



Waterloo Minor Soccer Club
2001 University Avenue East
Waterloo, ON N2K 4K4
Phone 519.578.9680

Being Soccer Ready

Paul Burns
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Where to Begin...

Now that the snow is gone and spring is finally here, it is time to start thinking about getting ready for the upcoming soccer season. With the winter training complete, everyone is eager to get the season started as this is an exciting time of year at the Waterloo Minor Soccer Club with the warmer weather finally here to stay!

The following document will highlight tips, ideas and my own recommendations on how to be prepared while getting the most out of the 2018 Outdoor Recreational Season.

The Proper Equipment:

Do my soccer shoes (cleats) fit? Try them on before the first game or practice to make sure they still fit. You do not want to show up on the first session to find out that last season's cleats do not fit anymore. There are plenty of places to buy new cleats with local stores as well as online. Make sure you get a pair that fit snug as any movement of the shoe may cause blisters which are very uncomfortable and will inhibit someone's ability to play.

Can we find shin pads (shin guards)? Do not try to find them on your way out to the first session of the season; you will probably not find them if you do try this! Make sure that last year's shin pads do not have any cracks and still fit. It is a requirement for **all players** to have this piece of equipment as it is essential to the player's safety. Please make sure to wash the shin pads on a regular basis, trust me, they will need it!



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What team am I on?

You have registered back in February, you have been waiting patiently to find out what team you will be on and who's team you will be playing with. Now it is time to find out!

All players are placed on teams randomly through our computer system that is able to automatically generate the rosters. The volunteer coaches have been assigned to teams and have been given their team information at the coaches' education seminars that have now been completed. The next step is for the coaches to contact the players and parents to introduce themselves and inform the players of their team and where they will start the season. The coach will let you know when and where your games and practices will take place, what the colour of your uniform is and share their contact information if you need to contact them. Please remember that all recreational coaches are volunteers, so please offer to help them where you can and be kind, chances are it is a parent on the team just like you.

Where are the games?

The next source of anxiety when waiting for the season to start is the location of games and practices. Everyone wants to be as close to home as possible because getting home from work or school, eating dinner and getting ready for soccer can be hectic and playing as close to home is very convenient. No one likes to drive across town during rush hour. All of the games are scheduled on fields based on availability with the appropriate field dimensions per age group. There are many other organizations that use the fields throughout the summer and we must share the fields throughout the week. The size of the field is also important because we do not want the field to be too big or small; the WMSC follows the field dimensions outlined in LTPD (Long Term Player Development). All game schedules are posted in Power Up and in each families' profile. The Power Up platform allows us to create and update games and practices as well as inform players and parents of changes very quickly. The Club also has [a list of fields on our website](#) to help you find a field; just look in the Recreational drop-down menu.

It's Game Day, now what?

You have met your coach, got your uniform, found your shin pads and brought your brand-new soccer cleats, it is time for your first practice or game! This is an exciting day for the players, coaches, referees, game leaders, and everyone involved. There are still a few items that you cannot forget. Water is vital for players to have throughout the sessions and to have on their breaks, staying hydrated will help the players perform at their best so please do not forget to bring something to hydrate during each session. Some other important items to bring can be



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sunscreen, chairs for spectators, a healthy snack for after the game and most importantly a coffee for mom and dad. Parents should always bring a positive attitude while providing encouraging reinforcement during each session for all of the players and the coaches. Also, please remember that the referees are young and are learning just like the players, so please be respectful at all times. The enjoyment of the game and the season can be dependent on parents/guardians who take the players to and from the sessions each week. The role of a parent can be so vital to the enjoyment of the sport and that includes the car ride before and after each session. Always encourage the player to do their best and to be a good sport; the player will follow your lead and will take on your attitude towards the game, and especially the referee. Show the players that playing sports is fun, this a great opportunity for children to learn new skills while being able to make new friends.

Some admin items to remember...

- All schedules will be in your [Power Up profile](#).
- All rules will be on www.waterloounited.com.
- Thank your coach for volunteering their time.
- HAVE FUN!

Best Regards,

Paul Burns

Executive Director

Waterloo Minor Soccer Club

p: [519.578.9680](tel:519.578.9680)

a: 2001 University Avenue East, Waterloo, ON N2K 4K4

w: waterloounited.com e: executivedirector@waterloounited.com