



Parent Handbook

Welcome to Mukilteo FC! We hope this information packet clearly outlines the expectations we have set forth as a club for our members and provides you with answers to many of your questions regarding the upcoming season. We look forward to having your family as part of our Mukilteo FC family.

For more information we invite you to visit our website: www.mysc.org

Our Mission is to provide a quality youth soccer program to educate, develop physical and teamwork skills, for families primarily within the Mukilteo School District boundaries.

Board of Directors

President

Steven Bullock
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Registrar

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Treasurer

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VP of Operations

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VP of Development

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Club Administrator

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Tournament Director

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Field Coordinator

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School Liaison

John Stengele
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Director

Chad Hammond
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Equipment Coordinator

Adrian Mays
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Parent/Player/Coach Communication Policy

We encourage an open door communication policy between parents, players, coaches and our directors. Should you have any questions or concerns about your child or your team we ask that you follow the protocol below to address the issue:

24 Hour Rule: If you are upset about an incident that has occurred during a game or practice, do not approach your coach on the field immediately following the incident. Please allow 24 hours before contacting the coach to discuss the issue. After 24 hours have elapsed please address the issue through the following channels:

1. Discuss the issue with the head coach. *If not resolved...*
2. Discuss the issue with the appropriate program director. *If not resolved...*
3. Discuss the issue with the appropriate Director of Coaching. *If not resolved...*
4. Discuss the issue with the Board of Directors.

Should you need to speak with a Director, email them to set up a time to discuss the issue.

Club Communications and Parent Resources

The Club communicates general information to its members primarily through the Club website: www.mysc.org, email and social media. Members are strongly encouraged to check the website regularly and monitor emails daily for important information.

Specific information that affects your team such as training/game schedules and inclement weather announcements will be communicated directly through your coach and/or team manager.

Administrative questions can be directed to our club Administrator:
club@mysc.org

Registration and payment inquiries can be directed to our Registrar:
registrar@mysc.org

The Role of the Parent: Parent Expectations

As a parent, your job is to support your child in their soccer goals and enjoy watching them play. As ADULTS on the sidelines, we expect our parents and coaches to model professional and respectful behavior for our young players on the pitch. Each coach may have additional parent expectations, but as a club we demand that all parents abide by the following rules:

- **No coaching from the sideline:** Let the coaches coach. Do not instruct or berate your child or anyone else's child at any time during games or practices. Anything you say should be positive and non-instructional.
- **Respect Referees:** Under NO circumstances should parents ever berate or shout at referees.

- **Respect opposing coaches, players and parents:** We expect Mukilteo FC parents to do their part to de-escalate tense situations on the field by remaining in control of your own actions, words and emotions.
- **Follow proper club communication protocol:** Should you have a complaint, please address it through the appropriate channels, starting with your coach and always respecting the 24 hour rule.
- **Represent the club well in the community:** By enrolling your player in our program, as a parent you are also making a commitment to the program and are expected to represent the club in a positive light off the field. The club reserves the right to remove families from the club who do not comply with club expectations.

Parents and players are required to sign off on and adhere to our Parent/Player Code of Conduct.

Player Expectations

We hold our players to the highest standards of conduct and expect them to represent the club in a positive light both on and off the soccer field. Playing competitive sports is a privilege and should be treated as such. As a member of Mukilteo FC players are expected to adhere to the following standards:

- Attend all games and practices and arrive on time
- Abide by all team rules and standards set forth by the coach and the Club
- Demonstrate a positive attitude and focused effort to individual player development
- Be respectful of coaches, teammates, parents, referees, and opponents at all times
- Respect the opportunity to play
- Exhibit good sportsmanship at all times
- Wear Mukilteo FC training jersey to all practices and games
- Consult your coach before guesting or training with other teams
- Demonstrate good judgment away from the field while at school and in the community

Season Timeline and Commitment Expectations

Examples of the typical season timeline for each age group can be found on the website. Please keep in mind that schedules may vary depending on the age and level of the team and the league in which they play.

As a member of Mukilteo FC we expect you to commit to your team as your first priority for extracurricular activities during the season. All players are expected to complete the season with their team including all post-season tournaments.

Training Policies

- During the regular season there will be a minimum of two training sessions per week
- Players should arrive at training with a ball, cleats, shin guards and water

- Wear Mukilteo FC practice jersey to all training sessions
- If you are unable to make a practice you must contact the coach at least 24 hours prior to the session
- Training with other Mukilteo FC teams is permitted with prior agreement from your coach

We strive to create a professional training environment in which our players can be fully engaged with their team and the instruction provided by our coaches. We recommend that parents avoid sitting on the sidelines at practice to prevent distractions and allow the players to focus.

Practice Schedules and Locations

Your coach will work with the director of coaching and field scheduler to determine your training schedule throughout the season, this includes the days, times, and locations of your team training sessions.

From time-to-time your practice location and time may change based on field availability. Any changes to your training schedule will be communicated through your coach or team manager with as much notice as possible.

Tournaments

Your coach will work with the director of coaching and VP of development to determine the tournaments that will be the best fit for your team. Teams typically play in a minimum of two tournaments over the summer, and 1-2 post-season tournaments, which may include State Cup depending on the age and level of the team.

All players are responsible for paying tournament fees, regardless of if they are participating in the tournament or not. Cards will be held if players are delinquent on team/registration fees.

Guesting and Training with Other Teams

The club does not allow Mukilteo FC players to guest or train with teams from competing clubs. The club does allow players to train and guest with other Mukilteo FC teams with approval from all coaches involved. ALL guest play must be approved by your coach in advance.

League Play

All Mukilteo FC teams play in one of the following leagues for the regular season:

- WPL DEV League
- WPL Copa League
- WPL Classic League
- WPL Super League

- WPL 15U Trapped League
- WPL HS Boys Winter League
- WPL HS Girls Winter League

The Club will place teams in the leagues which we believe will provide the most appropriate and balanced level of competition, allowing the players to compete and develop in an environment that is challenging but still allows them the opportunity to experience success. Home games are played at Mukilteo School District fields, away games are played at various locations throughout the Puget Sound area. Teams playing in regional based leagues may also play throughout the state and western region.

Playing Time Philosophy

Playing time is not guaranteed and will be allocated at the coach's discretion.

Mukilteo FC coaches are encouraged to deliver a minimum of 50% playing time throughout the course of the fall league season. Please understand there will be some games where your child will play more and some games where your child will play less.

When representing the Club at State Cup and elite level tournaments coaches have full discretion to allocate playing time on an as needed basis. While coaches are encouraged to try and play every player at some point in each game, there may be times where your player does not play at all based on the demands of that specific game.

There are many factors that contribute to playing time beyond performance on the field. Players are expected to earn their playing time through consistent practice attendance, work ethic in games and practices, attitude, and improvement throughout the season. If you have questions about how your child can earn playing time, please speak directly with your coach.

Player Evaluations

Each player will receive formal, written evaluations via email from their coach during the season. Parents are encouraged to review evaluations with their player and contact the coach with any questions.

Pre-Season Training Camps

All players are required to attend a pre-season training camp during the summer. These mandatory camps are run by our director of coaching and play an important role in delivering the club curriculum and philosophy. Players will work with the directors and other coaches in an environment that is both physically challenging and educational.

Pre-Season Training Camp dates, times and locations will be posted on the website and will be communicated by your coach and/or team manager.

Additional Camps, Clinics and Private Lessons

Throughout the season Mukilteo FC offers a variety of optional camps and clinics for our competitive players. Some clinics are mandatory and included in registration fees. Others are optional and have a separate registration process and fees.

Players are also welcome to participate in additional camps, fitness training, skills clinics and private lessons at the player's own expense. For a list of additional training opportunities and recommended coaches for private training, please visit www.mysc.org.

Tournament/Game Day Procedures

Game day procedures and expectations will be determined by your coach. Most coaches require that players arrive at the field at least 45 minutes prior to their game to allow ample time for warm up.

Players are expected to wear their Mukilteo FC training jersey to the game for warm up.

Please keep in mind that what your player eats prior to the game will impact their performance. It is recommended that players eat a small meal including complex carbohydrates and protein 2-3 hours prior to the game. Pack a snack such as an energy bar, banana or almonds if needed closer to the game time.

In Between Games:

1. Take off shoes, socks and shin-guards, Wear sandals or slip on shoes
2. Change out of game jersey to training shirt
3. Eat light and drink plenty of water. No fast food, fried food or soda!
4. Get out of the sun and heat. Find an air conditioned place or stay in the shade.
5. Stay off your feet and relax

Inclement Weather

On training days your team manager or coach will contact you if practice is canceled due to inclement weather. Likewise, your team manager will inform you if a league or tournament game is canceled or postponed. Field closures for home games will also be communicated via the website.

Tryouts

Each year our coaches work together to evaluate players and place them on the team that will be the best fit for their development. We ask that all parents respect the tryout process and recommend keeping a good distance away from the fields to avoid becoming a distraction to the players.

Cost and Fees

Registration fees vary by age group and can be found on our website.

The following costs are not included with registration fees and must be paid separately:

1. **Tournament Fees:** Three tournaments or two tournaments and one indoor session are included in the registration fees. Teams may opt to do more than the club allotted. Tournament fees are divided equally between all players. All players are responsible for paying their share regardless of if they will participate in the tournament.
2. **Additional Camps, Clinics and Private Lessons:** These are all done at the player's own expense.
3. **Mukilteo FC Gear:** Warm-up pants, jacket, and backpack are not included in the Uniform Kit.

Uniforms

Mukilteo FC and UnderArmour

Mukilteo FC is proud to have a partnership with UnderArmour. Our agreement with UnderArmour requires Mukilteo FC players and coaches to wear UnderArmour products whenever possible. Under no circumstances will players be allowed to play in games wearing a competitor's equipment (excluding cleats).

Required Uniform:

All Mukilteo FC players are required to order a complete uniform kit including home and away jerseys, shorts, socks, training jersey, warm up jacket, warm up pants and backpack. Goalkeepers are required to order a full goalkeeper kit which includes goalkeeper jersey, goalkeeper shorts, socks, training jersey, warm up jacket, warm up pants and backpack. Full time goalkeepers do not need to order a field player kit, only a GK kit.

Returning players are not required to purchase a warm up jacket, warm up pants, and backpack if they already have them.

Uniform Cycle:

Every year Mukilteo FC will change the design of their home/away jerseys. All players are required to order a new uniform kit. This is included in your registration fees.

Jersey Number Policies:

The club assigns jersey numbers to all players prior to ordering uniforms. Numbers are assigned to ensure that no two players in the same age group have the same number. This allows for seamless guest play and player movement throughout the season. Numbers are assigned alphabetically by last name.

Volunteer Requirements and Club Fundraisers

As a 501c3 non profit organization Mukilteo FC is dependent on parent volunteers and fundraising events to offset program operating expenses, keep registration fees down and to boost our financial aid fund to ensure that finances are not a barrier to participation in the program. Fundraising events are the club's only source of income outside of program registration fees. We rely heavily on funds generated through events such as the Muk Cup and Turkey Shoot tournaments to keep our programs running.

Required Hours

- All teams participating in these tournaments are required to complete one (4) four hour field marshal shift at the Muk Cup (August) or Turkey Shoot (November).
- Minimum age requirement to volunteer is 16 without adult supervision.
- In the event that we have adequate volunteer support for these tournaments, additional volunteer opportunities may be made available at other events.

Signing Up for Shifts

Volunteer schedules will be distributed by the club prior to each tournament. Each team will be responsible for signing up for a shift at that time.

In addition to working events, the club is always looking for volunteers who are willing to take on leadership roles in assisting with planning our events. If you have experience in areas such as fundraising, event planning, marketing, etc. and are interested in putting your skills to use to play a bigger role with the club, please contact our club administrator, club@mysc.org.

Team Volunteer Roles

Team Managers:

Each competitive team must have one or more volunteers perform the role of team manager. The primary role of the team manager is to act as the team administrator and communicator. As a parent volunteer, it is not the manager's job to answer questions about coaching related issues such as playing time or positions. Coaching related questions should always be directed to the coach.

Additional Volunteer Roles:

Every family on the team is expected to volunteer to support the team in some capacity. Your team manager will determine volunteer roles within your team. Common team volunteer roles include:

- **Social Media Liaison/Photographer** - Submit team content for Mukilteo FC media outlets
- **Social Coordinator** - Coordinates team social events and get-togethers

- **Team App Coordinator** - Keeps Team App up to date
- **Team Canopy** - Brings team canopy to all games
- **Team Bench** - Brings team bench to all games
- **Muk Cup/Turkey Shoot Tournament Liaison** - coordinate field marshals as directed by club
- **Hotel Coordinator** - Coordinates hotel room blocks, transportation, etc. for out of town tournaments
- **First Aid Kit** - Brings first aid kit to all games

Team Fundraising

Teams are encouraged to plan fundraising activities to defray tournament costs, however in order to have continuity we ask that you follow these guidelines:

- Fundraisers that require the club's taxpayer ID must be approved by the Board of Directors.
- There shall be no individual team fundraisers that use the Mukilteo FC logo. Use of the logo on merchandise is reserved for club fundraisers where the whole club benefits.

Funds raised through any team fundraiser should be shared among the families who participated, not necessarily the whole team. Please contact the Mukilteo FC Board of Directors with fundraising questions - mysc@mysc.org.

Mukilteo FC is a subsidiary of Mukilteo Youth Soccer Club referred to as "the Club" in this document.