



## **Regina East Zone Youth Soccer Association Inc.**

### **Parent Information Package**

Welcome to the Regina East Zone Youth Soccer Association. The East Zone includes the following communities:

- Boothill (Douglas Place, Assiniboia East, Dominion Heights)
- Arcola East (University Park, Richmond Place, Varsity Park, Wascana View, Woodland Grove, Windsor Park, Spruce Meadows, Wood Meadows, Gardiner Heights, Gardiner Park)
- Dewdney East (Glencairn, Glencairn Village, Glenelm Park, Rothwell Place, Parkridge, Eastpointe Estates, Creekside).

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#### **Important Indoor Season information:**

The 2010-2011 Indoor Season runs from **October 30, 2010** to late **March 2010**. You can expect a phone call from your coach the last week in October. The windup tournament is included within these dates and will take place on Saturday March 12<sup>th</sup> and Saturday March 19<sup>th</sup> for U4 to U12 age groups. U14, U16 and U18 will have a separate windup tournament. U4 and U6 will also have the opportunity to participate in the Timbits Jamboree near the end of the season.

The soccer games will take place in the following locations:

- Henry Braun, 710 Graham Road
- W.F. Ready, 2710 Helmsing Street
- Jack MacKenzie/St. Gabriel Schools, 3838E Buckingham Drive

Interzone games will take place at:

- University of Regina gyms

The games for the U06, U08, U10, and U12 will all take place on Saturday. The games are scheduled any time between 8:00 AM and 6:00 PM. U4 and U6 are developmental programs and are scheduled in a one hour timeslot with a 25 minute training session a 5 minute break, and a 25 minute scrimmage. U8 to U12 are scheduled for a one hour and 15 minute time slot consisting of a 15 minute practice followed by two 25 minute halves separated by a 5 minute half time.

The U14, U16 and U18 age groups will be playing inter-zone soccer with the North, West, South Zones, Pilot Butte and White City at the old University of Regina gyms. The majority of games are expected to be on Saturday or Sunday.

To participate children must have shin guards (which must be covered by socks or sweatpants), REZYSA jersey and indoor non-marking running shoes. Jeans



and jean shorts are prohibited and are **not allowed** when playing the game. REZYSA will provide a soccer jersey and socks for each player to keep. To maintain the safety of all REZYSA Soccer participants, REZYSA has a strict no jewelry rule – absolutely NO JEWELRY is permitted – taping is not an acceptable option. If the jewelry can't come off or the piercing can't come out – the child CANNOT play.

### **Fees**

Fees have changed this season to reflect changes in what is being delivered. All divisions receive jersey and socks. U4, U6 and U8 fees include a team picture and U8, U10, and U12 fees include entrance fees for the city-wide tournament on January 8<sup>th</sup>, weekend. On top of this your fees cover costs in a number of areas, including on-line registration, security, equipment and facilities. REZYSA is operated strictly on a cost recovery basis and the REZYSA Executive carefully manage costs to avoid increases where possible since it is our mandate to provide high quality, affordable, recreational soccer for your children.

### **Coaches and Assistant Coaches -**

We always **need more coaches**. As in the past, REZYSA has again arranged for clinics for coaches from experienced soccer instructors. These are free clinics open to all coaches, assistant coaches and interested parents.

If you are coaching please mark the following times on calendar:

**October 23, 1:00 PM at Henry Braun School – Coach's Meeting**  
– **All coaches to pick up equipment.**

**October 24, 2:00 PM at Henry Braun School – Coach's Clinic**

- Please bring your non-marking runners and a water bottle as this is an active clinic. If require further information about the above clinic, please contact Ed at: email [eruller@accesscomm.ca](mailto:eruller@accesscomm.ca) or call 789-8049
- Picture Day - For the indoor season REZYSA arranges a picture day for teams that are interested in getting team or individual pictures taken. Further information will follow shortly after the start of the season. Due to contractual obligations with Tim Hortons pictures for U4 and U6 teams are mandatory and will be scheduled by the league. U8 teams also have prepaid for a picture and will be schedules by the league. All other team coaches will need to contact the photographer to book an appointment if they wish to get pictures done.

Any questions or concerns that you have now or during the season may be directed to REZYSA at the website at [www.rezyisa.com](http://www.rezyisa.com) or email [contact@rezyisa.com](mailto:contact@rezyisa.com).



## **U14, U16 and U18 Inter-zone**

This season U14 and older will play in the old University of Regina gyms.

### **Dressing Room Policy**

REZYSA firmly believes in accommodating both genders. We further believe in balancing this goal with the safety, privacy, modesty and wishes of ALL our members without compromising the aspects of camaraderie, social integration and bonding inherent in a team sport. This policy attempts to meet all these goals while providing a safe and respectful environment for our participants.

Players should arrive at the facility with their uniforms underneath their outdoor clothes. Absolutely no changing shall be permitted in the dressing room. If players need to change clothes they should do so in one of the washrooms or the shower room.

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### **Important game-day information:**

**Referees** – The referees are an integral part of our sport and must be treated with respect at all times. All of our Referees are young soccer players who are doing the job to the best of their ability. If you have either praise or a concern with the referee from a game, please record the number from their shirt and email the specific information to [refs@rezysa.com](mailto:refs@rezysa.com). Please treat them the way you would like your own child to be treated when developing their skills at their first job. Abuse of the referees by coaches, players, parents and spectators will not be tolerated.

### **Reminder: Slide tackles are NOT permitted.**

Above all, remember that children are playing soccer to have fun! The coaches strive for equal playing time and the children must be allowed to learn and play the game in a supportive atmosphere. Please review the Fair Play Code as outlined following.

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### **Fair Play Code for Players**

1. I will play the game for the game's sake.
2. I will be generous when we win.
3. I will be gracious when we lose.
4. I will obey the rules of the game.
5. I will work for the good of our team.
6. I will accept the decision of the officials with good grace.
7. I will believe in the honesty of my opponents.
8. I will conduct myself with honour and dignity.
9. I will respect the efforts of my teammates and my opponents.

### **Fair Play Code for Parents**

1. I will remember that my child plays sport for his/her enjoyment, not for mine.
2. I will encourage my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
3. I will teach my child that doing one's best is as important as winning, so that my child will never feel defeated by the outcome of a game.
4. I will make my child feel like a winner every time by offering praise for competing fairly and trying hard.
5. I will never ridicule or yell at my child for making a mistake or losing a competition.
6. I will remember that my children learn best by example. I will applaud good plays/efforts by both my child's team and her/his opponents.
7. I will never question the official's judgment or honesty in public.
8. I will support all efforts to remove verbal and physical abuse from children's sporting activities.
9. I will respect and show appreciation for the volunteer coaches who give their time to provide sport activities and guidance for my child.

### **Disciplinary Procedure**

The mandate of the Regina East Zone Youth Soccer Association (REZYSA) is to provide a safe and fun place to the children of East Regina to play recreational soccer. For this reason any incident which involves verbal or physical abuse of others, or shows disrespect for the League or its officers, League officials, or volunteers performing duties on behalf of the League are not tolerated. Such incidents are taken seriously and it is the position of the League that the consequences of such behaviour should be serious enough to reflect the extent to which it undermines the mission of the League.

Please refer to [www.rezyasa.com/rules](http://www.rezyasa.com/rules) for more information and a copy of our disciplinary procedure.

**Remember, the children are just out to have fun and play soccer.**