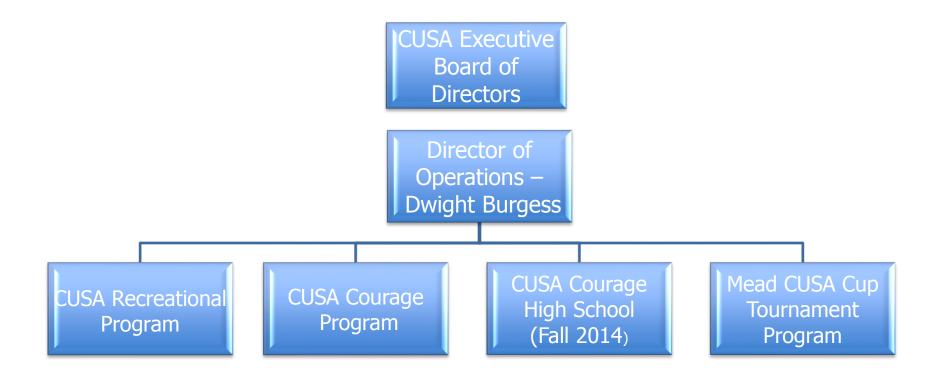


### Centerville United Soccer Association - CUSA







## Centerville United Soccer Association - CUSA



Recreational Program –

Spring, Fall, Winter (new) and Summer Camp HS Program (Fall) Tournament (Fall)

Courage –

U7-U14 - 515 players and 43 Teams Competitive High School in Fall (New 2014) Games in southwest Ohio Tryouts – end of May / Beginning of June

Mead CUSA Cup Tournament – 36<sup>th</sup> year Ranked in the Top 10 Youth Tournaments in the Nation 550 Region/Nation/International (England) Teams Labor Day Weekend



## **CUSA Courage**



- YDP (Youth Development Program)
  - Players: U7
  - Small-sided developmental program
  - Master skills and fundamentals needed to progress in select soccer
  - Winning games is not focus
- Courage (Competitive Program)
  - Players: U8-U14
  - More rigorous training and game schedule than recreational soccer
  - Curriculum, professional coaching, great facilities
- Coming Soon Fall 2014 CUSA High School Program
  - Players: U15-U18
  - Compete after the Fall high school season has finished





- Spring Season (Columbus Crew Soccer Rocks)
- Fall Season with Tournament
- High School Program (20 teams)
- Rec. Summer Camp
- Recreational Training Academy (Fall & Spring)
- BOOT Re/BOOT Shoe Exchange Program
- Winter Futsal and Speed & Agility Training





# **Divisions Breakdown**



- U4 No teams Dutch style of play
- U5/U6 6-8 per teams
- U7/U8 8-10 per team
- U10 8-10 per team
- U12 11-12 per team
- U14 15-16 per team
- High School (Fall Only) 20 per team/20 players





- Times per session/Number per week
  - U5/U6 45 min. max (1 day per week)
  - U7/U8 45-60 min. max (1 day per week)
  - U10/12/14 60-90 min. (1-2 days per week)
- Coaches determine practice time & locations
- Coaches will have practice pre-plans and run practice that are developmentally appropriate)



# Spring '14 Key Dates



- Parent/Coaches Meeting March 13<sup>th</sup> 7pm
- Practice May Begin March 24<sup>th</sup>\*
- Coaches Training March 29<sup>th</sup>
- Referee Field Training/Practice Games March 29<sup>th</sup>
- First Games April 5th
- Mini Camp Trainings Begin April 7<sup>th</sup>
- Picture Day April 26<sup>th</sup>
- No Games April 19<sup>th</sup> and May 24<sup>th</sup>
- Columbus Crew Soccer Rocks May 13<sup>th</sup>
- Last Games June 7<sup>th</sup>
- Games may be cancelled/rescheduled due to inclement weather the first games will not be rescheduled; subsequent games will be.





Our new system, Blue Sombrero, automatically drafts teams.

Only pairing requests will be made for the Head Coach/Assistant Coach – no other request will be honored.

Uniforms are blind ordered based on 46 years of experience. Only change in uniforms will be made for drastic sizing issues. There are no custom fit uniforms.





- Kid Safe Risk Management Form (done yearly)
- NFHS Concussion Course 30 minute online
  - Must email Certificate in a PDF format only to Michael Durand
  - Both of these links can be found under the coaches corner on the www.centervillesoccer.com website.
  - Both courses MUST be completed before you have any contact with your players.



### Wright State Concussion Clinic



#### New law concerning concussion management

The Ohio High School Athletic Association (OHSAA) Board of Directors approved a new OHSAA Concussion Policy and Regulations, which brings OHSAA member schools into compliance with the recently passed Ohio House Bill 143. The new regulations went into effect on April 26, 2013. Ohio law states that coaches and referees are required to pull athletes out of practice or games if they show signs or report symptoms of a concussion. Athletes will not be allowed to play until cleared by a physician or authorized licensed health care provider.

#### Wright State Physicians Concussion Clinic:

- Evaluates athletes for concussion
- · Develops personalized concussion treatment plans for athletes
- Provides ImPACT® neurocognitive assessment tools
- · Communicates with an athlete's school athletic trainer to ensure continuity of care
- · Determines when it is safe for athletes to return to sports





#### Corey Ellis, M.D.

Corey Ellis, M.D., is the director of the Wright State Physicians Concussion Clinic and an assistant professor of orthopaedic surgery, sports medicine and rehabilitation and family medicine at the Wright State University Boonshoft School of Medicine. Dr. Ellis completed a pediatric sports medicine fellowship at Cincinnati Children's Hospital and is board certified in primary care sports medicine and family medicine. Dr. Ellis serves as a team physician for Wright State University Athletics and sports medicine physician for Beavercreek High School.

#### Wright State Physicians Concussion Clinic Wright State Physicians Health Center 725 University Blvd. Fairborn, OH 45324 Phone: (937) 208-2091



### **Concussion Signs & Symptoms**



- Athletes do not have to be "knocked out" to have a concussion. In fact, less than 1 out of 10 concussions result in loss of consciousness. Concussion symptoms can develop right away or up to 48 hours after the injury.
- Signs Observed by Parents of Guardians:
- P Appears dazed or stunned.
- Is confused about assignment or position.
- Progets plays.
- Is unsure of game, score or opponent.
- I Moves clumsily.
- Answers questions slowly.
- I Loses consciousness (even briefly).
- I Shows behavior or personality changes (irritability, sadness, nervousness, feeling more emotional).
- 2 Can't recall events before or after hit or fall.
- Symptoms Reported by Athlete:
- 2 Any headache or "pressure" in head. (How badly it hurts does not matter.)
- 🛛 Nausea or vomiting.
- 🛛 Balance problems or dizziness.
- Double or blurry vision.
- Sensitivity to light and/or noise
- Peeling sluggish, hazy, foggy or groggy.
- 2 Concentration or memory problems.
- 🛛 Confusion.
- Does not "feel right."
- I Trouble falling asleep.
- Ill Sleeping more or less than usual.

Information taken from http://www.healthy.ohio.gov



### Trainers



- Josh Hess Director of Coaching Rec.
  - CUSA Courage Staff Coach
  - KYSA Staff Coach
  - Member of OSYSA & KYSA Coaching Education Staff
  - Past Region II Staff Coach
  - o USSF B & National Youth License
  - Works with DOO Dwight Burgess and other CUSA DOC's
  - Head Coach for the College of Mount St. Joseph Women's

#### ○ Jess Peacock – Assistant Director of Coaching – Rec.

- o CUSA Courage Staff Coach
- Former Centerville Soccer Girls Head Coach (Reserve A)
- Former Miamisburg Soccer Head Coach
- Youth National License US Soccer
- o National D License US Soccer
- Miamisburg City School Teacher 14 years = Great with our Kids!



# **Coaches Training**



- On-site education lead by Rec DOC, Josh Hess
  - March 29<sup>th</sup> at Oak Grove
  - U5/U6/U7 9:00 9:45
  - U8/U10 9:45 10:30
  - U12/U14 10:30 11:15 Coaches Bags, Referee Money and Uniforms can be picked up after your session
- Training program outlines by Josh
- Weekly practice plans for divisions
- Utilize YouTube channel for visual trainings
- Training tips online in Coaches Corner
- Open forum with all DOO, DOC's and Board Members
- NSCAA course offered TBD 2014
- License courses (YM, F, E Reimbursed\*)



# Mini-Camp Format



- U5 (mini-camp plus games)
- Players wear uniforms
- Coaches participate
- 30 55 minutes per session
- Lesson plans/handouts/online sessions
- Rainouts Make-up sessions
- Take the place of practice



# **Training Schedule**

(updated 4/13/2014)



Day	5:45	6:45	Dates
Mon	U6 Girls	U6 Boys	4/7, 4/21, 5/5
Tues	U4 Coed	U5 Girls*	4/8, 4/22, 5/6
	U7 Girls (all) / U7 Boys	U8 Boys (all) / U7 Boys	
Wed	(Teams 1-4)	(Teams 5-6)	4/9, 4/23, 5/7
Thur	U4 Coed	U5 Boys*	4/10, 4/24, 5/8
Mon	U10 Girls (#1-5)	U10 Girls (#6-10)	4/14, 4/28, 5/12
Tues	U4 Coed	U12 Girls & Boys	4/15, 4/29, 5/20
Wed	U10 Boys (#1-6)	U10 Boys (#7-12)	4/16, 4/30, 5/14
Thur	U4 Coed	U8 Girls	4/17, 5/1, 5/15

\*U5 Training sessions begin at 6:30, followed by game at 7:00.







- 30 Participants; 2 Session Tues./Thurs.
   7:1 Ratio with Trainers
  - No Teams + Small Groups =

More Touches with the Ball





# Training Academy



- More Intense Weekly Training Friday Nights
- Pre-Registration Required for 6 Weeks \$65.00
- Registration opens April 1<sup>st</sup>, Session start April 18
- 1<sup>st</sup> 4 sessions indoors at Watts MS
- Weeks 5-6 at Oak Grove
- Paid Trainers, Low Ratios
- Ages U8-U14 Coed Sessions
  - U7/U8 6:15-7:00
  - U10/U12 7:10-7:55
  - U14 8:00-8:45





## Centerville Washington Park District



Jason Beavon, Athletic Supervisor

**Field Closures:** 

- Monday Friday a decision will be made by 3pm
- Weekends a decision will be made by 8am
- Park District website will be updated, as needed, throughout the day. Please check back as often as necessary.
- Status can be checked at <u>www.cwpd.org</u> or at <u>www.centervillesoccer.com</u>

Closures may be for practice fields/parks in addition to Oak Grove fields/complex Park only in approved, marked, parking spaces





## **Practice Locations**



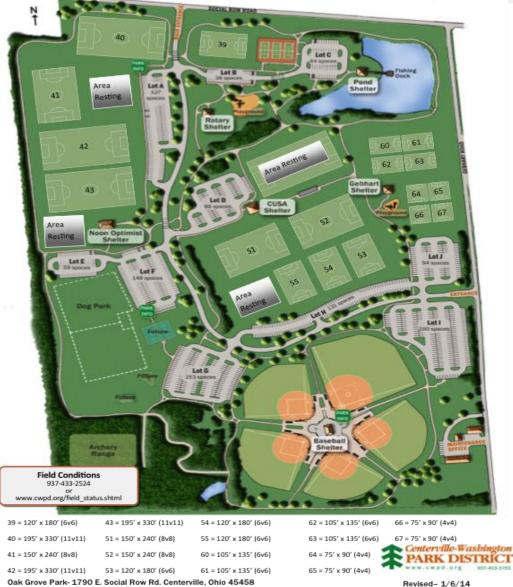
110+ teams looking for space along along with other community organizations in our public parks – Please work together
Forest Field – Front Main Practice Area, as directed by CWPD
-No Monday or Friday Practices at Oak Grove – Courage Training

<u>Others Available:</u>	
Beechwood Springs	Quail Run
Cherry Hill	Rosewood
Concept	Wagon Trail
Green	Waterbury Woods
Little Mound	Willowbrook
Little Mound	Village South
Manor	
Red Coach	Stubbs Park (City of Centerville Park)

Watts Middle School / Weller (goals should be coming back for Spring 2014) Some Park were off limits

NO PRACTICES ARE TO BE CONDUCTED ON ANY GAME FIELD AT OAK GROVE. Only the U4/U5 will hold practices there. Mini Camps will also be held at Oak Grove







**Our Referees** 



# Head Referee, John McKeny



#### referee@centervillesoccer.com



**Our Referees** 



- Vital to our game
- They deserve support and encouragement
- Most are teenagers
- 30+ new referees per season
  - 12 hours of classroom training
  - Passed 100 question exam
  - Preseason on-field training
- Each earn their CUSA referee patch



# Columbus Crew





Tuesday, May 13<sup>th</sup> at Oak Grove. Starts promptly at 6pm.

Interact and train with Columbus Crew Players & Coaches and Meet the Crew Cat!

Program is for currently registered Recreational players only.

Rec. players should wear their uniforms Will be divided by age groups & by team.

Each player will have the opportunity to have their mini soccer ball autographed.



Safety



- Concussion Awareness Coaches Education Return to Play
- Weather
  - Thunder/Lightning 30 minute policy
    - Games/Mini-Camps
    - Practices
- Field Conditions and Goals (do not hang on goals)
- Traffic Safety –
- Injury/First Aid/Ice Packs in Coaches Bags
- Player Equipment
  - Shin Guards Are Required Under Socks
  - No earrings or bracelets
  - No front toe or metal cleats (no Football or Baseball Style)
  - No casts of any type or ridged splints or braces



- Director Patrick McQuillan
- Assistant Director Todd Schluter
- Treasurer Juan Beltran
- Secretary Christina Frost
- Referee Coordinator John McKeny
- Member at Large Chris Frost



## **Recreational Board**



- Consists of 20 Volunteer Members
- Holds one Seat on the Executive Board (one vote)
- 10 Meetings per Year
- Division Commissioners
- Participate on Recreational Committees
- Board Outing to Columbus Crew Suite Bus Trip
- Upcoming Spring Social Mixer for interested parents wanting more information on how to join our board & get more involved in the largest community recreational program.
  - Date TBD Spring 2014 Chris Frost Chairman



## Notification



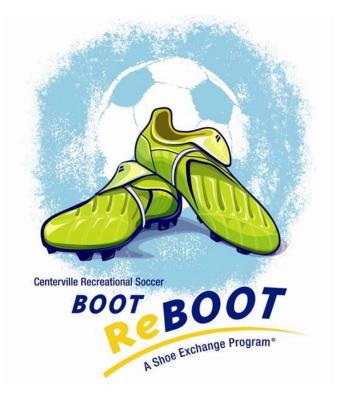
- One Call Now
  - Can contact 1,100 families with one recorded call
  - Can contact specific divisions
- Mass Emails through Blue Sombrero
- Website www.centervillesoccer.com
- Twitter / Facebook
  - @centrecsoccer Twitter
  - www.facebook.com/CentervilleRecreationalSoccer



# **BOOT Re/BOOT**



- 4½ years for this highly successful program
- Reached milestone with over 450 exchanges
  - Over \$11,250 savings for Rec families based on \$25/shoes







- CUSA Family Fun Nights at Oak Grove
- Large 20' Movie Screen
- License Required to Show Movies (\$350-\$450)
- On Field Activities
  - Small Sided Games, Kick Booth, Corn Hole, etc.







### Summer Camp 2014 is July 28 – August 1<sup>st</sup> at Oak Grove Park from 9:00am – 11:00am

### Each Camper Receives a Centerville Rec. Soccer ball (on Tuesday) and camp tee shirt (on Wednesday)

Cost per Camper is \$ 80.00

Registration Opens – March 31<sup>st</sup>









# Yes for Parks 2014



- **1. Park District History**
- 2. Park District Today
- 3. Funding ٠
- 4. Renewal Levy Facts: •
  - Levy provides funds for daily operations
  - Renews the 2004 0.9 mill levy for 10 years
  - Costs about \$40 per year for a \$150,000 home
  - Generates \$1.4 million per year
  - 3.2% of property tax bill in Wash Twp and 3.4% in City of Centerville
  - No New Taxes!!

#### 5. What will it do? ٠

- Maintain existing and new park facilities
  - 1,000 acres, Nature Nook, 3 historic barns, 1 historic home, 10 picnic shelters, • 34 playgrounds, 20 tennis courts, 6 basketball courts, 2 sand volleyball courts, 2 pickle ball courts, sprayground, skatepark, 60 sport fields.
- Develop and plan new parks and trails
- Target areas to preserve as open space
- Provides for admin, ops and programs staff
- Funds year-round program





# Yes for Parks 2014



- 6. The last levy funded:
  - Development of Oak Grove
  - Grant Nature Nook
  - Sprayground
  - Dog Park
  - New playgrounds and shelters
  - Walking paths
  - And more!
- 8. This levy will fund:
  - Final phase of development of Robert F. Mays Park (athletic fields, picnic shelter, etc.)
  - Permanent restrooms at Forest Field and Oak Grove Parks
  - Updates to neighborhood parks (if they haven't been updated in past 20 years)
  - Expanded multi-use trail connections
  - Expanded skatepark and shade structures at Oak Creek South
  - Park acquisition
  - And more!
- 9. How can I help?
- 10. **Questions?!**

