as many games as possible coached by a Team's trainer. If that trainer trains more than one LSC Travel Team it will be the sole decision of the Travel Committee to determine which Team will be given game-day coaching priority. It is also the goal of the LSC to have as many Travel Teams professionally coached as possible.

Coaches, like trainers, can be hired by the LSC for their services. Alternatively, a parent volunteer can become the full time game-day coach for an LSC Travel Team. For a parent to be considered by the Travel Committee as a full time game-day coach (full time meaning all league and tournament games as opposed to substituting for the Team's trainer) at any age level the parent under Travel Committee consideration must:

- 1) have no "Red Card" infractions during the two (2) years prior to the date of the application to become a full time coach; and
- 2) have KidSafe Program approval.

In addition to numbers 1 and 2 above, in order to become the full time game-day coach at the U12 and below age levels, the parent under Travel Committee consideration must possess an "E" Level Coaching License, must have at least two (2) years of prior coaching experience in a travel program (for example, for another Mid-New Jersey Youth Soccer Association member club), and in this two (2) year period must have had primary game-day responsibility for the coaching duties of a travel Team for at least 30 games. To become the full time game-day coach at the U13 and U14 age levels, in addition to numbers 1 and 2 above, the parent under Travel Committee consideration must possess a "D" Level Coaching License and had primary game-day responsibility for the coaching duties of a travel Team for at least 40 games. Note that an "F" Level Coaching License is a prerequisite to attaining the "E" Level Coaching License and that an "E" Level Coaching License is a prerequisite to attaining the "D" Level Coaching License. An "F" Level Coaching License Course is generally given in Livingston every August. Additional information can be found at http://www.njyouthsoccer.com/coaching/coaching_schools.htm. Candidates are responsible for the payment of any costs associated with attaining these advanced coaching licenses. Parents who become full time coaches serve at the discretion of the LSC Travel Committee.

Paid trainers or coaches who have direct service contracts with the LSC can be removed by the Travel Committee for good cause with the forfeiture of the remaining balance of their contract. Trainers or coaches who are employed by an independent contractor can also be removed for good cause by the Travel Committee upon consultation with that individual's employer.

WEEKLY TRAINING SESSIONS

With respect to training at the Division 5 and 6 (U8-U10) levels, emphasis will be on basic techniques such as dribbling, shooting, passing, ball control, learning the

responsibilities of the various positions on the field, and the general concept of team play. Training sessions will stress individual ball skills and small-sided games to maximize the number of touches the player experiences in practices. Lastly, there will be an introduction to tactics.

At the Division 4 (U11-U12) level, players will receive more intensive technique training so they can master the fundamentals while under pressure. By the time an athlete reaches 12 years of age he/she should be able to volley, pass and shoot with all sides of the foot, collect the ball, head the ball with accuracy, tackle, and have field awareness of the players around him with some degree of proficiency. There will also be an increased emphasis on fitness, strategy, set plays, and team formations.

At the Division 3 (U13 and U14) level, athletes should be proficient in all the basic technical areas and have a keen understanding of various strategies and tactics incorporated in game situations. Athletes should be able to play under pressure and completely understand the responsibilities of the various positions on the soccer field. Training will continue to emphasize the technical skill aspect of the game under intense pressure situations.

Cancellation of weekly training sessions:

Weather related training cancellations will be determined by a member of the LSC Travel committee and conveyed to Team managers.

The Livingston Soccer Club believes the decision to train on religious holidays and/or other events rests solely with the player and his or her family. Training sessions may only be cancelled due to conflicts with scheduled games or tournaments. Managers must notify the Travel Committee at least 5 days in advance and receive approval from a Travel Director.

FIELD POSITIONS

At the younger age levels emphasis will be placed on an athlete playing as many positions as possible on the soccer field. This is important in the development of technical skills and to gain an understanding of the sport. Tactics at this level are less important since tactics without skills is not possible.

Once the child reaches the U10-U11 levels they may begin to play different positions on the soccer field. They will tend to become more proficient in one or two field positions given their development and skill level. The coach may place them in positions that he/she perceives they are most comfortable and suited for given their skill development.

By the time an athlete plays at the U13-U14 levels he/she will tend to specialize in a particular position or possibly multiple positions.

It is the goal of the LSC, given this training and coaching, to prepare the soccer athlete for high school competition.

GAME PARTICIPATION

Full Sided (U11-U14)

It is LSC policy that all Large Sided Travel Team players must play at least 50% of the total game time during all regular season league games and travel tournaments. This does not necessarily mean that the athlete must play 50% of the minutes of each game, but rather an average for each of the two (2) soccer seasons. The 50% policy does not apply to any State Cup games, any New Jersey Youth Soccer Snicker's Championship games, or flight championship competition. However, coaches are encouraged to play all athletes equally and as much as possible. It is LSC policy that even in non-league games athletes must play a minimum of 25% of the game time per game.

As noted above, the 50% playing-time policy does apply to tournament play. However, with advance notice a Team may request a waiver of the 50% policy for tournament games, but primarily tournament finals. This exception is intended for elite tournaments, such as a premier tournament. The LSC Travel Committee will make a decision on a case-by-case basis.

Small Sided (U8-U10)

It is LSC policy that all Small Sided Travel Team players must play at least 50% of **each** game time during all regular season league games and travel tournaments.

The only exception to the above rules will be in the case of disciplinary action. Should an athlete miss multiple practices without a valid excuse, be excessively tardy to practice on multiple occasions, become disruptive during practices or games, or develop a "bad" attitude the trainer/coach or manager may, at their discretion, take away playing time. The athlete must be given prior notice of this possibility. The Team manager must also inform a Director of the Travel Program.

ROSTER MOVEMENT

After a Travel Team is formed and the roster is set by the Travel Committee, players will not be released from a Team once that player has been officially "carded." The term "carded" is used to describe the technical process of having a player officially registered to play soccer for a specific Travel Team. This is done by the New Jersey Youth Soccer Association ("NJYSA"), not the league in which the Team plays. "Carding" includes the completion of all forms, including submitting proof of age.

Only the LSC Travel Committee, under exceptional circumstances, may release a player from a Travel Team roster. In the rare instance where the Travel Committee does release a player, that player may not be permitted to immediately play for a new team pursuant to NJYSA rules.

All Add/Drop release forms must be signed by the Director(s) of the Travel Program. Managers and/or trainers are not authorized to sign these forms.

REPLACEMENT PLAYERS

As noted earlier, after August 15th the wait list will no longer be used to fill vacancies on Travel Team rosters. Should a roster spot become available after August 15th any interested athlete, including those who previously attended tryouts in the Spring, will be able to tryout for that open roster spot. If an athlete is playing on an InTown team that athlete may attend a tryout during the InTown season, but, if selected, will not be placed on a Travel Team roster until the completion of the entire Fall InTown season (including the Carpini Cup Tournament). If, on the other hand, an athlete is not playing in any organized soccer league he/she may be placed on a Travel Team roster if deemed qualified. The exact format of the tryout, and the number of tryouts, will be determined by the Travel Committee. No athlete may tryout for a Team until he/she receives the prior approval of the Travel Committee. Upon successful completion of the tryout process the decision to add the player will be made by the trainer, coach, and/or manager. Once that decision is made, the Travel Committee will be notified, and then, and only then, can the manager or coach notify the athlete.

No athlete can join any LSC Travel Team as a mid-year replacement player (after August 15th) more than once unless injury, illness, or lack of residency prevented that child from trying out the preceding Spring. The purpose of this Guideline is to reinforce that the LSC Travel Program is a two (2) season (Fall and Spring) commitment. Athletes will not be permitted to abuse this policy by attempting to only join the Travel Program for a single season multiple times.

THE COST

As noted earlier under “REGISTRATION,” before an athlete can tryout for a Travel Team that athlete must register and pay a registration fee to the LSC. Should an athlete be selected for a Team, and subsequently accept the Travel Committee’s invitation to become part of the Travel Program, that athlete must then pay the Travel registration fee. For the 2009-2010 soccer year these two registration fees will total \$210.00.

In addition to the registration fees each athlete must pay training and coaching fees. The financial commitment for the two (2) seasons of Travel soccer for each player on a Travel Team depends on a Team being large or small sided and whether the Team is professionally game day coached. The approximate cost per player for training and coaching for the full 2009-2010 soccer year is estimated as follows:

Small-sided (professionally coached) = \$660.00

Full-sided (professionally coached) = \$550.00.

The above costs are based upon the usage of an Ashley’s Soccer Camp (ASC) trainer. Teams which use the services of a non-ASC trainer may incur substantially higher fees (not to exceed 25% more than the above stated training/coaching fees).

Replacement players added to a Team roster after the Fall season has begun will be required to pay the LSC registration fee as well as a pro-rata portion of Travel registration, training fees and game day coaching fees.

For those athletes who tryout in the Spring, the registration and training fees are due at registration unless arrangements are made with a Director of the Travel Program prior to the registration date. Game day coaching fees will be calculated and collected after the Fall season.

For players who are being added to a Travel Team roster from the wait list or a subsequent tryout (i.e. a Replacement Player) all fees (with the exception of the regular LSC registration fee) are due within ten (10) days of acceptance into the Travel Program and/or notification of the amount due. The regular LSC registration fee must be paid prior to the tryout. If these funds are not paid by the above deadline the player will not be “carded” and may forfeit his/her roster spot on that Travel Team.

At the end of each Fall and Spring season all expenses will be reviewed on a per Team basis. As noted earlier, the Travel Program is financially self-sustaining. All costs associated with a Travel Team must be covered by that Team’s players. If a Team exceeds the number of coaching/training hours, the number of tournaments (three are budgeted per Team), and overall games played the Team’s players will be assessed additional fees. If a player does not pay the additional fees he/she will not be permitted to participate in any LSC sponsored Program until that fee is paid. The LSC also reserves the right to take appropriate legal action if warranted. It is incumbent upon the managers that Teams use all assigned training hours and play the minimum number of tournaments.

The LSC Travel Team uniform of about \$70.00 is an extra cost as well as any other apparel required by the Team.

NOTE: All fees are subject to change.

REFUNDING OF COSTS

As stated earlier, a Travel Team is officially formed and is deemed to be so formed by the Travel Committee upon either the posting of the roster of such Team to the LSC website, or the submission of such Team roster to the President of the LSC. The LSC registration fee and the Travel registration fee are **non-refundable** after August 1st in any given year. Any late registration fee is **non-refundable**. Should an athlete join a Travel Team mid-season (once practice has begun) or between seasons all fees are non-refundable upon payment. Coaching/training payments are **non-refundable** should an athlete voluntarily separate himself/herself from a Travel Team once a Team is formed. All fees paid to and received by the LSC are the property of the LSC and no Team or other person has any interest in or claim to such fees. Upon payment, each accepting player and their families acknowledge and agree that fees are non-refundable and expressly waive any claim of any kind to such fees whatsoever. Should a Team player move from Livingston prior to or during the course of a soccer seasonal year and choose to quit, that player may claim a pro-rata refund. Should a player sustain an injury or illness which prevents him/her from participating in practices and games for four (4) consecutive weeks that player may request a pro-rata refund for all time lost. Other than as expressly set forth above no other refunds will be given.

FINANCIAL AID

Financial assistance is limited to the LSC and Travel registration fees only. Should a player's family have a financial hardship they should contact the LSC President or Treasurer to request appropriate consideration. Either can be reached via email (contact information can be found at www.lsclub.com) or by leaving a message at (973) 740-1133. All information will remain private. Decisions will be made on a case-by-case basis. All requests and the decision of the LSC will be kept strictly confidential.

NON-LIVINGSTON PLAYERS

Other than the Travel Soccer Plus Program discussed below, no LSC sponsored Travel Team may roster out-of-town players if there is a qualified Livingston player for that roster spot. If there is no qualified Livingston player available then that Team may roster up to three (3) non-Livingston players. These non-Livingston players must tryout and pay the requisite fees as set forth above. The phrase "non-qualified" means no Livingston player wishes to tryout for this roster spot or a player has tried out and does not have the requisite skills to play with that Team.

CONFLICT POLICY

Needless to say we all live very busy lives. Our children participate in many activities with sports being only one of them. Conflicts arise.

During the Fall and Spring seasons athletes often engage in more than one sport at a time. This is especially true in the Spring with baseball, softball and lacrosse. We encourage this activity, but also stress the two (2) season commitment you have made to Travel soccer. The LSC's official policy regarding the potential conflict between soccer and other sports in which the athlete may engage was adopted by the LSC Board of Trustees in December 1996 and clearly states the "Conflict Policy" as follows:

The Livingston Soccer Club reaffirms its policy that Travel soccer is a commitment for two (2) seasons - Fall and Spring. It is not the policy of the Livingston Soccer Club to take any position in the event of a conflict in scheduling between (a) any individual soccer game or practice and (b) any softball, baseball, or other athletic game or practice. The Livingston Soccer Club believes the decision in the event of any conflict rests solely with the player and his or her family.

An athlete should not miss a game in one sport in order to participate in a practice in another sport. The real problem occurs when games are scheduled at or about the same time. Travel soccer games are once a week (except in the case of make-ups) and generally played on Sundays (except for U8 which normally plays on Saturdays). Other sports are played several times a week. When conflicts occur we encourage you to remember that as a participant in the LSC Travel Program you have made a commitment for (2) seasons of soccer - Fall and Spring.

TRAVEL SOCCER PLUS

DESCRIPTION

Beginning with the 2004-2005 soccer season this concept became a permanent part of the LSC Travel Program. This Program is designed for full-sided Teams that have the ability and interest to play at an elite level of soccer. The Travel Committee of the LSC will determine which Teams will qualify for this Program. Should a Team qualify an invitation will be extended to that Team. Athletes who are not Livingston residents can tryout for this Program.

Additional details can be found in the separate Travel Soccer Plus Guidelines.

“GRANDFATHER” CLAUSE FOR NON-LIVINGSTON PLAYERS

It is possible that following the competitive tryout process a non-Livingston athlete currently playing on a Travel Soccer Plus Team does not make the Travel Soccer Plus Team for the following season. The LSC Board of Trustees adopted a resolution in June 2004 that these non-Livingston players be “grand fathered” into the Travel Program. This means that based on the results of the tryouts they would be allowed to play for another LSC Travel Team of one of that age/gender exists.

PARENT INVOLVEMENT

PARTICIPATION & COMMITMENT

Parent participation and commitment are an important part of our Travel Program. Parents will have the responsibility to provide transportation for their children to and from practices as well as games. Other than the U8 level, where games are generally played on Saturday, most games are played on Sunday (unless a make-up game is scheduled). Away games can be as close as West Orange or further than Princeton. Tournaments generally take place on holiday weekends such as Labor Day, Columbus Day, and Memorial Day. The Essex Fall Tune-Up Tournament, discussed below, takes place the weekend after Labor Day. Parents, like their children, must be willing to make the two (2) season commitment to the Travel Program.

RESPONSIBILITIES OF TEAM MANAGERS

Parents are encouraged to become administrative managers or coaches of Travel Teams. The full time coaching qualifications are outlined above. In order to become a Team manager a parent must first have the “F” Level Coaching License that is required by NJYSA for all Travel Team coaches. An “F” Level Coaching License Course is generally given in Livingston every August. The LSC will pay for the “F” Level Coaching License Course for any member of the LSC. Note that the “F” Level Coaching License is also a prerequisite to attaining the “E” Level Coaching Licenses discussed above. The LSC will not pay for higher level coaching courses. Additional information can be found at http://www.njyouthsoccer.com/coaching/coaching_schools.htm

Being the manager of an LSC Travel Teams includes the following responsibilities:

- active participation in the planning and execution of the Essex Fall Tune-Up Tournament;
- liaison between the LSC and the Team;
- interaction with the trainer to schedule practices and coordinate game schedules;
- all paperwork including the “carding” of players;
- certain game-day responsibilities (including paying refs);
- collection of coaching fees from Team families;
- coach Teams on a part time basis if the professional coach cannot attend a game; and
- scheduling the minimum amount of training sessions and tournaments required.

Prior to the start of the season an orientation meeting will be held to acquaint managers with these responsibilities. Anyone interested in becoming a manager or coach should contact a Travel program Director whose information can be found on the Livingston Soccer Club website (www.lsclub.com).

DISCIPLINE

Soccer leagues throughout the United States have adopted standards for player, coach, and parental behavior during a soccer game. Rules allow for individuals to be suspended, barred completely, or otherwise disciplined for their actions. The LSC strictly adheres to these standards of conduct and will not tolerate abusive behavior or any action that is intended or designed to embarrass, ridicule, or demean others. Parents and athletes are encouraged to visit the Mid-New Jersey Youth Soccer Association (“MNJYSA”) web site to learn more about the “Setting A Good Example (S.A.G.E.)” Program (<http://www.mnjysa.org/sage/SageCover.html>).

If a coach, manager, player, or spectator receives a “Red Card” or is otherwise ejected by a referee or other game official, and there is a monetary fine associated with that “Red Card” or ejection, the fine imposed on the LSC will be paid by the offending party. The Board of Trustees unanimously passed the following resolution in May 1996:

RESOLVED, that any Livingston Soccer Club Travel Team manager and/or coach receiving a “Red Card” and subsequent fine and suspension from the Mid-New Jersey Youth Soccer Association (MNJYSA) or other governing body shall be personally responsible for the payment of said fine. Payment shall be made directly to the LSC within seven (7) days of receiving notification of said fine and suspension unless payment by the coach or manager is overridden by the Club’s Executive Committee on appeal. Furthermore, the coach or manager will not be permitted to participate at either a game (assuming the suspension has been served) or practice until said fine is paid.

In the event the coach or manager does not pay the fine in a timely manner they will be suspended from their Travel Team duties until the fine is paid. With regard to parents or spectators on the sidelines, it is LSC policy that failure to pay a fine in a timely manner will result in that parent or spectator being banned from watching his/her child play. In both cases, if the fine continues to go unpaid, and it becomes necessary for the LSC to

pay it, the LSC will use all available means necessary to collect the fine from the coach, manager, parent, or spectator. This includes legal action.

MNJYSA and other governing bodies impose mandatory suspensions in the case of a coach, manager, or player receiving a “Red Card” or cumulative “Yellow Cards” in a soccer seasonal year. In addition, it is the policy of the LSC that if a coach or manager receives two (2) “Red Cards or three (3) “Yellow Cards” in a soccer seasonal year they will be automatically relieved of their duties as a representative of the Travel Program and the LSC. There will be no exceptions. Should they wish to resume their responsibilities, they will have to meet the requirements set forth in the Training and Coaching section of these Guidelines. Once reinstated by the Travel Committee, they will serve a mandatory one-year probationary period (which begins on the date they resume their responsibilities). If the coach or manager does not receive any Red or Yellow Cards during this probationary period, the probation will end. However, if they do receive any Cards during this period a permanent ban from training, coaching, and managing will be instituted.

In the event the LSC is assessed a fine by MNJYSA or any other governing body as the result of forfeiting a game, the Board of Trustees, through the Executive Committee, reserves the right to require the coach and/or manager of the Travel Team which causes the forfeit to reimburse the LSC for any and all fines paid on behalf of the forfeiting team.

CODE OF CONDUCT:

DEFINITION

The LSC expects all players, coaches, managers, parents, and spectators to conduct themselves according to the highest principles of sportsmanship and fair play. The following Code of Conduct is the standard of behavior that is expected of everyone associated with the LSC Travel Program. It is in effect at all practices, matches, and any other Team functions. If the Team is attending a function lasting more than one day, such as a tournament, this Code remains in effect at all times during the stay.

THE CODE OF CONDUCT

The undersigned player/parent participating in the LSC Travel Program agrees to abide by the standards of conduct outlined below and any additional guidelines established by the LSC Board of Trustees or Travel Committee that will be presented at Team meetings.

All players, coaches, trainers, managers, parents, and spectators will adhere to all rules and regulations and will refrain from illegal and inappropriate behavior that would detract from a positive image of the Team or be detrimental to its performance objectives. This includes, but is not limited to, the following:

COACHES, TRAINERS AND MANAGERS:

- Coaches, trainers, and managers are expected to maintain a higher level of sportsmanship, professionalism, and integrity both off and on the field.

- The coaches', trainers', and managers' primary responsibility is for his/her players to have fun, to develop soccer players, and to instill a passion for the game.
- Your performance as a coach and/or manager is not measured in wins and losses, but rather in what you teach your players in terms of technique, sportsmanship, and fair play.
- Coaches, trainers, and managers must have control and discipline at all times.
- Coaches, trainers, and managers must maintain respect for the game as well as the referees. They will not harass, abuse, or berate the referee during or after the game. They shall not enter the field of play without the referee's permission.
- Coaches, trainers, and managers are charged with the responsibility of controlling their players and parents at all times during a game.
- Coaches, trainers, and managers lead and teach by example; your players will be a reflection of you.
- Coaches, trainers, and managers are expected to have a basic knowledge of the game and to pursue coaching education that will allow them to better develop their players.
- Coaches, trainers, and managers should use positive reinforcement when dealing with players, never use foul or abusive language, and never abuse a player physically, verbally, or mentally.
- Coaches, trainers, and managers are to make sure the fields are left clean when they leave training/practice and games.
- Coaches, trainers, and managers should not leave a Team function until all players have been picked-up.
- Coaches, trainers, and managers should take appropriate measures to minimize runaway scores in games.

PLAYERS:

- Players play soccer to have fun, to learn and develop a passion for the game, as well as to improve their skills.
- Players have a responsibility to their teammates, coach, manager, and the LSC. They are representatives of the LSC, as well as the Team, coach, manager, parents, and the community.
- Players must maintain a high level of sportsmanship and fair play at all times. They will treat opponents with respect. They will win without boasting, lose without excuses, and never quit.
- Players must have respect for their coach, manager, and the authority of the referee and his/her assistants.
- Players are expected to be on time and prepared for games and training/practice sessions.
- Players shall train and play to the best of their ability, always have a positive attitude, and encourage their Teammates to do the same.
- During practices/training sessions, all players are expected to conduct themselves in a manner that enables and promotes a learning atmosphere for everyone there. Abusive language and behavior, or disrespectful acts toward teammates or coaches, will not be tolerated.

- Insubordination to members of the coaching staff or others will not be permitted.
- Players are required to wear the approved LSC uniform during all games. Players are expected to take pride in their appearance when representing their Team and the LSC. Uniforms must be clean. Socks must be pulled up to the knee to cover shin guards. Jerseys must be tucked in anytime the player is in public view.
- At games and training/practices, Team members must stay with the Team until dismissed by the coach or manager.
- Other acts of misconduct determined by the coaching staff to be in conflict with the mission, goals, and policies of the-LSC will result in disciplinary action.
- Players will play within the FIFA Laws of the Game and the spirit of the game.
- Players will display self-control in all situations and will not use foul or abusive language at any time before, during, or after a game or training/practice session.
- Players will show respect towards the referee and his/her assistants as well as towards the opponents. They will not harass, abuse, or berate a referee for any reason at any time.
- Players are to make sure that they clean-up their playing area after games and training/practices sessions, picking up all plastic bottles, papers, orange peels, etc.

PARENTS AND SPECTATORS:

- Parents/Spectators must set the example for the children by exemplifying the highest standards of sportsmanship.
- Parents/Spectators participate in a game by watching, cheering (complementary, not instructional), and supporting the efforts of all participants of the game. Soccer must be Fun. The game is for the children; their participation and enjoyment of the game is the most important element.
- Parents/Spectators should focus on player's mastering of soccer skills, not on the win/loss record. Every effort should be made to decrease the emphasis and pressure to win. Avoid the use of fear: love of soccer is rarely fostered by fear of the consequences of failure.
- Parents/Spectators should be mindful that soccer's primary value is to allow our children the opportunity for physical and mental development as well as teaching an individual to work as a team player.
- Parents have responsibilities to the coach, manager, Team, and the LSC that they are a part of.
- Parents/Spectators must have respect for their coach and manager. They should never criticize a coach or manager in a public manner. Parental coaching from the sideline is strictly forbidden; let the game day coach do his/her job no matter how much you may disagree. If there is a problem talk to the manager after the game or contact the

team liaison. Supportive parents communicate with the coach and/or manager thereby creating a positive working relationship.

- Parents/Spectators are expected to have respect for the authority of the referee and his/her assistants. They will not harass, abuse, or berate the referee during or after the game. They shall not enter the field of play with out the referee's permission.
- Parents/Spectators are expected to have respect for all players. Cheer in a positive manner, not negative. Encourage your Team; do not berate the other team. Cheer in a way to reward the good play of both teams and promote fair play.
- Parents are welcome to observe practices/training sessions. However, they must refrain from approaching the field while the practice/training session is in progress.
- Parents are expected to be on time to pick-up players from practice/training sessions as the coach or manager is required to remain until the last child is picked up.
- Parents/Spectators are never to use foul or abusive language towards anyone for any reason.
- Parents/Spectators have a responsibility to learn the Laws of the Game and the spirit of the game.
- Parents/Spectators are encouraged to get involved with the LSC and help promote the game in a positive way.
- Parents/Spectators must at all times demonstrate the utmost in sportsmanship and integrity; they are the role models for their children.

Should the LSC learn that this Code of Conduct has been violated the LSC reserves the right to discipline the coach, trainer, manager, player, parent, or spectator in an appropriate manner.

THE ESSEX FALL TUNE-UP SOCCER TOURNAMENT

The LSC is proud of its association with the West Orange Soccer Club in the development of this very successful pre-season soccer tournament. It began in September 2002 and has become a permanent fixture of the LSC and West Orange soccer Programs. Teams from all over the metropolitan area participate in this 2 and one-half day tournament in early September. Should an athlete become part of the LSC Travel Program parents are expected to volunteer 2 hours of their time over the weekend to ensure the continued success of this Tournament. To learn more about the Tournament please view the web site at www.efft.net.

INCORPORATING BY REFERENCE

The LSC's Travel Soccer Program must follow all rules and regulations of the various leagues and associations in which our Teams compete. Should anything in this document be or become contrary to any of those rules and regulations such rules and regulations will always supersede those of the LSC unless specifically addressed by the Board of Trustees of the LSC.

IMPORTANT NOTE

The LSC's Travel Committee and Board of Trustees reserve the right to modify, update, and amend these Travel Program Guidelines & Procedures from time to time as the Travel Committee and/or Board of Trustees deem necessary.

FURTHER INFORMATION

We hope these Guidelines have been informative and have acquainted both the athlete and his/her parents with the Livingston Soccer Club's Travel Soccer Program. Travel soccer is exciting, but not intended for everyone. The LSC sponsors the very successful, competitive, and enjoyable single-season Fall InTown Soccer Program for those not willing or able to make the time and expense commitment of the Travel Program. For those who do meet the requirements outlined in these Guidelines we encourage you to attend the tryouts for this Program. For more information on the Travel Soccer Program please visit the LSC web site at www.lsclub.com.

Revised May, 2009