

Bayou Soccer Club



2024-2025 Blackhawks Players and Parents Handbook

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Table of Contents

MISSION STATEMENT	3
PHILOSOPHY	3
VISION	3
CORE VALUES	4
CLUB AFFILIATIONS	5

PLAYER PLACEMENT PROCESS	6
PLAYER PLACEMENT PROCESS FORMAT	7
START OF SEASON.....	9
END OF SEASON.....	9
PLAYING TIME	9
PLAYERS AND COACHES EVALUATION	10
PRACTICE (TRAINING FREQUENCY).....	10
COMPETITIVE PROGRAMS TRAINING PRIORITIES.....	11
GOALKEEPER ACADEMY.....	15
PARENT & PLAYER EXPECTATIONS.....	17
FINANCIAL COMMITMENT	19
NEEDS-BASED FINANCIAL ASSISTANCE.....	20

MISSION STATEMENT

The mission of Bayou Soccer Club is to provide inclusive opportunities for youth of all ages and skill levels in our community to participate in soccer. We strive to create a positive and secure environment that prioritizes the holistic development of the player, including their physical, emotional, and social well-being. Our goal is to help each player realize their full potential through a comprehensive program of technical, tactical, physical, and psychological training while fostering fundamental values of integrity, leadership, perseverance, respect, and teamwork.

PHILOSOPHY

The BSC program is designed to develop each aspiring player to his/her fullest potential through ball/skill mastery and commitment to the team. We intend to develop a club with players that are technically and tactically equipped which will allow us to play a possession-oriented style of play.

VISION

Our vision is to produce a program of soccer excellence recognized throughout the state of Louisiana and Region III. To achieve this we will:

- Select players who are dedicated to and capable of training and playing at a high level.
- Provide a training environment that allows each committed player to maximize his/her potential.
- Provide training sessions that are fun, age-appropriate, challenging, creative, innovative, and consistent with the trends of modern-day soccer.
- Instill each player with a greater appreciation of the sport, self-confidence, accountability, and responsibility.
- Maintain a staff of highly qualified coaches and provide continued coaching education opportunities for their personal and professional growth as well as the club's.
- Treat all participants with respect and fairness, valuing diversity, and taking individual responsibility to realize our personal and club potential.
- Focus on communication: within the club to ensure that all players understand their personal importance and needs and that their families are well informed of schedules, requirements, and the club's player development philosophy; and to the outside community to promote our club through its successes.

BSC CORE VALUES

1. Commitment to Excellence

We commit to providing excellence in both soccer programming and customer service to our members and understand the impact and importance of our work to the community. To accomplish this, we will:

- Work collaboratively across programs to achieve our common goals
- Make every effort to deliver, on time and within our guidelines, the commitments that we make to each other and to each member
- Welcome change and seek to marry improvements in process and product to the traditions that have served us well
- We aspire at all times to improve our work in every dimension

2. Innovation

We will constantly seek out new and innovative ways to improve our work and impact on our community. To accomplish this, we will:

- Seek out new, more efficient ways to accomplish our goals
- Create new programs to better serve our community, especially traditionally under-served populations
- Invest time and resources to ensure the success of new, innovative programs
- Be willing to adapt to new ways of thinking, operating, and working

3. Togetherness

We will form a cohesive unit that is supportive of others and works collectively to accomplish our goals. To accomplish this, we will:

- Provide support to our coworkers, both emotionally and by lending a helping hand when needed
- Advocating for our coworkers and our organization in the community

4. Leadership

We strive to develop and become the leaders necessary to realize excellence. We establish bold visions and invest others in working towards them. To accomplish this, we will:

- Invest in staff development for all staff, both full-time and associate
- Plan strategically, both in our own work and in terms of organizational growth

- Provide leadership, education and guidance to associate staff and members regarding safety, programming, and developmentally appropriate activities for our members

5. Respect

All members of the organization will show respect to each other, to community members, and to all physical spaces and property. To accomplish this, we will:

- Model respect in our everyday activities and interactions
- Treat others with dignity and respect, while expecting others to do the same
- Make a concerted effort to keep our work areas, including our fields, professional, well-maintained and safe

AFFILIATIONS: Bayou Soccer Club is affiliated and complies with the authority, rules, and guidelines of the United State Youth Soccer Association (USYSA), United State Club Soccer (US-Club) and Louisiana Soccer Association (LSA). Through LSA, BSC is also affiliated with Region III, which includes the following state associations: Louisiana, North Texas, South Texas, Tennessee, Alabama, Georgia, North Carolina, South Carolina, Florida, Mississippi, Arkansas, and Oklahoma. Our Competitive teams will compete in one of more of the following: Louisiana Classic Soccer League (LCSL), Regional Premier League (RPL) or Premier Soccer League (PSL).

2024-2025 PLAYER PLACEMENT PROCESS **INFORMATION**

2014 (U11), 2013 (U12), 2012 (U13) Teams:

BSC Player Placement Process – PPP (Tryout):

The PPP (Tryout) Period shall commence the Monday after the conclusion of the Louisiana Open Cup and the Bob Abbot Cup tournament weekend.

Invitation Date: April 28th (after 12:00 p.m.)

Players will be notified of their placement via invitation email.

All responses MUST be made online on or by Monday, May 13th

2011 (U14); 2010 (U15); 2009 (U16); 2008 (U17); 2007 (U18) & 2006 (U19)

Teams:

BSC Player Placement Process (Tryout): May 28th – June 8th The PPP (Tryout) Period shall commence the Monday after the conclusion of the Competitive State Cup Championship weekend.

Invitation Date: June 16th (after 12:00 p.m.)

Players will be notified of their placement via invitation email.

All responses MUST be made online on or by Monday, June 24th

PLAYER PLACEMENT REGISTRATION (competitive evaluations)

PPP registration will be offered online. We highly encourage everyone to register online to make check-in run smoothly.

Online registration is \$20 and includes a free t-shirt. Players must wear their t-shirt to all evaluations.

Online registration will close at 9:00 a.m. on the first day of evaluations for the applicable age group. (i.e. first tryout for 2014 is April 15, 2024, therefore, online registration closes at 9:00 a.m. on April 15, 2024, for players born in 2014.)

Registration at the field is \$25.

2014 (U11) – 2012 (U13) PLAYER PLACEMENT PROCESS FORMAT

All activities will be soccer-specific and realistic. Each player must bring a ball and dress appropriately (e.g. shin guards, shorts, socks). The format is as follows:

Day 1:

- Ice Breaker (fun games) & Stretch

- Technical application (First touch, dribbling, passing, receiving and turning, etc.)
- Small (1V1, 3v2, 3v3) group tactical application possession-oriented games
- Large (4V4-5V5) group games (this allows us to see if the players can transfer their technical and tactical skills into the big game)
- **Note-***Goalkeepers will work with our goalkeeper coach for some of the session*

Day 2:

- Warm up & Stretch
- Technical application (First touch, dribbling, passing, receiving and turning, etc.)
- Large (8V8-9V9) group games (this allows us to see if the players can transfer their technical and tactical skills into the big game)
- **Note-***Goalkeepers will be integrated with the rest of the field players after first twenty-five minutes*

Players will be issued a number at check-in/registration. They will go through a training progression (see above) and our staff will evaluate their performance relative to the components of soccer listed below

- **Technical Ability** – skill proficiency
- **Technical Speed** – ability to execute skill at top speed
- **Tactical Application** – understanding of time and space, movement with and without the ball, field vision, ability to combine with other players, speed of thought, etc.
- **Physical Attributes** – speed, strength on the ball (tackling & shielding ball)
- **Psychological Dimensions** – competitiveness, work ethic, interaction with teammates, coachability, etc.

2011 (U14) – 2006 (U19) PLAYER PLACEMENT PROCESS FORMAT

All activities will be soccer specific and realistic. Each player must bring a ball and dress appropriately (e.g. shin guards, shorts, socks). The format is as follows:

Day 1:

- Ice Breaker (fun games) & Stretch
- Technical application (First touch, dribbling, passing, receiving and turning, etc.)
- Small (3v2) group tactical application possession-oriented games
- Large (4V4-5V5) group games (this allows us to see if the players can transfer their technical and tactical skills into the big game)
- **Note**-Goalkeepers will work with our goalkeeper coach for some of the session

Day 2:

- Warm up & Stretch
- Technical application (First touch, dribbling, passing, receiving and turning, etc.)
- Large (11V11) group games (this allows us to see if the players can transfer their technical and tactical skills into the big game)
- **Note**-Goalkeepers will be integrated with the rest of the field players after first twenty-five minutes

Players will be issued a number at registration. They will go through a training progression (see above) and our staff will evaluate their performance relative to the components of soccer listed below

- **Technical Ability** – skill proficiency
- **Technical Speed** – ability to execute skill at top speed
- **Tactical Application** – understanding of time and space, movement with and without the ball, field vision, ability to combine with other players, speed of thought, etc.
- **Physical Attributes** – speed, strength on the ball (tackling & shielding ball)
- **Psychological Dimensions** – competitiveness, work ethic, interaction with teammates, coachability, etc.

We will select players/teams based on overall rating and coach's comments.

START OF SEASON: All BSC Competitive teams will commence training the week of August 5th, 2024. Some of our teams will kick off their season by participating in a tournament on “Labor Day” weekend.

END OF SEASON: Once teams are done with Louisiana Open Cup, Bob Abbot Cup, President’s Cup, State Cup and/or the Regional tourney, their season will be over. They will not participate in any tournament thereafter without the permission of the Director of Coaching. Rationale – we want to reduce the risk of “burn out” amongst the players and parents. We know that sometimes coaches and parents feel a void at the end of the season, but that is not a good reason to continue to play. Players need time off in order to progress and not get bored with the game. We encourage each team to have an end of season function at which time the coach should provide the team with an overall team assessment, individual player evaluation, off season training options, tryout information, etc.

PLAYING TIME: Playing time in the competitive programs will vary based on the age and level of the team/competition. 2014 (U11), & 2013 (U12) Teams: It is advised that players will play at least 50% of all game minutes in a season, but this is at the coach’s discretion. This may mean that they play less or more any given week, but that overall their playing time should be approximately 50% of the team’s minutes played. This may change based on practice attendance or other issues that may come up throughout the season. Playing time for players playing at the 2012 (U13) and above level will vary based on team level and age.

2012 (U13) Gold Teams: The 2012 (U13) year is a year of transition to a bigger field, larger rosters, and physical growth for some players. With this in mind, 2012 (U13) Gold-level players will be guaranteed to play approximately 25% of all game minutes in a season. Players may play less or more any given week as deemed appropriate by the team coach. As always, practice attendance, effort, and other considerations will be taken into account.

2011 (U14), 2010 (U15), 2009 (U16), 2008 (U17), 2007 (U18), & 2006 (U19) Gold Teams: There is no guarantee of playing time at any time. Gold-level players are expected to challenge themselves at all times and compete for playing time. Our Black level teams will attempt to gain a result from each game. **Playing time is determined by the coach** and can be based on situations, matchups, need for a result, or many other factors. As always, practice attendance, effort, and other considerations will be taken into account.

2012 (U13) 2011 (U14), 2010 (U15), 2009 (U16), 2008 (U17), 2007 (U18), & 2006 (U19) Navy Teams: There is no guarantee of playing time at any time. We encourage coaches to play each player 50% of a team’s minutes played in a season but it is at the discretion of the coach. As always, practice attendance, effort, and other considerations will be taken into account.

PLAYERS EVALUATION: Our coaching staff are required to provide each player with a written evaluation at the end of each Spring season.

COACH EVALUATION: Each family is asked to submit a coach's evaluation at the end of the season. Evaluation will be emailed to each family. The player's evaluation provides feedback to players and their families on each player's present ability level.

PRACTICE (TRAINING FREQUENCY): In general, we have two practice time slots a) **5:00pm – 6:30pm** and b) **6:30pm – 8:00pm**. Teams typically train 2-3 times (Monday/Wednesday or Tuesday/Thursday) a week for 1.5 hours with game(s) on the weekend (coach's discretion). However, there is no prescribed amount of training sessions for any one team. The frequency of training sessions depends on what is needed for that particular team and coach to further their development. Players may train with a team in an age group above or below his/her current team. Players must first obtain permission from our DOC, Holly Moran, to train with another team. Our coaching staff will develop training sessions based on the individual and collective needs, abilities and playing personalities of their respective team, as well as the club's training priorities for that particular age level (*see training priorities*). Our staff also provides individual private training sessions for an additional fee. Email inquiries to hmoran@houmasoccer.com

BSC COMPETITIVE PROGRAM TRAINING PRIORITIES

2014 (11U) and 2013 (12U)

Developing & Improving Individual Technique/Technical Speed Individual and Small Group
Tactics: 1v1, 2v1, & 2v2, 4V3, 4V4, 5V3, etc.

Competition must be integrated into ALL aspects of the training environment.

At the 11U & 12U age levels, the program's seasonal objective is to provide players with an extensive soccer vocabulary and vivid understanding of:

PRIMARY EMPHASIS:

- First Touch
- A complete breakdown of passing, dribbling, and shooting using every surface (both feet)
- Heading
- Passing lanes
- Angles
- Individual Defending
- Small Group Defending, 2V1, 2V2, 3V2
- Pressure, Cover, Balance
- Basic Team Shape: Triangles, Diamonds
- Marking (goal side, ball side, etc.) and Tracking Opponents
- Communication; turn, man on, drop, time, etc.
- Combination Play (wall pass, take over, fake take over)

SECONDARY EMPHASIS:

- Team Play
- Positional Play

2012 (13U) and 2011 (14U)

Developing Individual Technique/Technical Speed Individual and Small Group Tactics: 1V1, 2V1, up to 11V11

Competition must be integrated into ALL aspects of the training environment.

At the 13U & 14U age levels, the program's seasonal objective is to provide players with a vivid understanding of:

PRIMARY EMPHASIS:

- Movement with and without the ball
- Ball Possession and its importance to overall team success
- Directional Touch Away From Pressure
- Shielding, protecting the ball
- Speed of Play (technical speed in relation to ball movement)
- Combination Play
 - Takeovers
 - Overlaps
 - Wall Pass
- Switching the Point
- Marking and Tracking opponents in relation to the ball
- Pressure, Cover, Balance, Depth
- Delaying or containing opponents
- Individual and small group defending
- One session in three devoted to 1v1's, 2v2's, 3v3's
- Team Shape, vertically and horizontally
- Communication; turn, man on, time, switch, drop, step, etc.
- A flat back four system of play; a) 1-4-4-2; b) 1-4-3-3

SECONDARY EMPHASIS:

- Pattern Play
- Functional Tactical Play – Offense vs. Defense
- Set Plays

2010 (15U), 2009 (16U), and 2008 (17U)

Developing and Improving Group Skill, Technical Speed, and Tactical Awareness and Application at the 15U, 16U & 17U age levels. The program's seasonal objective is to provide players with a vivid understanding of "**Team Play.**"

Competition must be integrated into ALL aspects of the training environment.

PRIMARY EMPHASIS:

- Possession
- Movement with and without the ball
- Speed of Play (technical speed, decision-making and execution)
- Crossing and Organization in the box
- Combination Play
 - Takeovers
 - Overlaps
 - Wall-pass
 - Double pass (with J run)
 - Inside run
 - The third man running
- Small group defending
- Instruct one session in three devoted to 3v3's, 4v4's, 5v5's
 - Pressure, Cover, Balance, Depth, Double team
 - Communication – who, what, when
 - Compactness
 - Balance – Role of the weak side defenders (protecting the vital area)
 - Depth – Role of the strong side defenders
- Concentration and Mental rehearsal
- Mental toughness
- A flat back four system of play: a) 1-4-4-2; b) 1-4-3-3

SECONDARY EMPHASIS:

- Functional Tactical Play
- Offense vs. Defense
- Pattern Play
- Set Plays

2007 (18U) and 2006 (19U)

Defining and Developing Specific Roles with Respect to Positional Play Team Tactical Awareness and Application: 11V11, etc.

Competition must be integrated into ALL aspects of the training environment.

At the 18U & 19U levels, the program's seasonal objective is to produce the **"Whole Player"** Technically, Tactically, Physically, and Mentally.

PRIMARY EMPHASIS:

- Maintaining Physical and Mental sharpness
- Sessions devoted to Functional/Phase of Play: run of play and set play
 - Attacking/final third roles and responsibilities
 - Middle-third roles and responsibilities
 - Defending third roles and responsibilities
 - Attacking and defending roles on set plays
- Crossing and organization in the box
- Match-related sessions: offense vs. defense, numbers up vs. numbers down, protecting a lead, etc.
- Shadow play
- Match conditioned
- Dictating rhythm/speed of play
- All players should have a complete understanding of every aspect of our system of play

BSC GOALKEEPER ACADEMY

Mission Statement

Goalkeeping is a crucial and privileged playing position. BSC GK Academy will deliver specific goalkeeping instruction in a professional attitude and demonstrate a useful approach in their training.

Our objective is to provide the foundation and grounding goalkeepers need to improve their technical skills to succeed in soccer.

BSC is dedicated to developing fundamentally sound goalkeepers whom our teams can depend upon and our opponents fear. We expect our goalkeepers to serve as our team's last line of defense and first line of offense. At BSC we strive for the following:

- For goalkeepers to learn and enjoy the art of goalkeeping. To have fun while training.
- To improve their technique through simple and realistic practices.
- To improve their understanding of the position by giving them the skills and knowledge they require to be successful, consistent, and a reliable performer.
- To develop movement skills and patterns specific to goalkeeping.
- To teach the key tactical aspects of goalkeeping.
- To help the goalkeeper with decision-making and other psychological aspects of the position.
- To ultimately improve match performance.

The training available at BSC will be conducted to the highest of standard, thus creating an atmosphere that goalkeepers will feel proud to attend and be part of. The club recognizes them as valuable assets and the key to a successful team.

Goalkeeping Philosophy

With soccer players training year-round, and the level of competition continually improving, there is a greater demand on goalkeepers to perform. When a team wins a game because of the strength of their goalkeeper, it is then when one can be thankful that specialized goalkeeper training is available at their club. It is no longer seen as a benefit, but a necessity, for a club to develop their goalkeepers with specialized training, in order to learn the skills needed to perform at the next level.

Our philosophy at Bayou Soccer Club is to teach and coach our goalkeepers to become fundamentally flawless goalkeepers. Emphasis is always placed on the following; Technique, Positioning, Distribution, Decision-making, and the Psychological part of the game. Our goalkeepers achieve this through continuous repetition and attention to technical details. We firmly believe that it does not make sense to do physically taxing exercises for the sake of

making goalkeepers tired with little attention given to the proper method of goalkeeping. The majority of goalkeeping can be done by staying on your feet, if you have good footwork, you don't have to rely on diving to every ball, and the save is made to look easy. This allows for quicker distribution and easier recovery to any rebound. We expect our goalkeepers to lead by example through their hard work in training and games. They should be leaders on and off of the field within their team.

EXPECTATIONS

Parent Expectations:

The “24-Hour Rule”:

To ensure a respectful and productive environment, parents are encouraged to wait 24 hours before discussing any game-related concerns with coaches. This includes disagreements about playtime, player positioning, substitutions, etc.

- Parents must maintain appropriate behavior at all times, particularly during games.
- Refrain from yelling at referees, players, or other parents. If unable to maintain composure, parents should voluntarily leave the premises.
- If asked by a game official to leave the field, parents must comply promptly and without conflict.
- Avoid "coaching" from the sidelines to prevent confusion among players and potential contradiction of the coach's strategies.
- Never scream at or make comments about the coach during a match.
- DO NOT pay your child to score goals. This only encourages ball hogging.

Please understand that you may not agree with a coach's style, tactics, player positions, or strategy but you still must respect the coach's decisions. Please refrain from negative talk about coaches and/or other players in the presence of your child. You should encourage them to continue to do their best at all times.

Communication Protocol

If concerns arise:

- First – Direct communication with the Head Coach.
- Second – If unresolved, contact the Director of Coaching and Director of Soccer Operations, Holly Moran.
- Third – If still unresolved, file a formal written grievance as outlined in the BSC by-laws.

Information Channels: All official communications will be conducted through:

- Mass Email to the competitive program, individual teams, managers, and coaches.
- Mass Text messages as described above.
- Announcements are posted on our website.

Coaches:

Coaches will meet with the team and parents, either together or separately, before the beginning of the Fall season during their first season with the team. This meeting is crucial to ensure that all team and club rules are clearly communicated and understood.

Player Expectations

- Practice Dress Code
- Players must adhere to the following guidelines:
- Wear team practice t-shirts. If practicing three times a week, the third day's attire is flexible.
- Tank tops are not allowed for girls.
- Always wear shin guards covered fully by socks.

Behavior Standards

- The use of foul or abusive language is strictly prohibited. Violations will be handled as follows:
- Immediate one-on-one conference with the coach.
- Potential removal from the game for use of inappropriate language.
- Persistent misbehavior may lead to removal from the team.

Cancellation Policies

- In case of inclement weather, cancellations will be communicated through:
- Mass Text.
- Posts on our Facebook page.
- Direct cancellation at the field if advance notice isn't feasible.

Team Travel Procedure

- To foster team chemistry and ensure player safety during travel:
- Enforce a curfew of 10:00 PM, which may be adjusted by coaches based on the competition schedule.
- Organize all meals and recreational activities to be taken as a team.
- Impose and enforce consequences for any curfew violations, with mandatory parental notification.

Team Expenses and Travel

Coach-related travel expenses will be covered by team fees for trips outside of the Houma area. Hotel accommodations should be booked by the team manager and paid for upfront using the team's collective funds. Other reasonable expenses that may arise due to certain situations should be discussed and decided on a team-to-team basis.

**BSC Financial Commitment:
2006-2014 Competitive Team League Teams
2024-2025**

The cost of playing as a competitive player in BSC is \$625/year. This fee includes: Coach/Trainer fees, BSC and LSA player fall and spring registration fees, state-required secondary insurance coverage, home-friendly referee fees, field maintenance, repairs and improvements, field equipment and supplies, office and administrative support, rent, postage, printing and many other expenses that are required to support and develop BSC. This fee will be payable online, through Blue Sombrero, at the time of competitive registration.

Not included in the competitive fees are a player’s personal travel expenses, personal gear, uniforms and team fees. Also not included is a \$12.00 Bayou Country Sports Park usage fee which BSC pays to Terrebonne Parish.

Uniform Costs – Payment for uniforms will be made directly to Third Coast Soccer. Uniform contracts expire every 2 years. So please expect to purchase new kits during those expiry periods. Below is the pricing for our new uniforms for the 2023-2024 and 2024-2025 soccer years. Jersey numbers will be handled through the BSC administration.

Required Items	Youth, Men’s and Women’s	Optional Items	Cost
2 game jerseys (navy & white)	\$43.00/jersey	Add’l Training Shirt	\$35.50
1 Training Shirt	\$35.50	Track Jacket	\$48.25
2 pairs of shorts (navy & white)	\$18.75	Track Pants	\$40.00
2 pairs of socks (navy & white)	\$9.75		
Total:	\$178.50 + TAX		

Training Shirts – All BSC competitive players are required to wear the official training shirt to all practices. The competitive training shirts for the 2024/2025 season are the same as the 2023/24 season training shirt purchased through www.thirdcoastsoccer.net. All players will be required to wear the training shirt to all training sessions.

Cost Reduction: Fundraising – Many teams choose to do team fundraisers to offset team expenses. Fundraisers are optional and each team is required to obtain approval from Audra Keiser (Director of Soccer Operations) and/or Holly Moran (Director of Coaching) before initiating any fundraising venture.

Needs-Based Financial Assistance

BSC is committed to ensuring that no child is denied participation due to financial constraints. **We offer need-based assistance**, subject to available funds. If you wish to apply for financial aid, please download the application form from our website at www.houmasoccer.com. Complete instructions are provided on the form.

If you have any questions or require further information, please contact Audra Keiser at htsafinancialaid@gmail.com.

To remain eligible for financial assistance, regular attendance and effort in practices and games are required after the initial award. The BSC Board will review all applications and notify applicants of their decision. It is advisable to apply before accepting any invitations to ensure there is sufficient time for processing.

*Please note that need-based assistance ONLY covers participation fees and does NOT extend to team expenses, uniforms, or travel.