



# **ISC U15-U18 Boys and Girls Training and Game Attendance Rules 2011-2012 Season**

**Player's Name** \_\_\_\_\_

In order to maintain a roster position on any ISC Advanced Year Round team in the age groups of U15-U18 for the 2011-2012 season, players will first try out for the team and if selected they must agree to follow all of the provisions of the ISC U15-U18 player contract. If, after reviewing the standards for the ISC U15-U18 Year Round teams, you feel that you cannot attend the number of practices and games that are required, please contact Jon Cook at [jon.cook@iowasoccerclub.com](mailto:jon.cook@iowasoccerclub.com) for more information on our "Practice Only Program" that we offer. If you feel that the requirements in this contract are what you are looking for in regard to your club soccer experience, you will need to sign this contract and return it to the club if you are offered a roster position on July 1 and you choose to accept the roster offer.

Please note that in some age groups in our U15-U18 Advanced Year Round Program, we have both "A" and "B" teams. The requirements for players on our "B" teams are the same as the requirements for players on our "A" teams. If you are looking for less of a time commitment than what is detailed in this contract, please consider the ISC "Practice Only Program" that offers our excellent instruction without the requirements to attend a set number of sessions or games.

Once players have signed this contract, their parents are financially obligated to pay all ISC fees for the 2011-2012 season. If a player is struggling to meet the requirements of this contract, they will be asked to meet with their team coach and in some cases with the Director of Coaching in order to make arrangements to fulfill the contract. If a player can not meet the provisions of the contract, the player will be given the opportunity to join the ISC's "Practice Only Program," but they will not be allowed to compete with their team for the remainder of the season in any games. If players leave the team at any time during the season or if they are removed from the roster because they have not fulfilled the requirements of this contract, their parents will be expected to pay the remainder of the balance owed to the club. Signatures are required on the final page of this document.

## **Summary of Training Requirements for the 2011-2012 Season:**

**There are four periods of time that you must meet required standards for practice attendance:**

### **August Pre-Season**

- August 2-August 31, 2011
- 16 Practices Required

### **Fall Season**

- September 5-December 20, 2011
- 14 Practices Required

### **Winter Season**

- January 4- March 9, 2012
- 11 Practices Required

### **Summer Season**

- June 4-July 6, 2012
- 10 Practices Required

**Total Practices Required=51**

We will offer no less than 80 sessions for all ISC U15-U18 Year Round Advanced Teams in the time period starting August 1, 2011 through July 31, 2012.

## **Summary of Game Attendance Requirements for the 2011-2012 Season:**

**There are three periods of time that you must meet required standards for game attendance:**

### **Fall Season**

- August September 5-December 20, 2011
- 3 Full Tournaments
- 4 Outdoor IPSL League Games

### **Winter Season**

- January 4- March 9, 2012
- 1 Full Tournament
- Participation in One Winter indoor league and attendance at no less than 3 games

### **Summer Season**

- June 4-July 6, 2012
- 2 Full Tournaments
- No League Requirements for the Summer

**Total Tournaments Required=6**

**Total League Games Required=7**



## **Practice Attendance Requirements for the 2011-2012 Season:**

### **ISC U15-U18 Practice Requirements for August 2011 Pre-Season**

**Players need to complete 16 practices by August 31, 2011 in order to be eligible to play in games in September of 2011. Pre-Season team practices start on August 2, but please note that we will allow some of the special events in July of 2011, to count toward the 16 practices that must be completed by August 31, 2011.**

- ❑ Team Practices will start on August 2. However, you do not need to officially start on August 2. Your only requirement is that you complete 16 sessions by the end of August 31, 2011.
- ❑ I will offer the third annual ISC "Iron Camp" on July 24, July 25, July 26, and August 1. It's a four day FREE mini-camp. If players attend all four days they can count 13 of their pre-season practices from this camp. If you attend single days, the camp counts as 3 per day. The hours each day for the camp are 9:00 AM-3:00 PM. In addition to the Iron Camp, if you attend the 1st Annual ISC All Day Skills event on Saturday, July 16, you can count that event as 4 practices toward your total of 16 sessions that must be completed by the end of August 31, 2011.
- ❑ All 16 Pre-Season sessions must be completed by August 31, 2011 if you want to play in games in September and in the remaining months of the year.
- ❑ During the pre-season phase, you can attend a "super skills," another team practice, or an "incentive plan" practice in order to count as a part of your mandatory 16 practices for the month. In addition, you can attend the "Iron Camp" and/or the "ISC Skills Day" as described above.
- ❑ Players are not released to participate in any games with the club in the month of September or after until the pre-season requirements have been met. If you have not completed the 16 sessions by September 1, you can make them up in September, but you will not be allowed to play until the sessions are completed.
- ❑ If the team has games in August, the players do not need to have met the 16 practice requirement in order to participate in any August games with the club. In fact, you don't officially have to have any sessions completed to play in a match with the club in August, but as soon as September starts you MUST have all 16 sessions finished before you can compete in any matches.

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## **Fall 2011 Season**

### **(September 5-December 20, 2011) (16 Week Training Period)**

In order to be eligible to play in games on any ISC U15-U18 team once the pre-season requirements have been met, each player must follow the requirements listed below for the period from September 5 through December 20. This is a 16 week period.

**(One Session Required in all weeks below unless otherwise noted as a week of optional training)**

Week 1 -September 5-9, 2011

Week 2- September 12-16

Week 3-September 19-23

Week 4-September 26-30

Week 5-October 3-7, 2011

Week 6-October 10-14, 2011

Week 7-October 17-21, 2011

Week 8-October 24-28, 2011

Week 9-October 31-November 4, 2011 **(Start of Indoor Training)**

Week 10-November 7-11, 2011

Week 11-November 14-18, 2011

Week 12-November 21-23 **(Thanksgiving Week) (Optional Training)**

Week 13-November 28-December 2

Week 14-December 5-9

Week 15-December 12-16

Week 16-December 19-20 **(Shortened Week) (Optional Training)**

**December 22-January 3, 2012 (Two Week Winter Break -No Training )**

Starting on Week #1, September 5-9, the following rules below apply for the fall season and stay in effect through December 20.

- Players need to attend and participate in only 1 team training session per week during the months of September, October, November, and the first part of December. We only require 1 practice per week, but for those players that are not participating in a fall school sport, we certainly expect that players make an effort to attend more than 1 session per week. Please note that all ISC U15-U18 teams will train at least 3 times per week in August, September and October and twice per week in November and December. **Our rules only require that you attend 1 session per week even though your team will train more often than once per week.**
- If a player does not complete 1 training session per week with their ISC team, they will not be allowed to participate in any of the scheduled weekend games. This includes tournament games, state cup games, fall league games, scrimmages, and winter indoor games. In order to meet the requirements of one session per week during this fall season, players must attend a team session with their assigned team. Players are allowed in the pre-season, winter season, and summer season to use "super skills," "incentive plan" sessions, and other team sessions to meet their practice requirements, but in the fall season, players **MUST** attend one session per week with their assigned ISC team to meet their one practice per week requirement. This rule also includes the portion of the fall season starting on week 9-Week 16 when we will be indoors for practice.
- If any one of your team's sessions are cancelled by the coaching staff in any given week during this long fall season, the requirement to attend one session for that week no longer applies for the week in question. For example, if you are so busy that you have only one night that you can come to training and for that night we have to cancel due to weather, we don't expect you to try to

- come another night that week. If we cancel the session that you regularly make, your requirement to be at one session per week is waived for that week.
- There are some excused absences that we will certainly recognize. Exceptions to the 1 training session per week rule will be made if illness, injury, or other extenuating circumstances such as death in the family or family crisis prevent a player from attending one training session in the given week. **To be clear: Illness, injury, and family crisis count as excused absences.**
  - A player will be allowed to participate in the weekend games even if the player in question did not make 1 practice during the week if the player's reason for missing training is related to sickness, injury, or some other extenuating circumstance that has been approved by the Director of Coaching. In other words, if you have an excused absence for your 1 session per week, you can still participate in the weekend games.
  - *For the players that do not attend at least 1 training session in a given week and if those players do not have an excused absence, they will sit out all matches on the weekend. In addition, to sitting out of all games on the weekend, the player must make up the missed practice during the following week.*
  - Even if a player is not scheduled to play in the weekend games, all players are required to attend 1 session per week unless they have an excused absence. For example, if the team is attending a tournament that a player did not commit to, that does not make the player exempt from the one training session per week rule. In this example, if a player is not scheduled to play in the games on the weekend and they were not in attendance for 1 session during the week, their suspension will carry over to the next weekend when he/she is scheduled to play. In addition, they must still make up the missed session during the following week in order to be eligible to play.
  - The last day of the fall season ends on Tuesday, December 20, 2011.

#### **Summary of Team Sessions that need to be completed for Fall Season 2011.**

- September 2011=4 Training Sessions-
- October 2011=4 Training Sessions
- November 2011=4 Training Sessions
- December 2011=2 Training Sessions
- **Total Fall 2011 Sessions Required=14 Sessions**

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## **Winter 2012 Season (January 4, 2012-March 9, 2012) Training Requirements for the ISC U15 -U18 Teams Winter 2012**

In order to remain in good standing on any ISC U15-U18 team, each player must follow the requirements listed below for the winter season.

- **Winter 2012 Season Begins on Wednesday, January 4, 2012**
- **The Last week of Training for the Winter season ends Friday, March 9, 2012**
- Starting on Week #1 of the Winter season the following rules below apply.
- The one practice per week rule requires that a player attend one session per week. However, during the winter phase, we will allow players to count a "super skills," or "incentive plan" as an approved session that will count toward their 1 practice per week. The U15-U18 players are also allowed to attend a team session one age below or one age above their current age group and that will count toward their one practice per week requirement during this phase.
- Keep in mind, if a player goes week on end without training, they will need to make up all of those weeks before they can compete in an indoor tournament or league game. For example, if you take the month of January off from training and then want to compete in an indoor tournament in February, you will need to make up four practices for January and also attend your minimum February practices. In addition, if players have sessions left from the fall that they need to make

- up, they will be required to make up those sessions also before they can play in a winter tournament.
- Practice Counts will be turned in to the coaching staff on their request.

### **Summary of Team Sessions that need to be completed for Winter Season 2012.**

- January 2012=4 Training Sessions
- February 2012=5 Training Sessions
- March 2012=2 Training Sessions
- **Total Winter 2011 Sessions Required=11 Sessions**

### **Summary of Total Sessions by March 9, 2012.**

- Pre-Season=16 Sessions
- Fall Season=14 Sessions
- Winter Season=11 Sessions
- **Total = 41 Sessions Completed by March 9, 2012**

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## **Summer 2012 Season (June 4, 2012-July 6, 2012)**

### **Training Requirements for the ISC U15-U18 Teams in the Summer of 2012**

In order to remain in good standing on any of the ISC U15-U18 teams, each player must follow the requirements listed below for the summer season.

- Summer 2012 Season Begins on Monday, June 4, 2012
- The Last week of Training for the summer season ends Friday, July 6, 2012
- Players need to complete 10 sessions during this final phase of training.
- Player can attend team sessions, super skills, incentive plan sessions, and other events to count toward the 10 practices.
- Players CAN NOT count tryouts toward these 10 practices.
- Please note that if a player has training sessions from the winter season that need to be made up, they will need to make up all of those sessions before they can compete in any of the summer tournaments.
- Practice Counts will be turned in to the coaching staff on their request.

### **Summary of Total Sessions by July 6, 2012.**

- Pre-Season=16 Sessions
- Fall Season=14 Sessions
- Winter Season=11 Sessions
- Summer Season= 10 Sessions
- **Total = 51 Sessions Completed by July 6 , 2012**

**(Your 2011-2012 ISC Fees cover 80 Team Sessions)**



## **Game Attendance Requirements for the 2011-2012 Season:**

### **Fall Season (August-December 2011)**

For all players on any of the ISC U15-U18 Year Round Advanced Teams, you **MUST** commit to at least 3 FULL events in the fall season that runs from August through December. This means that you must attend **BOTH** days for 3 of the fall tournaments recommended to your ISC team. If one of your events is the Alliance Super Sixes tournament, which is a one day event, you of course only need to attend the one day that your team competes. Although the state cup is typically held over two weekends, that tournament, however, counts as only one event. The online commitment form will be used for parents to fill out their commitments.

In addition, the general ISC policies still apply if you commit to a tournament and do not attend you will be fined \$100.

**Fall 2011 League Season**-You must attend a minimum of 4 IPSL League Games with your team.

### **Winter Season (January-March 2012 )**

#### **Tournament Attendance Requirements and League Attendance Requirements for the ISC U15 -U18 Players for Winter 2012**

You **MUST** commit to at least 1 FULL winter tournament event in the months of January-March of 2012. If the event is two days long you must be in attendance for both days of the tournament. If the event is only one day long, such as the ISC Bubble Blowout, you only need to be in attendance for the day that your team competes. The online commitment form will be used for parents to fill out their commitments. In order to be eligible to play in the tournaments, you must attend one practice per week in the designated winter practice times listed above.

In addition, the general ISC policies still apply if you commit to a tournament and do not attend you will be fined \$100.

Players are required to play in one of the two sessions of indoor soccer. Players must play in at least 3 league games of the session that you choose to play in. You must play in either an ISC winter league or a league that your ISC team has been entered in for the winter season.

**Summer Season (June 5- July 6, 2012)**

**Tournament Attendance Requirements for the ISC U15-U18 Players for Summer 2012**

You MUST commit to at least 2 FULL summer events in the months of June and July in 2012. To be clear, by two full events, you must attend both days of the tournament. The online commitment form will be used for parents to fill out their commitments.

In addition, the general ISC policies still apply if you commit to a tournament and do not attend you will be fined \$100.

There are no mandatory league attendance requirements in the summer.

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**Player and Parent Signature Waiver**

This contract must be turned in to the ISC Staff at the "Post Tryout Registration Times" at the HTRC. Parent and player signatures are required.

I \_\_\_\_\_ agree to abide by all provisions of this contract. I understand that failure to comply with the rules of the player contract for the ISC U15 - U18 teams for the 2011-2012 season will result in removal from the roster. In addition, I am obligated to pay all fees due to the ISC even if I am removed from the roster.

Player Signature\_\_\_\_\_

Parent's Signature\_\_\_\_\_

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