



Timbers North FC and Thorns North FC Player and Parent Document Packet

Timbers and Thorns North FC Player Code of Conduct

1. General

Timbers and Thorns North FC members represent the club. They are expected to conduct themselves at all times in a manner that will reflect the high standards and ideals of their team, the club, and the community. Players who violate the Code of Conduct shall be subject to discipline. This code sets forth standards of conduct and penalties for improper conduct. Further provisions are set forth in the club's statement of policies for cautions and send-offs and the statement of policies for off-field conduct. The club has also adopted a statement of hearing procedures. Copies of the complete statements are available upon request.

2. Timbers and Thorns North FC Player Code of Conduct

Rules of conduct enacted by the United States Soccer Federation, the Idaho Youth Soccer Association, and the Washington Youth Soccer Association or US Club (where they are involved), shall apply to the members of the club. Cautions (yellow cards) and send-offs (red cards), relating to conduct on the field of play, shall be issued by referees in their discretion, according to the FIFA Laws of the Game, generally without protest or appeal. In the absence of conflicting rules observed by such entities, the Code of Conduct for this club is as follows:

- A. Players representing the club in soccer activities must meet the dress and grooming standards deemed appropriate by the coach and club director. Coaches shall notify players of the expected standards, and shall be responsible for enforcement of such standards. Players shall wear team uniforms as designated by the club during all games. These uniforms shall be identical except for sizes, numbers and goal keeper's jerseys. Exceptions shall be subject to the approval of the club director.
- B. Players shall attend all scheduled practices, team meetings, games, and tournaments, unless excused by the coach. In any case, a player missing any required event shall notify the coach in advance.
- C. Players shall not display or engage in unsportsmanlike conduct, which shall include but not be limited to the use of obscene, vulgar, or profane language or gestures.
- D. Players shall obey curfews imposed by their coaches and/or chaperones.
- E. Players shall not engage in conduct detrimental to their team, the club, or the community. This will include conduct that is criminal or considered immoral by local standards as determined by the board. Specific examples include but are not limited to theft, destruction of property, assault, battery, and the use of tobacco, alcohol or drugs.

Players will comply with the Timbers and Thorns North FC anti-bullying policy. This includes maintaining a civil soccer environment for all players that is free from harassment, intimidation or

bullying. "Harassment, intimidation or bullying," means any intentional electronic, written, verbal or physical act, including but not limited to one shown to be motivated by such things as race, color, religion, ancestry, national origin, gender, sexual orientation including gender expression or identity, mental, physical or sensory handicap, physical appearance, clothing or other apparel, socioeconomic status and weight, or other distinguishing characteristics when the intentional electronic, written, verbal or physical act includes one of the following:

- Physically harms a player or damages a player's property
- Has the effect of substantially interfering with a player's soccer experience at Timbers and Thorns North FC
- Is so severe, persistent or pervasive that it creates an intimidating or threatening soccer experience, or
- Has the effect of substantially disrupting the orderly operation of soccer related activities (practices, games etc...)
- "Intentional Acts" refers to the individual's choice to engage in the act, rather than the ultimate impact of the action(s).

Credible incidents of bullying shall first be handled at the team level, by the coach. If the issue cannot be resolved at the team level, the matter should be referred to the Parent Player Advocate for review and recommendation to the Board of Directors.

3. Enforcement and Penalties

The Timbers and Thorns North FC discipline committee consists of the club board president, vice-president, parent player advocate, and the director of coaching. The players team coach will be asked to advise on each individual situation. The discipline committee will also take the actions of the player's parents into account. All enforcement of penalties will be kept confidential by the Timbers and Thorns North discipline committee. Reports to the board, or other members of Timbers and Thorns North FC will refer to general situations but will keep individual identities confidential.

A. On-Field Conduct, Cautions and Send-Offs, and Points

Yellow and red cards may be awarded by referees to signify misconduct of a player, coach, or team administrator on or near the field. These may pertain to behavior not only during a game, but also immediately before or after the game. The coach is responsible for tracking points. If a player or team's point totals become excessive, the discipline committee will intervene. The following is a summary of the impact of cautions (yellow cards) and send-offs (red cards). Points are recalculated each season.

Cautious (Yellow Card):	One point assessed Not required to leave field, unless second offense
Send-Off (Red Card):	Three points assessed (Send-Off offense) Required to leave field for rest of game Suspended for next game
Point Accumulation:	3 points -- suspended from next game. 9 points -- suspended until player petitions board at next scheduled meeting. 15 team points -- hearing on coach

B. Off-Field Conduct, Hearings and Penalties

Upon a finding of misconduct, the disciplinary committee, may suspend the individual from games and/or other club or team activities, or terminate his or her membership in the club. The club will not

impose monetary fines or other sanctions which might be available under normal legal process.

A first offense involving conduct that is criminal or considered immoral will be punishable by a suspension. This suspension must include at least one game and should be no longer than 14 days. While suspended, the player is expected to attend all games and practices in proper attire. In the event of a second offense, the player must come before the discipline committee.

- C. Misconduct occurring during travel away from Kootenai County. The coach, Club Director(s), any member of the Board, any referee, and any Club Administrator shall have the authority to send the player home immediately at the cost of the player or his or her parent(s), by whatever means is deemed necessary to the person exercising this power, with due consideration for the traveling safety of the player.

4. Reporting Violations of the Code of Conduct

Disciplinary proceedings relating to alleged violations of this Player Code of Conduct may be commenced by any of the following methods:

- A. Accusations of misconduct brought by any parent or other adult, coach, referee, or other player having direct or otherwise reliable knowledge of the claimed misconduct. This individual must be willing to present evidence of the misconduct to the discipline committee
- B. Findings by the discipline committee, following investigation into any allegation of misconduct, where such investigation discloses the likelihood of a violation of the Code of Conduct
- C. Admission of misconduct by the player
- D. In the case of criminal conduct, the arrest of a player and/or the filing of an official report against the player by any law enforcement officer

We, the undersigned, have read, understand, and agree to abide by the above Player Code of Conduct and related rules and regulations. We also agree to accept actions taken for failure to abide by the code.

Player's Name (printed)

Player's Signature

Date

Parent/Guardian's Signature

Date

Coach

Date

Adopted 9/2008, Revised 5/ 2018



Timbers and Thorns FC Parent Expectations

1. Avoid coaching from the sidelines. Cheer, but **do not coach** from the sidelines. Players do best when they are receiving direction only from their coach and are not receiving conflicting directions from the sideline. Players need to be able to hear their coach.
2. Encourage your player to solve his or her own problems, and take responsibility for his or her own actions. This means:
 - a. Players should call the coach beforehand if missing practice;
 - b. Players should communicate problems to the coaching staff first (injury, missing an upcoming game/event) before parents do;
 - c. Players who are unhappy about playing time, position, etc. should be encouraged to take a positive action (work harder, find out what the coach wants, work his or her way up the ladder, or, accept his or her role). While parents can always share a concern with the coach, issues such as these should first be discussed by the player and coach.
3. Help your player take responsibility for rest and meals. Be sure he or she gets sleep the night before games and eats quality pre-game meals with respect to kick-off or practice times.
4. Get your player to and from practice, and to and from games, on time. Players should arrive prior to a game or practice at the coach's instruction. Parents should arrive early at practices and five minutes prior to the end of practice to pick up their athletes. **PLEASE NOTE:** *The second to last parent picking up players from practice or games, agrees to wait with the coach until the last parent arrives to pick up their player.*
5. Avoid making negative comments regarding Timbers and Thorns North FC in front of your player or any other club member. This includes comments regarding coaches, parents, administrators, and other players. Negative comments affect players' attitudes, interactions, and performances.
6. Respect the competition. Without competition we would have no one to play and no way to improve. This means refraining from negative comments directed at the competition from the sidelines and after games.
7. Think in terms of 'team interest first'. This means: a) playing time may not be equal or guaranteed; b) players will be asked to play in positions that may not their favorites, but are the best for the team; c) players are expected to attend all practices; d.) players are expected to attend all team tournaments and avoid distracting behavior at tournaments.
8. Realize all players must compete for their spots on the field, the bench and the roster.
9. Players and parents should be flexible and supportive of their team coach.

10. Be respectful to all referees – Negative comments from the sideline will not be tolerated. Negative behavior from sidelines forces referees to quit. We are in short supply of referees so please choose to support rather than criticize.
11. Parents must display appropriate behavior. This includes appropriate behavior before, during and after a game. If a problem arises or persists once the parent has been spoken with, he or she will be asked to leave the game. Consistent displays of inappropriate behavior by parents can result in suspension of game attendance for a period of time and/or loss of playing time for their players. If the problem continues the club has the option to drop the player from the club.
12. Be considerate as to when to and when not to speak to the coaches.
 - a. Avoid speaking with the coach before or during practice;
 - b. Parents who have a concern should honor the 24 hour rule. Strictly avoid discussing any issues with a coach before, during, or immediately after matches. This includes face to face conversation, email, or phone communication. If necessary, parents may schedule a time to meet with the coach.
 - c. If you feel the need to talk to a coach, ask to schedule the meeting for a time that is convenient for him or her. Also, please avoid calling coaches after 9 p.m. or anytime on Sundays.
13. All parents are required to volunteer to serve the team and club. This may include but is not limited to team volunteer positions, (such as manager), and volunteering for the annual Hot Shot tournament.
14. All parents must participate in fundraising activities. Parents must sell or purchase a minimum required number of raffle tickets (or other fundraising minimum requirements) as established by the board.
15. There is a financial commitment for joining the club that includes purchasing uniforms, tournament fees and travel expenses above and beyond club registration fees. Unpaid fees to the club or to the team will result with your player being added to the “no pay, no play” list.

Additional information and requirements are listed in the Parent Player Handbook which is available on the club website.

Any questions I have regarding the Parent Player Handbook, will be addressed with the board of directors or club administrator.

Parent/Guardian Name: _____

Parent/Guardian Signature: _____ Date: _____

Adopted 11/2005, Revised 5/2018



Timbers and Thorns FC Parent Volunteer Positions

Parents must volunteer for one team assignment per player. Team Manager will coordinate the assignments. Volunteer positions, descriptions and timelines are as follows:

1. ***Team Manager*** – **This job must be approved by the Club President, Registrar and Team Coach.** This job is as important as the coach's job. If your spouse is a coach, we encourage you not to volunteer for this spot. You'll be overseeing the players and parents, organizing all paperwork, tournaments, travel and money. You will work hand in hand with your coach. The coach will do all the work on the field and you will make sure everything else gets done.

You can delegate volunteer positions as needed; it is your responsibility to make sure you have all positions below filled and keep them filled if someone leaves the team. This person will report to the Registrar.

2. ***Referee Rep*** – Each team will need two referee reps (preferably ADULTS). Reps will need to monitor the Timbers and Thorns North FC Club calendar for information on referee training and certification classes. Reps will be expected to attend a certification class. Both positions must be filled so we can ensure referees for all games (no officials = no games!). Referees will be trained to start as ARs (assistant referees) who work on the sideline of the field. Once established as an AR, referees may train to become center referees if they choose to do so.

NOTE: Teams not providing two active referees may find themselves with fewer home games. Referees are encouraged to bring all their ref gear to away games. At times those games will be short refs and there will be a chance to fulfill this spot for the match. This person will report to the Volunteer Rep on the Board.

3. ***Field Rep*** – Field Reps will set up and take down goals and nets, mark fields during the season, make sure the field is ready before each of your games, including, corner flags, any touch up paint that may need done, ensuring nets are secure and goals have appropriate sandbag weights. This volunteer also helps to prepare the fields for tournaments (mid-May).

Additionally, this volunteer will be the team field marshal for both home and away games. As Timbers and Thorns North FC parents, we need to set the example for our players. If the need arises, this person will provide a gentle reminder to any parent who has a "lapse" in sportsmanship. This person will report to the Field Rep on the Board.

4. ***Club Board Rep*** – This volunteer will attend the monthly Board meetings and report information from these meetings back to the Coach and Team Manager. Although attendance is not mandatory, all board reps are encouraged to attend the monthly board meetings. This person will report to the Board Secretary, be in contact with him or her to make sure they receive the board meeting minutes, and distribute the minutes to their team members.

5. ***Raffle Ticket Rep*** – Timbers and Thorns North FC holds an annual raffle fundraiser. The raffle ticket rep must be available from March through May to coordinate their team's raffle ticket activity. This includes distributing raffle tickets to each player/family on the team and ensuring all raffle tickets and money are collected and accounted for. This person will report to the Timbers and Thorns North FC PR/Fundraising

Director.

6. Hot Shot Tournament Rep – It is suggested that each team have two Hot Shot Tournament representatives. These reps will work together to support the Hot Shot Director. Currently the Timbers and Thorns North FC Club hosts the Hot Shot Tournament on Mother's Day weekend in mid-May. Volunteers will need to be available for scheduled meetings from July through mid-May. Activities will include, but are not limited to: participation on tournament sub-committee, scheduling team families for volunteer shifts at the tournament and any additional help the Hot Shot Director may need. This person will report to the Hot Shot Director and Co-Director on the Board. Teams may decide to assign this position to two people.

7. Medical Kit Rep – This person will make sure the medical kit and ice are always at games, practices and tournaments. This person will report directly to the Team Coach and Manager.

8. Public Relations and Team Pictures Rep – This person will report outcome of league play and tournaments for their team to the Coeur d'Alene Press newspaper (youth sport section) and work with the Club PR Committee as necessary. Additionally, this person will coordinate transfer of team photos to the Club Board Website Manager for uploading to Timbers and Thorns North FC website. This person will also be responsible for making sure the team knows about upcoming Timbers and Thorns North FC gear sales. This person will report directly to the Club Public Relations Director.

9. Hotel Travel – This person will coordinate hotel room blocks any time the team needs to book a hotel for road games or tournaments. This person will report directly to the Team Coach and Manager.

10. Bench/Shelter Rep – Each team should have a bench and/or a shelter for their team. If the team does not have a bench, consider collecting funds from all the team parents to purchase one. This person is responsible for bringing the bench and shelter, if applicable, to each team game. This person will report directly to the Team Coach or Manager.

11. Team Social Rep – Assist Coach and Team Manager with planning team socials at home or for travel games (team dinners, team parties, team bonding activities).



Timbers and Thorns FC Parent Volunteer Positions

Please circle your assigned position or mark your first, second, and third choices if you have not been assigned a position.

Team Manager

Hot Shot Tournament Rep

Referee Rep*

Hotel / Travel Rep

Field Rep

Medical Kit Rep

Board of Directors Rep

Raffle Ticket Rep

Public Relations and Team Pictures Rep

Bench / Shelter Rep

Team Social Rep

Please print legibly.

Date: _____

Parent/Guardian Name: _____

Parent/Guardian Phone: _____

Parent/Guardian Email (required): _____

Player Name: _____

Player Birth Year: _____ Boy / Girl

Coach Name: _____

* If you are signing up to be the referee rep, do you need a certification class? **Yes / No**



Timbers and Thorns FC Parent Agreement

Timbers and Thorns North FC is a competitive, nonprofit club supported solely through player fees, club fundraising events, and volunteer labor. To participate in Timbers and Thorns North FC, every player's parents must agree to meet their financial, fundraising and volunteer obligations. Failing to do so negatively impacts individual teams and the club.

I agree to the **financial obligations** associated with having a player on a team:

- *Registration fees*
- *Uniforms*
- *Tournament fees*
- *Travel expenses*
- *Head coach expenses for tournaments*

I agree to the **fundraising obligations** associated with having a player on a team:

- *Annual Club Raffle*
- *Other fundraising opportunities as approved by the board*

I agree to the **volunteer obligations** associated with having a player on a team:

- *Team volunteer positions (such as team manager and referee representative)*
- *Hot Shot Tournament volunteers*
NOTE: Parents who do not volunteer or do not show up for their volunteer position at the Hot Shot Tournament will be fined \$100 for each unfulfilled volunteer obligation.
- *Other volunteer opportunities as approved by the board*

I agree to pay club fees, participate in all fundraising events, and commit to a team volunteer position. I also agree that for every child I have playing in Timbers and Thorns North FC, my family will fill one volunteer position at the Hot Shot Tournament each year. If I fail to meet these obligations, I will be subject to the "no pay, no play" policy and/or a \$100 "non-volunteering" fine.

Parent/Guardian Printed Name

Parent/Guardian Signature

Date

For: Player Name

Birth Year, B/G

Adopted 6/2008, Revised 5/2018



*IDAHO YOUTH SOCCER ASSOCIATION
MEDICAL RELEASE FORM*

*Coach's copy - to be carried by coach to all games
and practices.*

Player's Name _____ Home Phone _____

Address _____ City/Zip _____

Parent/Guardian Name _____ Relationship _____

Parent/Guardian Address _____ City/Zip _____

Parent/Guardian Home Phone _____ Work Phone _____

Parent/Guardian Home Phone _____ Work Phone _____

Person To Notify In Case of Emergency _____

Home Phone _____ Work Phone _____

Doctor To Notify In Emergency _____ Phone _____

Hospital Preference, if any _____ City _____

List Any Medical Problems Or Conditions Player Has (include allergies and medications currently taking)

Family Insurance Information:

Insurance Company _____ Child's Birth Date _____

Address _____ City/State/Zip _____

Subscriber Name _____ Do You Have A Dental Program _____

Subscriber Number _____ Group Number _____

Subscriber Address _____ City/Zip _____

I hereby give my consent for all medical care prescribed by a duly licensed Doctor of Medicine for the above minor as his/her parent or legal guardian. This care may be given under whatever conditions are necessary to preserve the life, limb, or well-being of my dependent. To the best of the undersigned's knowledge, all of the above information is true and accurate.

Signed _____

Date _____

PUGET SOUND PREMIER LEAGUE "LYSTEDT LAW" COMPLIANCE FORM

In 2009, the Washington Legislature passed House Bill 1824, in part, because of the experience of Zackery Lystedt, a young athlete grievously and permanently injured by a series of concussions. The law requires that private nonprofit youth sports organizations inform and educate coaches, young athletes, and their parent(s)/guardian(s) of the nature and risk of concussion and head injury including continuing to play after concussion or head injury. On a yearly basis, a concussion and head injury information sheet shall be signed and returned by the youth athlete and the athlete's parent and/or guardian prior to the youth athlete's initiating practice or competition.

Please read the information below and affix your signature to indicate that you have read this document. This form must be returned to your team or club and is good only for the 2015-16 sports year.

WHAT IS A CONCUSSION?

A concussion is a brain injury. Concussions are caused by a bump or blow to the head. Even a "ding," "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious. You can't see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

WHAT ARE THE SIGNS AND SYMPTOMS OF A CONCUSSION?

If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs and symptoms of a concussion:

Signs Observed by Parents or Guardians Symptoms Reported by Athlete

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall
- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Does not "feel right"

HOW CAN YOU HELP YOUR CHILD PREVENT A CONCUSSION?

Every sport is different, but there are steps your children can take to protect themselves from concussion.

- Ensure that they follow their coach's rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.
- Make sure they wear the right protective equipment for their activity (such as helmets, padding, shin guards, and eye and mouth guards). Protective equipment should fit properly, be well maintained, and be worn consistently and correctly. Learn the signs and symptoms of a concussion.

WHAT SHOULD YOU DO IF YOU THINK YOUR CHILD HAS A CONCUSSION?

1. Seek medical attention right away. A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to sports.
2. Keep your child out of play. Concussions take time to heal. Don't let your child return to play until a
3. health care professional says it's OK. Children who return to play too soon-while the brain is still healing-risk a greater chance of having a second concussion. Second or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.
4. Tell your child's coach about any recent concussion. Coaches should know if your child had a recent concussion in ANY sport. Your child's coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

It's better to miss one game than the whole season.

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to sever brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often underreport symptoms of injuries, and concussions are no different. As a result, education of administrators, coaches, parents/guardians, and the athletes is the key for the athletes' safety.

No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Furthermore, close observation of the athlete should continue for several hours. The new "Zackery Lystedt Law" in Washington now requires the consistent and uniform implementation of long and well-established return-to-play concussion guidelines that have been recommended for several years:

- "A youth athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time."
- "[He or she]...may not return to play until the athlete is evaluated by a licensed healthcare provider trained in the evaluation and management of concussion and has received written clearance to play from that healthcare provider."

You should inform your child's coach if you think that your child may have a concussion, remember, it's better to miss one game than miss the whole season, and, when in doubt, the athlete sits it out.

Additional current information regarding concussion management is available from the Centers for Disease Control and Prevention (CDC): <http://www.cdc.gov/concussioninyouthsports/>

By signing below, I indicate that I have reviewed the information regarding concussions outlined in this document:

Athlete Name Printed

Athlete Signature

Date

Parent/Guardian Name Printed

Parent/Guardian Signature

Date

Adapted from WIAA and CDC