

# Crossfire SELECT

For families who love soccer AND life  
outside soccer.

[www.crossfireselect.com](http://www.crossfireselect.com)

**ZAG**  
MOTORS

 **DOCUGAMI**

# Crossfire<sup>TM</sup> SELECT

Welcome to all new and returning coaches and thank you in advance for the time you are investing in coaching within Crossfire Select! We are a volunteer run program and greatly appreciate all the time, effort and knowledge we get from you all.

I look forward to forming strong relationships with you all to provide the best select soccer club in the state. Our combined efforts will bring out not only the best in players ability, but the best in their lives.

Thank you!

Hugo Alcaraz-Cuellar



## DIRECTOR OF COACHING Hugo Alcaraz-Cuellar

### Playing Experience:

San Diego Flash 2001  
Portland Timbers 2002-06  
Seattle Sounders 2007-08

Years at Crossfire Select: 4  
Coaching License: USSF B  
Favorite Team: Real Madrid

[EMAIL](#)

## TABLE OF CONTENTS

Introduction

Coaching at Crossfire Select

A note from Hugo

Coaches Code of Ethics

Philosophy

Coaching Methodology

Getting set-up

Tryouts

Team Formation Meeting

Practices

Summer tournaments

NPSL league play

State Cup

Additional resources

Inclement weather policy



## TABLE OF CONTENTS

Introduction

Mission statement

Organization

Corp matching instructions

Club calendar

Key Dates

Coaching at Crossfire Select

Getting set-up

Tryouts

Team Formation Meeting

Practices

Summer tournaments

NPSL league play

State Cup

Additional resources

Inclement weather policy

## For families who love soccer and life outside soccer

Crossfire Select is committed to providing a quality competitive youth soccer program for U9 to U19 players where players can improve as soccer players and grow as young adults in a positive, supportive and dynamic learning environment.

We aim to:

- Demonstrate integrity, respect, and sportsmanship
- Instill a lifelong love of the game
- Build a strong sense of community
- Create a player development pathway

The Coach handbook is meant to be used as guidance to help make it easier for you to perform as coach. It will also make sure that all coaches are following the NPSL and Club policies and procedures and understand the club culture and expectations.

# Crossfire<sup>TM</sup> SELECT

## TABLE OF CONTENTS

Introduction

Mission statement

Organization

Corp matching instructions

Club calendar

Key Dates

Coaching at Crossfire Select

Getting set-up

Tryouts

Team Formation Meeting

Practices

Summer tournaments

NPSL league play

State Cup

Additional resources

Inclement weather policy

Crossfire Select is part of Lake Washington Youth Soccer Association, a non-profit, 501(c)3 organization with a dedicated volunteer board of directors elected by the membership.

### BOARD OF DIRECTORS

President:  
Nicholas Toon  
[President@crossfireselect.com](mailto:President@crossfireselect.com)

Treasurer: Barbara Puk  
[Treasurer@crossfireselect.com](mailto:Treasurer@crossfireselect.com)

Association Rep:  
Steven Ham

At large members:  
Jeff Betts, Haitham Chatta, Pradeep Rasaam,  
Susan Pfeifer

Communications:  
[Communications@crossfireselect.com](mailto:Communications@crossfireselect.com)

### STAFF

Director of Coaching:  
[Hugo Alcaraz-Cuellar](mailto:HugoAlcaraz-Cuellar)  
[Coachingdirector@crossfireselect.com](mailto:Coachingdirector@crossfireselect.com)

**VOLUNTEER SUPPORT  
TEAM**  
Uniforms: Maria Groeschel  
[Gear@crossfireselect.com](mailto:Gear@crossfireselect.com)

# Crossfire SELECT

## TABLE OF CONTENTS

Introduction

Mission statement

Organization

Corp matching instructions

Club calendar

Key Dates

Coaching at Crossfire Select

Getting set-up

Tryouts

Team Formation Meeting

Practices

Summer tournaments

NPSL league play

State Cup

Additional resources

Inclement weather policy

### Corporate matching funds for your Crossfire Select volunteer hours

Many corporations have a corporate matching funds program for volunteer hours. Every hour of donated time to the Crossfire Select Program will be donated by the corporation back to Crossfire Select in the form of hourly rate (varies by company) and we can receive a check from your company. Simply ask your HR department if they match volunteer hours and then follow these steps:

- 1) **Track** your hours for every Crossfire Select volunteer activity
  - a. As part of this informational guide Crossfire Select has also published an excel template called “Crossfire Select – Volunteer Hours Template”. You may use this template or create your own.
  - b. The volunteer hours that can be matched generally constitute the start time and end time of the activity or event itself.
  - c. Commute time outside of the actual event or activity **does not count** towards your hours.
  - d. If you are a coach this includes the actual practice time (1.5 hours per practice), total game time (including warm ups) and any additional training or coaching certification sessions you attend.
  - e. If you are receiving a stipend for coaching or training, **you are not eligible** to have your volunteer hours matched.
  - f. Always consult your company’s corporate matching policy prior to submitting your hours.
- 2) **Submit** these hours to your HR department either by using their form or online tool. The frequency of submission can be monthly, quarterly, or yearly depending upon your company policy.
  - a. In the tool or form please make sure to describe your activity
  - b. If for example you were a soccer coach (head coach, assistant, or team manager) summarize your activity. Example: “Assistant soccer coach for the Crossfire Select Girls U16 soccer team with Mark Enstrom”.
- 3) **Indicate** that **Lake Washington Youth Soccer Association** is the receiving organization and that the matching funds are **designated** to go to **Crossfire Select** (Not the Crossfire Foundation).
  - a. LWYSA Information
    - i. Key contact to approve your hours is **Cheryl Manao**
    - ii. Email [cherylm@lwysa.org](mailto:cherylm@lwysa.org)
    - iii. TAX ID #23-7182665 for LWYSA
    - iv. Address for both LWYSA and Crossfire Select is: 12312 134<sup>th</sup> CT NE, Redmond, WA 98052
  - b. Crossfire Select information
    - i. Email: [treasurer@crossfireselect.com](mailto:treasurer@crossfireselect.com)

# Crossfire<sup>TM</sup> SELECT

## TABLE OF CONTENTS

Introduction

Mission statement

Organization

Corp matching instructions

Club calendar

Key Dates

Coaching at Crossfire Select

Getting set-up

Tryouts

Team Formation Meeting

Practices

Summer tournaments

NPSL league play

State Cup

Additional resources

Inclement weather policy

## CROSSFIRE SELECT CALENDAR

**JUNE – AUGUST** All teams begin training, two 90-minute sessions per week. Teams may enter 4 summer tournaments, two of which is Crossfire Select Cup and the XF Labor Day Cup. Free camps and clinics also offered for Crossfire Select players visit our programs page for more details.

**SEPTEMBER – NOVEMBER** NPSL fall season begins for U9-U14 girls and boys and U15-U19 boys. Teams play a 10-12 match season starting the first weekend after Labor Day and concluding late November / early December with Thanksgiving weekend off. \

**DECEMBER** End of NPSL season for boys and girls U9-U14 and boys U15-U19. High school age girls' teams (U15-U19) begin their season. The 12-match league play commences early December and concludes in late March prior to the start of Washington Youth Soccers Presidents Cup. Crossfire Select Annual Club Meeting. Review of the year and Board of Director Elections. LAST TWO WEEKS OF DECEMBER 2 weeks off for all teams.

**JANUARY** The Washington Youth Soccer State Cup starts the first weekend in January and semis/finals are held early February. Girls U15-U19 NPSL season continues.

**FEBRUARY** High school age boys (U15-U19) tryouts are held around mid February. The North Puget Sound League (NPSL) spring season for U9-U14 begins late February and concludes in early April.

**MARCH** Futsal is held in March and is an optional program at minimal cost for Select players. Visit our programs page for more details.

**APRIL** Purely Optional Playground Soccer (POPS) is fun free drop in soccer! It's open to everyone U14 and younger. High school age girls' teams begin their State Cup Tournament, Presidents Cup, at the conclusion of their NPSL season. Tryouts for U9 boys/girls

**MAY** Tryouts for U10 and older age groups (except boys U15-U19). High school age Girls Presidents Cup concludes.

# Crossfire<sup>TM</sup> SELECT

## TABLE OF CONTENTS

Introduction

Mission statement

Organization

Corp matching instructions

Club calendar

Key Dates

Coaching at Crossfire Select

Getting set-up

Tryouts

Team Formation Meeting

Practices

Summer tournaments

NPSL league play

State Cup

Additional resources

Inclement weather policy

- April 24: Pre-tryout Coaches meeting B/G 2016
- April 25-26: B/G 2016 Tryouts
- May 1: CPR – 60 acres portable
- May 1: Pre-tryout Coaches meeting B/G 2013-15
- May 2-3: Boys/Girls 2013- 2015 Tryouts
- May 8: Pre-tryout Coaches meeting B/G 2010-2012
- May 10-11: Boys/Girls 2010-2012 Tryouts
- May 16: Pre-tryout Coaches meeting G2006-2009; Time: TBD Location:
- May 17: Girls 2006-2009 Tryouts
- June 1-2 : Coaches Workshop @ 60 acres (more details to come later)
- July 22-24: Crossfire Select Cup: All Crossfire Select teams participate

TABLE OF CONTENTS

- Introduction
- Coaching at Crossfire Select
- Coaches Code of Ethics
- Philosophy
- Coaching Methodology
- Communication
- Getting set-up
- Tryouts
- Team Formation Meeting
- Practices
- Summer tournaments
- NPSL league play
- State Cup
- Additional resources
- Incllement weather policy

# WASHINGTON YOUTH SOCCER COACHES CODE OF ETHICS

Every coach agrees to abide by the Washington Youth Soccer Coaches Code of Ethics when they accept the privilege of the role of coach within Washington Youth Soccer. Serving as a coach is a unique opportunity to mold and grow the future of our youth, of soccer, and of our organizations through example. Washington Youth Soccer coaches are expected to portray and teach the highest example of good citizenship and sportsmanship as they teach the game of soccer. Coaches are therefore expected to accept the responsibilities that are implicit in this role, both to their players and their families and to the organizations that support them. These responsibilities are outlined in the Washington Youth Soccer Coaches Code of Ethics.

From WSYSA Code of Ethics.

### 608.2 WSYSA Coaches

- (a) Purpose: This code of ethics has been developed to clarify and distinguish approved and accepted professional, ethical and moral behavior from that which is detrimental to the development of soccer within the Washington State Youth Soccer Association (WSYSA).
- (b) (1) The coach shall never place the value of winning over the safety and welfare of players.
- (d) Article III - Responsibilities to the Laws of the Game
  - (1) Coaches should be thoroughly acquainted with and demonstrate a working knowledge of the Laws of the Game.
  - (2) Coaches are responsible to assure their players understand the intent as well as the application of the Laws.
  - (3) Coaches must adhere to the letter and spirit of the Laws of the Game.
  - (4) Coaches are responsible for their players' actions on the field and must not permit them to perform with intent of causing injury to opposing players.
  - (5) The coach must constantly strive to teach good sporting behavior.
- e) Article IV - Responsibility to Officials
  - (1) Officials must have the support of coaches, players and spectators. Coaches must always refrain from criticizing officials in the presence of players or spectators.
  - (2) Professional respect, before, during and after the game, should be mutual. There should be no demeaning dialogue or gestures between official, coach or player.
  - (3) Coaches must not incite players or spectators or attempt to disrupt the flow of the game.
  - (4) Comments regarding an official should be made in writing to the appropriate organization assigning the official.



# Crossfire<sup>TM</sup> SELECT

## TABLE OF CONTENTS

Introduction

Coaching at Crossfire Select

Coaches Code of Ethics

Philosophy

Communication

Coaching Methodology

Getting set-up

Tryouts

Team Formation Meeting

Practices

Summer tournaments

NPSL league play

State Cup

Additional resources

Inclement weather policy

## Philosophy on “Coaching”

“The ability to educate and prepare players through soccer for life”  
**How does it align with the philosophy on player development?**  
(The Crossfire player is a team player. We don't care who scores the goal, we just want to play good soccer thru simple play, smart decisions, and proficient technical and tactical ability.)

When coaches “coach” the player they are setting the expectation that players must “work” as a team with respect, hard work and humility. This will in their future endeavors allow them to be achieve some if not all their goals.

- Training Intensity
- Competitive Mentality
- Commitment (attendance at practice and games)

**Is it the same for all age groups? Yes**

## How does it guide coaches in their role?

The coach is at the heart of the players success in life and soccer. Our philosophy will guide Coaches to promote the lifelong enjoyment of the sport by modeling a positive behavior and being a positive role model for our players.

# Crossfire<sup>TM</sup> SELECT

## TABLE OF CONTENTS

Introduction

Coaching at Crossfire Select

Coaches Code of Ethics

Philosophy

Communication

Coaching Methodology

Getting set-up

Tryouts

Team Formation Meeting

Practices

Summer tournaments

NPSL league play

State Cup

Additional resources

Inclement weather policy

## Philosophy on “Teaching”

### Beliefs of teaching the game to children?

A patient step by step fail to succeed approach to teaching the fundamentals of the game when a coach accepts who and where the player are in their development.

### Vision of teaching the game to children?

Our coaches teaching excellence while players develop knowledge, technical skills and confidence to become not only well-rounded soccer players but leaders in our communities.

- Competitive Mentality
- Commitment (attendance at practice and games)

### Is it the same for all age groups? Yes

### How does it guide coaches in their role?

Coaches will be patient and respectful with the process of the players development.



## TABLE OF CONTENTS

Introduction

Coaching at Crossfire Select

Coaches Code of Ethics

Philosophy

Coaching Methodology

Communication

Getting set-up

Tryouts

Team Formation Meeting

Practices

Summer tournaments

NPSL league play

State Cup

Additional resources

Inclement weather policy

## Coaching Methodology

Guided Discovery Approach to coaching/teaching  
Coaching the player (child) is not just about teaching technique and tactics but involves the social and psychological development of young athletes too. Coaching at these younger age groups is not about winning games, but about teaching essential life skills, such as the ability to take turns (cooperation), support teammates (collaboration), set goals and deal with adversity (resiliency). This aligns with our philosophies on Player Development, Coaching and Teaching because we are more than focusing on a child development as a soccer player. We focus on developing leaders in the community through soccer.

# Crossfire<sup>TM</sup> SELECT

## TABLE OF CONTENTS

Introduction

Coaching at Crossfire Select

Coaches Code of Ethics

Philosophy

Coaching Methodology

Communication

Getting set-up

Tryouts

Team Formation Meeting

Practices

Summer tournaments

NPSL league play

State Cup

Additional resources

Inclement weather policy

## 4 Keys to Effective Communication

### Listen with the Intent to Understand

Stay focused on the individual speaking and what is being said. One of the biggest mistakes made in communication is thinking too much about what you want to say next rather than hearing what is being said to you.

Make sure you understand what is being said. Do not leave the conversation without knowing what is expected of you.

### Speak Clearly

Be clear, concise and candid in your conversation.

Do not squirm around an issue. Be upfront and get the issue out in the open where it can be discussed and you can work towards a resolution.

Make sure that the person you are speaking to understands what you are communicating and what is expected of them by asking questions of the individual.

- Commitment (attendance at practice and games)

### Positive Body Language

Keep eye contact. Block out the distractions around you and focus on the speaker.

No rolling of the eyes or making gestures of a negative nature.

If you don't agree with the speaker, that is okay, everyone is entitled to their opinion. Do not let your body language show that you do not agree.

### Use Discretion

Know when to speak and when to listen.

Do not interrupt the speaker.

Do not control the whole conversation.

# Crossfire<sup>TM</sup> SELECT

## TABLE OF CONTENTS

Introduction

Coaching at Crossfire Select

Coaches Code of Ethics

Philosophy

Coaching Methodology

Communication

Getting set-up

Tryouts

Team Formation Meeting

Practices

Summer tournaments

NPSL league play

State Cup

Additional resources

Inclement weather policy

## Director of Coaching Communications:

- All issues (Game, Player, Parent, etc...) are to be communicated to a Director of Coaching.
- Any time you want to allow or request a guest player, have a player that wants to train with another club, or have an issue with player passes, these situations need to be communicated to the Directors of Coaching.
- If you are going to miss a training/game this needs to be communicated to the Director of Coaching
- If you are going to cancel a training this needs to be communicated to the Director of Coaching
- If you are having an issue with a player, parent, staff or coach and need assistance in handling the situation, reach out to a Director of Coaching for support with the situation.



## TABLE OF CONTENTS

Introduction

Coaching at Crossfire Select

A note from Hugo

Coaches Code of Ethics

Philosophy

Coaching Methodology

Communication

Getting set-up

Tryouts

Team Formation Meeting

Practices

Summer tournaments

NPSL league play

State Cup

Additional resources

Inclement weather policy

## Email Communications

Email communication is one of the easiest forms of communication to be misunderstood and taken out of context. It is very important that when reading emails you assume that the person wrote the email with positive intent. When you write an email take into consideration that the recipient of your email is only able to see and read what you have entered into the email and may not fully understand your intent. Be careful when using punctuations such as exclamation marks or bold lettering, do not use all CAPS, do not use too large of a font and make sure your email is not demanding or disrespectful in nature.

Simply changing your email to read as an “ask” rather “demanding” something will soften the tone of the email. If you receive an emotionally charged email, try to see the situation through the senders’ eyes. It is important not to match the emotion you perceive in your response. And most often it is better to respond in person, by phone or ask through email for a meeting or phone call. It is helpful to remember that even an emotionally charged email is an attempt to communicate.

# Crossfire<sup>TM</sup> SELECT

## TABLE OF CONTENTS

Introduction

Coaching at Crossfire Select

Getting set-up

Before you step on the field

Coach Certification Process

Registering as a coach

Gear and equipment

Websites and apps

Tryouts

Team Formation Meeting

Practices

Summer tournaments

NPSL league play

State Cup

Additional resources

Inclement weather policy

This section is all about the “paperwork”. It is extremely important to complete before we can get to the fun stuff out on the field. In this section you will find instructions on how to complete the following;

1. **Background Check should be completed, and you need to register as a coach in Blue Sombrero so that you can see your roster after tryouts.**
2. Take another look at “Key Dates” and be sure to sign up for in-person meetings, Zoom sessions, coach education/clinics, CPR classes etc. We want to provide you with as much support as we can for you to be successful as a coach and the expectation is that you take advantage of all the opportunities available. This way we can collectively make sure that the players’ experience is a safe and positive one.
3. Familiarize yourself with our website, the apps we use and session planning software
4. Familiarize yourself with “who to contact”. Under “Other resources”

After tryouts and once you have a confirmed roster;

Head coach organize a Team Formation Meeting with players/families (sample agenda and template available/ask DoC for template)

1. Have your team volunteers in place after the meeting
2. Provide roster to Uniform Manager and ensure players order their uniform (they should do this asap so kit arrives as early as possible for games)
3. Order your Nike Coaching Gear through Soccer.com
4. Head coach collects coaching equipment from Director of Coaching
5. Check that all players have registered with the club before the first practice. You can do this by logging in to your team page in Blue Sombrero
6. Sign up for practice slots (available in May)
7. Attend all meetings and coach educational opportunities!

# Crossfire SELECT

## TABLE OF CONTENTS

Introduction

Coaching at Crossfire Select

Getting set-up

Before you step on the field

Coach Certification Process

Registering as a coach

Gear and equipment

Websites and apps

Tryouts

Team Formation Meeting

Practices

Summer tournaments

NPSL league play

State Cup

Additional resources

Inclement weather policy

### LWYSA Website Volunteer Sign Up

1. Go to the LWYSA website and register to coach: <https://www.lwysa.org/Default.aspx?tabid=718281>
2. Log in to your LWYSA account
3. From My Account screen, click "Volunteer" on the left side of the screen
4. From here you can access links to "Renew and Update" all your required certificates through the US Soccer Learning Center (Safesport and Intro to Safe and Healthy Playing Environments-Concussion & Cardiac Arrest)

Both of the certificates will now be obtained through the US Soccer Learning Center: <https://learning.ussoccer.com/coach>

1. Create a LC Coaches profile and verify your email address after you create the profile.
2. Click on Coaching Education
3. Click on Supplemental Courses
4. You need to complete "Safesport" (90 minutes) and "Intro to Safe and Healthy Playing Environments" (30 minutes)
5. Upon Completion of the Intro to Safety, as long as your first name, last name, and email address in the Learning Center match your profile in US Soccer Connect, the concussion and sudden cardiac arrest certificates will automatically upload into your profile on the LWYSA website overnight. There is no need to reach out to US Soccer for a copy of any certificate to manually upload, as long as your information matches.

### Background Check Verification on LWYSA website

1. Log in to your LWYSA account
2. From My Account screen, click "Volunteer" on the left side of the screen
3. Click box next to "Risk Status," then "Renew & Update"
4. Fill in necessary info and submit

### WYS PDF RMA Process

1. This has screenshots of the above process, however do not proceed past page 8, you do not need to go to Affinity: [https://dt5602vnjxv0c.cloudfront.net/portals/50652/docs/association%20connect\\_state\\_compilance.pdf](https://dt5602vnjxv0c.cloudfront.net/portals/50652/docs/association%20connect_state_compilance.pdf)



# Crossfire SELECT

## TABLE OF CONTENTS

Introduction

Coaching at Crossfire Select

Getting set-up

Before you step on the field

Coach Certification Process

Registering as a coach

Gear and equipment

Websites and apps

Tryouts

Team Formation Meeting

Practices

Summer tournaments

NPSL league play

State Cup

Additional resources

Inclement weather policy

1. Go to the LWYSA website and [Register as a Coach](#)
2. Click "Sign Up" on Crossfire Select Tryouts 2023-2024
3. Log in to your LWYSA account
4. From My Account screen, click "Volunteer" on the left side of the screen
5. Click on the blue highlighted link on the upper right corner that says "FIND VOLUNTEER ROLES"
6. Click on Crossfire Select Tryouts 2023-24 "View Divisions"
7. Select age group and gender to coach and then scroll to the bottom on page and click on "View Selected Opportunities" in lower right corner
8. Select role for team...head coach, assistant coach or team manager and then click on "Continue"
9. Complete Contact Information tab and click "Continue" to complete process.

# Crossfire<sup>TM</sup> SELECT

## TABLE OF CONTENTS

Introduction

Coaching at Crossfire Select

Getting set-up

Before you step on the field

Coach Certification Process

Registering as a coach

Gear and equipment

Websites and apps

Tryouts

Team Formation Meeting

Practices

Summer tournaments

NPSL league play

State Cup

Additional resources

Inclement weather policy

### Coaching Gear:

The club provides Nike branded club apparel for all our coaches. Head coaches and assistant coaches will receive an email with a Gift Card and link to order from <https://www.soccer.com>

You need to order immediately after receiving the email due to concerns about shipping and inventory.

### Coaching Equipment:

The following equipment will be distributed to Head Coaches and returnable upon graduation/leaving the club.

- 2 sets Pugg Goals
- Nike Game Balls (5 total)
- Nike Pinnies/Bibs
- Magnet board
- Cones
- Coach Notepad
- Ball Pump
- Backpack
- Ball bag

# Crossfire<sup>TM</sup> SELECT

## TABLE OF CONTENTS

Introduction

Coaching at Crossfire Select

Getting set-up

Before you step on the field

Coach Certification Process

Registering as a coach

Gear and equipment

Websites and apps

Tryouts

Team Formation Meeting

Practices

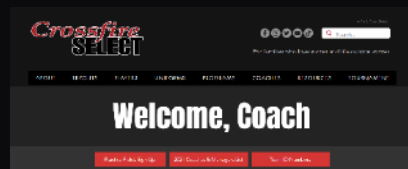
Summer tournaments

NPSL league play

State Cup

Additional resources

Inclement weather policy



[Crossfireselect.com](https://www.crossfireselect.com)

Get familiar with this site as you will use it throughout your season. This is where you will sign up for practice fields, find helpful resources, and more. Click the FOR COACHES link and enter the password Soccer60 to enter the coach only site.

# Crossfire<sup>TM</sup> SELECT

## TABLE OF CONTENTS

Introduction

Coaching at Crossfire Select

Getting set-up

Tryouts

What to expect

Playing up guidelines

Alternate process

Team Formation Meeting

Practices

Summer tournaments

NPSL league play

State Cup

Additional resources

Inclement weather policy

### Before

- Encourage players from last season to register for tryouts early (U10 and up)
- Communicate and discuss tryouts and players with other coaches in your age group
- Inform coaches in younger age group that play up player/s (if applicable) will be dropping down to birth year (treated as a returner)
- Hugo will conduct a pre-tryout meeting with head coaches and assistant coaches to review all steps of the tryout process and answer any questions you may have. This meeting will occur one or two days prior to the start of your tryout at the Lake Washington Youth Soccer Office.

### On the Day

- Print the [Tryout Evaluation Form](#) and bring to tryouts. Pens and clipboards will be provided
- Please arrive 30 minutes prior to the start of tryouts on each day
- Tryouts for each age group are two days.

### After the Tryout is concluded

- Coaches will meet together after the second day to review player selections, final review with Hugo at the field and then submit.
- The club will post the selections on the website within 24 hours and players and families will contact the head coach to accept or decline within another 24 hours
- The Alternate Process should be followed, if necessary, after that time
- Once the coach has the team roster, you will conduct team formation meeting and follow an agenda provided by the club. The coach will be able to select the date and time of the meeting.
- Send your roster to uniform manager so it can be uploaded onto soccer.com
- Ensure all players are registered with the club (You can see who's registered by visiting your Blue Sombbrero Team Page)

# Crossfire<sup>TM</sup> SELECT

## TABLE OF CONTENTS

Introduction

Coaching at Crossfire Select

Getting set-up

Tryouts

What to expect

Playing up guidelines

Alternate process

Team Formation Meeting

Practices

Summer tournaments

NPSL league play

State Cup

Additional resources

Inclement weather policy

### Playing Up Guidelines (reviewed April 2022)

Teams are formed based on birth year. Our emphasis will be on creating full teams of age appropriate players in each age group in order to maximize the soccer opportunities for all participants.

When it is appropriate for development, the opportunity for the exceptional player to play with older age groups may be approved. If a player's correct age group is unable to provide the player with the training, coaching and/or competition that he or she needs, strong consideration will be given to allowing the player to play at the next age group.

The Club may deem it necessary or appropriate from time to time to place a player in a higher age group in the best interest of the club (for example, if the ability to form a team depends on relocating some players from one age group to another).

**U10-U15** play up is strictly limited to players that demonstrate an ability in line with the top 1/3 of the older age group. Decision is made by player and coaches with Director of Coaching approval.

**U16-U19** we assume that players are playing at levels consistent with their abilities (C team, JV, Varsity) therefore play ups allowed by coach discretion with Director of Coaching approval.

Decisions are informed by player age, skill and team capacity. The decision will be reviewed from year to year.

# Crossfire<sup>TM</sup> SELECT

## TABLE OF CONTENTS

Introduction

Coaching at Crossfire Select

Getting set-up

Tryouts

What to expect

Playing up guidelines

Alternate process

Team Formation Meeting

Practices

Summer tournaments

NPSL league play

State Cup

Additional resources

Inclement weather policy

### Alternate Process

#### For age group coaches to agree

Have an alternate list per age group of an agreed number of players and list in order of **preference**.

#### For club to publish

Prepare one alternate list in **numerical ascending** order **per age group (not per team)** for posting with the results on the web page

After results have been posted:

- 1) Wait until 24 hour confirmation window is up
- 2) Talk to other top team coaches in your age group and see if they need alternates and how many
- 3) Draw from the lower team in that age group to fill roster spots
- 4) Third team draws from alternate list in order of preference as needed.

# Crossfire<sup>TM</sup> SELECT

## TABLE OF CONTENTS

Introduction

Coaching at Crossfire Select

Getting set-up

Tryouts

Team Formation Meeting

Parent/Player meeting

Volunteers

Uniform package

Practices

Summer tournaments

NPSL league play

State Cup

Additional resources

Inclement weather policy

Every coach will be required to have a team formation meeting with players and families once your roster is final

This is an important meeting that can set your season up for clear guidelines and expectations.

The club has prepared a presentation for you to use in the meeting with the following agenda. Please ask the DoC for the template.



# Crossfire<sup>TM</sup> SELECT

## TABLE OF CONTENTS

Introduction

Coaching at Crossfire Select

Getting set-up

Tryouts

Forming your team

Parent/Player meeting

Volunteers

Uniforms

Practices

Summer tournaments

NPSL league play

State Cup

Additional resources

Inclement weather policy

Every team will require a number of parent volunteers to function properly. Getting these support roles filled at the Team Formation Meeting is a priority.

### Required Roles

1. Team Manager (required and cannot be the Coaches)
  - **Help team stay organized**
  - **Communicate with families**
  - **Register to tournaments**
  - **Fulfill league roster**
2. Treasurer (required)
  - **Budget, collects funds from Families, tracks, updates**
  - **What: tournament fees, gear, social event, season party, GK kit**
  - **Estimate \$250 - \$325 per Family for Season**
  - **Planning on going with Venmo, Paypal and/or Zelle**
  - **Unused balances refunded by end of season**
3. Photographer
4. Event planner
5. Bench
6. Canopy

### \*ASSISTANT COACH

When selecting an assistant coach, it is always best to communicate with Hugo to go over the role of the assistant coach to ensure that the assistant coach is an ideal fit for the team and age group that you are coaching. It is an important decision as your assistant may be coaching with you for some time.



# *Crossfire* SELECTCT

## TEAM Formation

FOR COACHES/MANAGERS

Password : Soccer60

# Crossfire<sup>TM</sup> SELECT

## TABLE OF CONTENTS

Introduction

Coaching at Crossfire Select

Getting set-up

Tryouts

Forming your team

Parent/Player meeting

Volunteers

Uniform package

Practices

Summer tournaments

NPSL league play

State Cup

Additional resources

Incident weather policy

Every team will require a number of parent volunteers to function properly. Getting these support roles filled at the Team Formation Meeting is a priority.

### Required Roles

1. Team Manager (required and cannot be the Coaches)
  - Help team stay organized,
  - Communicate with families
  - Register to tournaments
  - Fulfill league roster
2. Treasurer (required)
3. Photographer
4. Event planner
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When selecting an assistant coach, it is always best to communicate with Hugo to go over the role of the assistant coach to ensure that the assistant coach is an ideal fit for the team and age group that you are coaching. It is an important decision as your assistant may be coaching with you for some time.

# Crossfire<sup>TM</sup> SELECT

## TABLE OF CONTENTS

Introduction

Coaching at Crossfire Select

Getting set-up

Tryouts

Team Formation Meeting

Parent/Player meeting

Volunteers

Uniform Package

Practices

Summer tournaments

NPSL league play

State Cup

Additional resources

Inclement weather policy

## Action Needed!

Head Coaches need to work with Uniform Manager so players can order uniforms ASAP from [soccer.com](http://soccer.com) Uniform Package need to be ordered asap to avoid playing tournaments without the proper uniform.

Spreadsheet format. You should copy and save as this spreadsheet with your team's name and then you can delete the sample players and add your own. Please DO NOT change any fields!

You should include only the following:

player name

uniform number

family email(s)

position (only FP or GK so I know which kit they need)

Then email it to Maria Groeschel, Uniform Manager [gear@crossfireselect.com](mailto:gear@crossfireselect.com)

There will be optional items as well. <https://www.crossfireselect.com/uniforms>

# Crossfire SELECT

## TABLE OF CONTENTS

Introduction

Coaching at Crossfire Select

Getting set-up

Tryouts

Team Formation Meeting

Parent/Player meeting

Volunteers

Uniform Package

Practices

Summer tournaments

NPSL league play

State Cup

Additional resources

Inclement weather policy

### Instructions on How to Purchase Uniforms on Soccer.com

1. Log on to soccer.com OR create your account if you do not have one.
2. Click on My Team in the navigation.
3. Enter Crossfire Select in the search box.
4. When prompted, enter Team, Player Name, then click Go To Team Store.
5. Enter the size and quantity for each item in the uniform kit. Scroll down and click on Add to Cart button at the bottom of the page.
6. Click on Check Out to proceed with purchase.
7. Enter your shipping information, then click next.
8. Enter your shipping method, promo code, and payment information. Then click Next.
9. Review your information and SUBMIT.

### SHIPPING

Orders will take approximately 10 days to print and will then ship directly to your home. Standard shipping takes 3-5 days. Remember to note the date of your team's first summer tournament when selecting your shipping speed.

### PROMO CODES

- Free Shipping on Regular Price Fan Jerseys with code: MYTEAM
- Free Standard Shipping on footwear orders with code: SHIPFW

### SIZING

There is a link to sizing information next to each item in the store.

# Crossfire<sup>TM</sup> SELECT

## TABLE OF CONTENTS

Introduction

Coaching at Crossfire Select

Getting set-up

Tryouts

Team Formation Meeting

Parent/Player meeting

Volunteers

Uniform Package

Practices

Summer tournaments

NPSL league play

State Cup

Additional resources

Inclement weather policy

**Uniform Package Items – Required (next slides)**

**Crossfire  
SELECT**

### Crossfire Select

Boys 24-26

**Youth Package Price**

**\$340.90**

#### HOME



BACK



#### AWAY



BACK



#### GOALKEEPER



BACK



OFFICIAL TEAM STORE powered by SOCCER.COM

**ZAG** SOCCER.COM  
MOTORS

Required if  
you don't  
have one  
already!



QTY  
1

Nike Academy 23 Backpack A1078623

\$56.49

**REQUIRED**



QTY  
1

Nike Park 20 Rain Jacket A1035923

\$53.99

**REQUIRED**



QTY  
1

Nike Academy Pro 24 Drill Top A1096492

\$53.99

**Crossfire Select**

Boys 24-26

**Youth Package Price**

**\$340.90**



Crossfire  
SELECT

# 2023/24 Girls U9-U19

Crossfire Select  
2024 Uniform Package

Total : \$212.94 (including  
practice shirt)

## HOME



BACK



## AWAY



BACK



## GOALKEEPER



BACK



OFFICIAL TEAM STORE powered by SOCCER.COM

**ZAG**  
MOTORS

**SOCCER.COM**



# Practice Gear (Girls/Boys)

Red top

Note: black shorts and black socks are the  
same items used for games



# Crossfire<sup>TM</sup> SELECT

## TABLE OF CONTENTS

Introduction

Coaching at Crossfire Select

Getting set-up

Tryouts

Team Formation Meeting

Practices

Practice policy

Signing up for practices

Practice locations

Summer tournaments

NPSL league play

State Cup

Additional resources

Covid guidance

Inclement weather policy

### BU9-BU19 & GU9-GU15 Teams

Teams will practice twice a week, 90 minutes a session, from first week of June until last game of season (usually mid-December).

- No practices allowed before June 1st
- No practice for U9-U12 during one Soccer camp (August)
- Do not cancel training/reschedule games because HC cannot attend. Use your assistant or another age group coach. Contact DoC if you still do not have cover.
- Goal Keeper training takes priority over regular practice
- No practices allowed after last State Cup game.

### GU16-GU19 Teams

#### Summer Season

Teams will practice twice a week, 90 minutes a session, from first week of June until High School Tryouts in August (usually mid-August).

- No practices allowed before June 1st
- Goal Keeper training takes priority over regular practice

#### Winter Season (Season starts Dec. 3rd 2022 – Mar. 25th 2023)

- Practice over Thanksgiving week permitted
- Teams will break for approx. 2-3 weeks in December

### U9-U14 Spring Season (optional)

6 practices and 6 league games

Teams will practice once a week, 90 minutes a session. No practices, scrimmages etc after the teams last game.

GHS age teams have priority on field space and time slots

# Crossfire<sup>TM</sup> SELECT

## TABLE OF CONTENTS

Introduction

Coaching at Crossfire Select

Getting set-up

Tryouts

Team Formation Meeting

Practices

Practice policy

Signing up for practices

Practice locations

Summer tournaments

NPSL league play

State Cup

Additional resources

Inclement weather policy

The link to sign up sheet can be found in the coach section of the website <https://www.crossfireselect.com/for-coaches>

PASSWORD – ask DoC for Password

Sign up (monday – friday)  
(2 practices per week).

If you cancel or make any changes to your practice notify your team via team snap (alert, chat, email) and edit on the club wide sign up.

# Crossfire<sup>TM</sup> SELECT

## TABLE OF CONTENTS

Introduction

Coaching at Crossfire Select

Getting set-up

Tryouts

Team Formation Meeting

Practices

Practice policy

Signing up for practices

Practice locations

Summer tournaments

NPSL league play

State Cup

Additional resources

Incident weather policy

### 60 ACRES

15200 NE 116th St  
Redmond, WA 98052

### MARYMOOR PARK

6046 West Lake  
Sammamish Pkwy NE  
Redmond, WA 98052

### JUANITA HIGH SCHOOL

10601 NE 132nd St  
Kirkland, WA 98034

### REDMOND RIDGE

22915 Ne Alder Crest Dr  
Redmond, WA 98053

### PERRIGO PARK

9011 196th Ave NE  
Redmond, WA 98053

### LAKE WASHINGTON HIGH SCHOOL

12033 NE 80TH St  
Kirkland, WA 98033

### 132nd st Park

13159 132nd Ave NE, Kirkland  
98034

### EASTLAKE HIGH SCHOOL

400 228th ave NE  
Sammamish WA 98074

**FIELD:** 60 ACRES

15200 NE 116th St Redmond, WA 98052



# FIELD: Marymoor

6046 West Lake Sammamish Pkwy NE, Redmond, WA 98052



# FIELD: Perrigo Park

9011 196th Ave NE, Redmond, WA 98053



# FIELD: Grasslawn Park

7031 148th ave NE Redmond WA 98052





# FIELD: 132nd Square Park

13159 132nd Ave NE, Kirkland, WA 98034



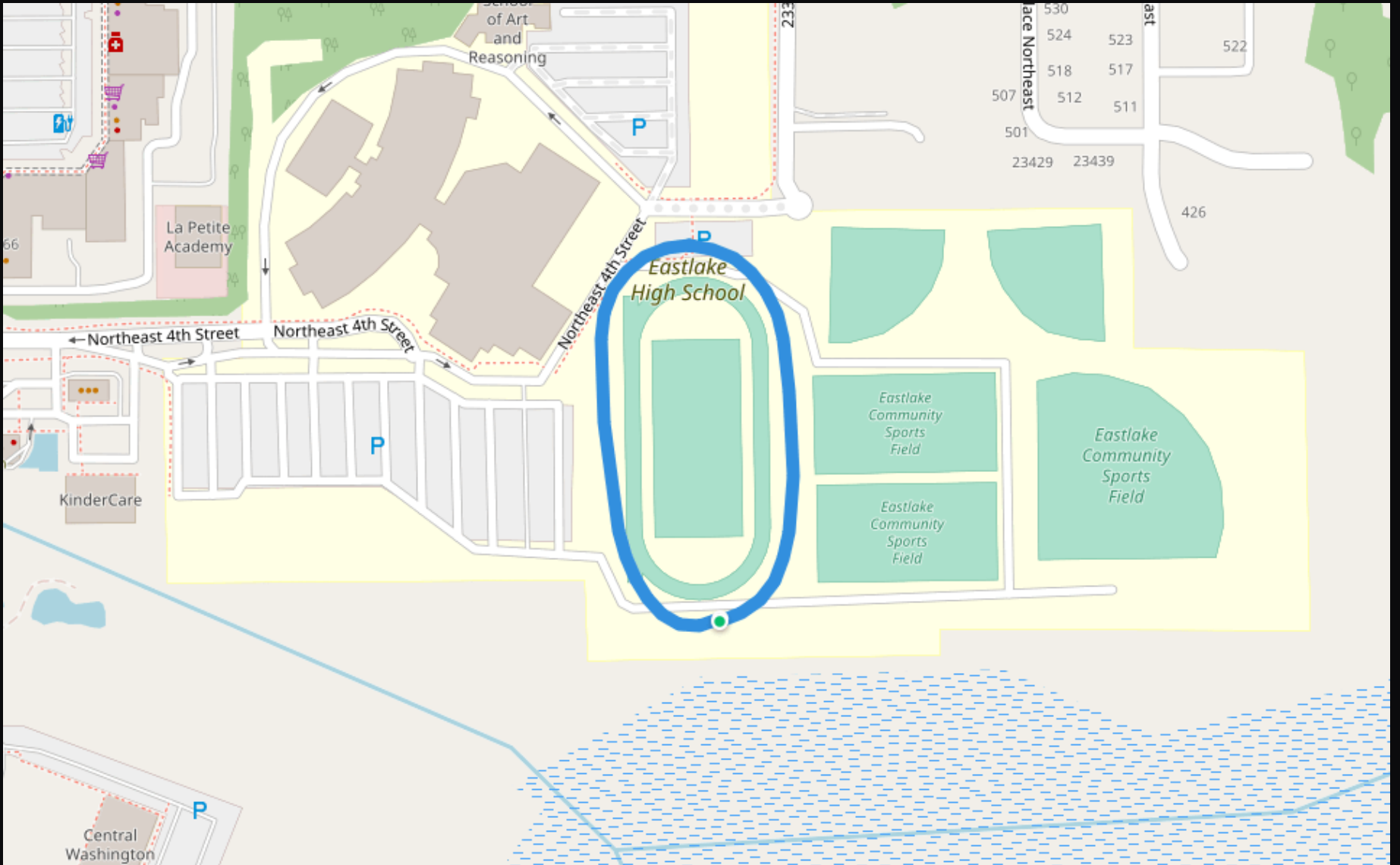
# FIELD: Redmond Ridge

Redmond Ridge Park, Redmond, WA 98053



# FIELD: Eastlake High School

400 228th Ave NE, Sammamish, WA 98074



# FIELD: Lake Washington High School

12033 NE 80th St, Kirkland, WA 98033



- NPSL summary of field/ goal/ ball size per age group: [NPSL Chart of Rules of Comp 2023 \(northpugetsoundleague.org\)](https://www.northpugetsoundleague.org)

## NPSL Quick Chart of Rules of Competition

	U9-U10	U11	U12	U13	U14	U15-U16	U17-U19
# of Players on Field	7	9	9	11	11	11	11
Max # of Players on Roster	12	14	14	18	18	22	22
Max # of Players for a Game	12	14	14	18	18	18	18
Game Time Period (Minutes)	2 x 25	2 x 30	2 x 30	2 x 35	2 x 35	2 x 40	2 x 45
Time Between Periods (Minutes)	5	5	5	5	5	5	5
Ball Size	4	4	4	5	5	5	5
Field Width (yards) - (a)	35-45	45-55	45-55	50-75	50-75	50-75	50-75
Field Length (yards) - (a)	55-65	70-80	70-80	100-115	100-115	100-115	100-115
Build out Line	Halfway between p.a. and midfield	Halfway between p.a. and midfield	Halfway between p.a. and midfield	No	No	No	No
Center Circle Radius (Yards)-(a)	8	8	8	10	10	10	10
Goal Area (Yards)- (a)	4 x 8	5x16	5x16	6 X 20	6 X 20	6 X 20	6 X 20
Penalty Area (Yards) (a)	12 x 24	14x36	14x36	18 X 44	18 X 44	18 X 44	18 X 44
Corner Arc Radius (Feet)	3	3	3	3	3	3	3
Goal Size (feet) (b)	6x12 to 6.5x18	6.5x18 to 7x21	6.5x18 to 7x21	8 X 24	8 X 24	8 X 24	8 X 24
Slide Tackling	No	Yes	Yes	Yes	Yes	Yes	Yes
Heading-(c)	No	No	No	Yes	Yes	Yes	Yes
Goalkeeper Punts & Dropkicks	No	No	No	Yes	Yes	Yes	Yes
Offside Rule (from midfield line)	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Penalty Kick Distance (Yards)	8	8	8	12	12	12	12
Direct Free Kicks	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Free Kick Defender Distance (yds)	8	8	8	10	10	10	10
Retake on Throw-In or Kick-Off	No	No	No	No	No	No	No
Throw-In Defender Distance (yds)	2	2	2	2	2	2	2
Goal Scored From Goal Kick	No	Yes	Yes	Yes	Yes	Yes	Yes

a) Sizes are USSF recommended dimensions. Adjustments to fit physical constraints or permanent markings is acceptable.

b) Both fixed and portable goals such as bownets allowed to attain correct goal size

c) No player U12 or younger should be heading the ball - USSF and US Youth restriction.

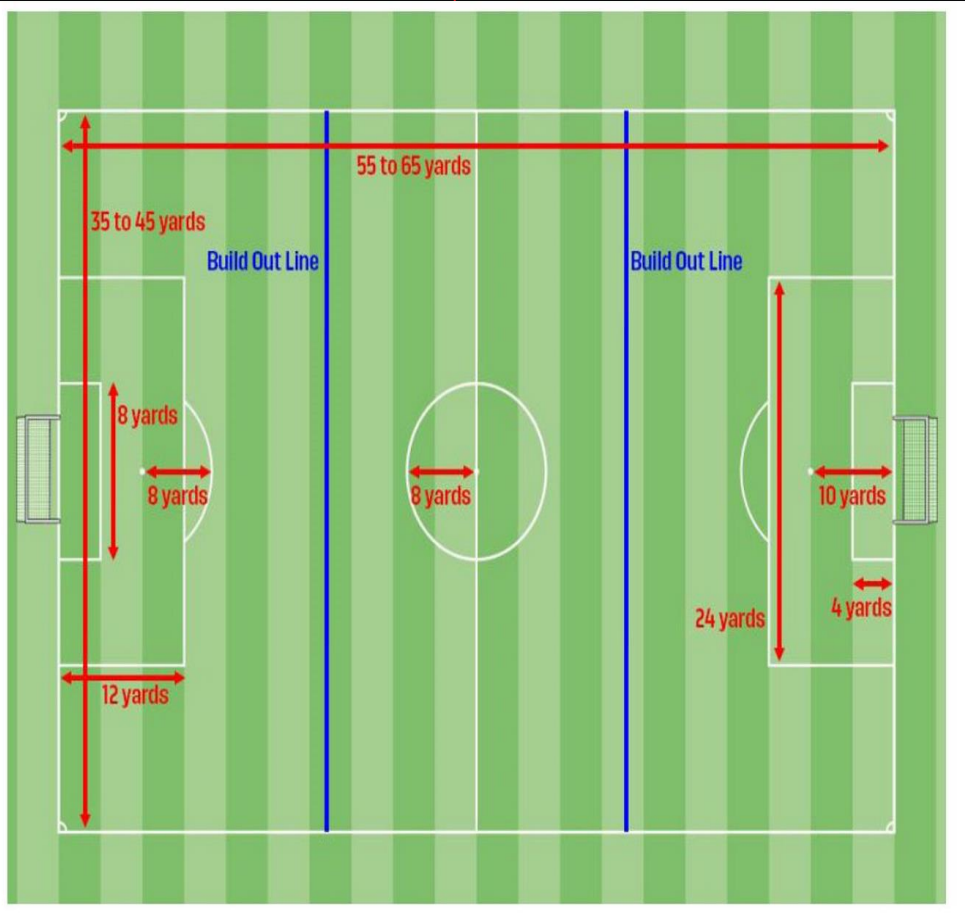
For build out line of a Goal-kick, the opposition can enter the build area once the ball is played.

For build out line- GK in possession with their hands, opposition can enter the build out area as soon as the GK puts the ball into play.

# Crossfire SELECT

Regulation  
7 vs 7

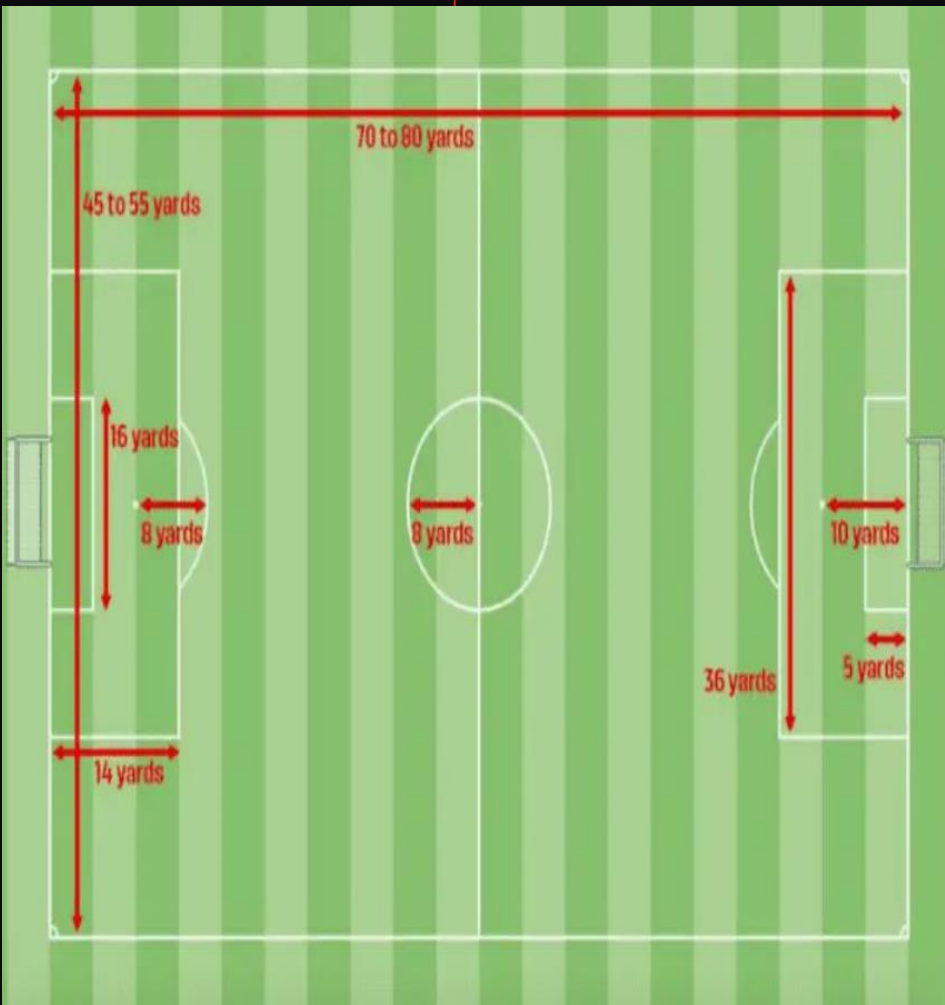
Suggested at Marymoor



# Crossfire SELECT

Regulation  
9 vs 9

Suggested at Marymoor



# Crossfire SELECT

## TABLE OF CONTENTS

Introduction

Coaching at Crossfire Select

Getting set-up

Tryouts

Team Formation Meeting

Practices

Summer tournaments

Tournaments Overview

Tournament list

Guest player policy

Crossfire Select Cup

NPSL league play

State Cup

Additional resources

Inclement weather policy

## Summer Tournaments

Teams participate can play up to 4 summer tournaments

Participation in Crossfire Select Cup is Mandatory for teams

- Summer tournaments should be chosen from the list of DoC recommended tournaments with approval from DoC
- Consideration should be given to entering club tournaments that support and send teams to our Cup
- Teams can participate in a 4th summer tournament, but it must be the XF Cup on Labor Day

## Holiday/Winter Tournament

Entry to a thanksgiving or winter tournament is allowed

## Travel Tournaments

Starting at U12, one travel tournament per year, outside of the PNW, will be considered on a case by case basis:

- Team results during previous seasons and state cup
- Initial travel is limited to surrounding states such as Oregon, BC and Idaho
- Approval from DoC



# Crossfire SELECT

## TABLE OF CONTENTS

Introduction

Coaching at Crossfire Select

Getting set-up

Tryouts

Team Formation Meeting

Practices

Summer tournaments

Tournaments Overview

Tournament list

Guest player policy

Crossfire Select Cup

NPSL league play

State Cup

Additional resources

Inclement weather policy

Tournament Name	Website	Dates
XF Summer Kickoff	<a href="https://www.crossfiresoccer.org/tournaments/summerkickoff/">https://www.crossfiresoccer.org/tournaments/summerkickoff/</a>	June 8-9, 2024
Starfire Spring Classic	<a href="https://www.starfiresports.com/youth/youth-tournaments/spring-classic/">https://www.starfiresports.com/youth/youth-tournaments/spring-classic/</a>	June 14-16, 2024
Rainer Challenge (girls weekend)	<a href="https://www.washingtonpremierfc.com">https://www.washingtonpremierfc.com</a>	June 22 - 25, 2024
Skagit Firecracker	<a href="https://www.nwunited.org/firecracker">https://www.nwunited.org/firecracker</a>	June 28, 2024 - June 30, 2024

# Crossfire SELECT

## TABLE OF CONTENTS

Introduction

Coaching at Crossfire Select

Getting set-up

Tryouts

Team Formation Meeting

Practices

Summer tournaments

Tournaments Overview

Tournament list

Guest player policy

Crossfire Select Cup

NPSL league play

State Cup

Additional resources

Inclement weather policy

Rainer Challenge (Boys weekend)	<a href="https://www.washingtonpremierfc.com">https://www.washingtonpremierfc.com</a>	Friday, June 28 – Monday, July 1, 2024
Cascade Cup	<a href="https://www.cascadefc.org/cascadecup">https://www.cascadefc.org/cascadecup</a>	July 12, 2024 - July 14, 2024
Bend Premier Cup	<a href="https://www.bendfctimbers.com/tournament-bpc">https://www.bendfctimbers.com/tournament-bpc</a>	July 12 - 14, 2024
Valor Cup	<a href="https://www.valorsoccer.com/cornucopia-cup">https://www.valorsoccer.com/cornucopia-cup</a>	July 12 - July 14, 2024
Cascade Cup (Weekend 2)	<a href="https://www.cascadefc.org/cascadecup">https://www.cascadefc.org/cascadecup</a>	July 19, 2024 - July 21, 2024
Crossfire Select Cup	<a href="https://www.crossfireselect.com/tournament">https://www.crossfireselect.com/tournament</a>	July 26, 2024 - July 28, 2024
WA Rush Cup	<a href="https://www.washingtonrush.com/tournaments/rush-cup">https://www.washingtonrush.com/tournaments/rush-cup</a>	August 2 - August 4, 2024
Island Cup	<a href="https://www.bifc.net/islandcup">https://www.bifc.net/islandcup</a>	August 23, 2024 - August 25, 2024
WPFC River Jam	<a href="https://www.washingtonpremierfc.com/tournaments/river-jam-challenge/">https://www.washingtonpremierfc.com/tournaments/river-jam-challenge/</a>	Aug 16-19, 2024

# Crossfire SELECT

## TABLE OF CONTENTS

Introduction

Coaching at Crossfire Select

Getting set-up

Tryouts

Team Formation Meeting

Practices

### Summer tournaments

Tournaments Overview

Tournament list

Guest player policy

Crossfire Select Cup

NPSL league play

State Cup

Additional resources

Inclement weather policy

Labor Day cup	<a href="https://www.crossfiresoccer.org/tournaments/xf-labor-day-cup/">https://www.crossfiresoccer.org/tournaments/xf-labor-day-cup/</a>	August 30 – September 2, 2024
Cranberry Cup	<a href="https://www.northshoreselect.org/cranberry-cup">https://www.northshoreselect.org/cranberry-cup</a>	TBD
Alliance College Showcase	<a href="https://www.timberstournaments.com/alliance-showcase/">https://www.timberstournaments.com/alliance-showcase/</a>	"Boys Weekend – Dec 6th-8th 2024 Girls Weekend – Dec 13th-15th 2024 "
Pac NW winter classic	<a href="https://www.pacificnorthwestsoccerclub.org/tournaments-events/winter-classic-2/">https://www.pacificnorthwestsoccerclub.org/tournaments-events/winter-classic-2/</a>	"Weekend 1: Jan 10-12, 2025 U10 (2015), U12-14 (2013-2011) Weekend 2: Jan 17-20, 2025 U11 (2014), U15-19 (2010-2006) "

## TABLE OF CONTENTS

Introduction

Coaching at Crossfire Select

Getting set-up

Tryouts

Team Formation Meeting

Practices

Summer tournaments

Tournaments Overview

Tournament list

Guest player policy

Crossfire Select Cup

NPSL league play

State Cup

Additional resources

Inclement weather policy

### Summer Tournament Guest Policy (reviewed April 2022)

In order to maximize the development opportunities for Crossfire Select players, the following are the steps to be followed for procuring guest players for summer play (there are no guest players allowed for league play, the player pass should be used);

1. Email other Crossfire Select coaches in your age group to inquire if their players would like the opportunity to guest play cc DoC
2. Email other Crossfire Select coaches in the age group below to inquire if any of their players would like the opportunity to guest play cc DoC
3. If players cannot be found from following the above steps, obtain coaching director approval **before** reaching outside of the club. Bear in mind that some tournaments have rules about guest players and playing level should be similar to that of your team so as not to create an unfair advantage.

Note;

- It is the coach responsibility to obtain permission from the guest players coach.
- Do not reach out to players directly, go through the coach and cc Crossfire Select coaching director.
- Remember; plan ahead and ask for confirmation from players of their commitment. Team fees should be divided equally amongst all team players regardless of whether they choose not to participate in a summer tournament. Guest players register as a guest player with the club but do not pay team fees.
- Your regular team players, regardless of where the guest player would rank, should receive the bulk of the playing time. Your players are the ones that have paid and committed to you for the season.

# Crossfire SELECT

## TABLE OF CONTENTS

Introduction

Coaching at Crossfire Select

Getting set-up

Tryouts

Team Formation Meeting

Practices

Summer tournaments

Tournaments Overview

Tournament list

Guest player policy

Crossfire Select Cup

About the tournament

Team requirements

NPSL league play

State Cup

Additional resources

Inclement weather policy

**July 26-28, 2024**

- 3-day tournament (Friday-Sunday)
- Game durations: 50 min. for U9-U12, 60 min. for U13+.
- 28 beautiful grass fields located at one location: 60 Acres Soccer Park
- 280 teams expected from across the Northwest
- Excellent tournament for Select Teams (District and State) with like-vs-like competition.
- Tournament pin for every player, and quality medals and trophies for champions and finalists

If you have any questions or need assistance, please contact us [tournamentdirector@crossfireselect.com](mailto:tournamentdirector@crossfireselect.com).



# Crossfire SELECT

## TABLE OF CONTENTS

Introduction

Coaching at Crossfire Select

Getting set-up

Tryouts

Team Formation Meeting

Practices

Summer tournaments

Tournaments Overview

Tournament list

Guest player policy

Crossfire Select Cup

About the tournament

Team requirements

NPSL league play

State Cup

Additional resources

Inclement weather policy

Crossfire Select Cup is our only annual club fundraiser, and we depend on each team to provide volunteers (parents, siblings, grandparents, etc.) to support the event operations. See the image below for your team volunteer requirement by age group.

Approximately 3 weeks prior to the tournament the club will share a sign-up genius so teams can fulfill their volunteer requirements.

Volunteers sign up for 2-hour shifts, with a wide range of task ranging from setup, breakdown, parking lot, field marshals, awards and photographers.

The total number of shifts will vary slightly each year based upon Crossfire Select team counts. Each shift is 2 hours. Expectation is for teams to provide 10-12 shifts per tournament.

U9-10 teams	8 teams total	
8 shifts per team	8 shifts x 8 teams =	64 shifts
U11-12 teams	14 teams total	
10 shifts per team	10 shifts x 14 teams =	140 shifts
U13-U20 teams	34 teams total	
12 shifts per team	11 shifts x 34 teams =	374 shifts
<b>TOTAL SHIFTS =</b>		<b>578</b>

# Crossfire SELECT

## TABLE OF CONTENTS

Introduction

Coaching at Crossfire Select

Getting set-up

Tryouts

Team Formation Meeting

Practices

Summer tournaments

NPSL league play

Protest Procedures

Playing time guidelines

Player Pass

State Cup

Additional resources

Inclement weather policy

PROTESTS are complaints arising out of the misapplication of the Laws of the Game or misapplication of a league rule. The protest must be based upon violations of the published rules of the competition or NPSL or FIFA Laws of the Game. Only those directly involved are permitted to file a protest. Only the coach of record for the game may file a protest.

If a match will be protested, the referee and opposing coach must be notified within ten (10) minutes of the final whistle

Notice of protest form filed in writing, submitted to Director of Coaching and shall include:

- The nature and specifics of the complaint;
- A listing of the policies or procedures which have been violated, policy or procedures number;
- A statement of the desired resolution;
- Allegations must be signed and submitted within 24 hrs





## TABLE OF CONTENTS

Introduction

Coaching at Crossfire Select

Getting set-up

Tryouts

Team Formation Meeting

Practices

Summer tournaments

NPSL league play

Protest Procedures

Club Playing time

Player Pass

State Cup

Additional resources

Incliment weather policy

### Playing Time Guidelines for League and Tournaments (reviewed April 2022)

<b>U9-U12</b>	<b>50% of every game</b>	<b>Start 25% of league games</b>
<b>U13 and above</b>	<b>33% of every game</b>	<b>Coach discretion</b>

Minimum playing time percentages apply provided that a satisfactory adherence to the following factors has been met:

- Attendance at team training sessions and games
- Work rate/effort at team training sessions
- Attitude/behavior toward teammates, coaches, opponents and officials

**State Cup Exception:** During State Cup games, coaches may use their discretion with regard to minimum playing time guidelines in order to afford the team the best possible chance of being successful, given an understanding of the team dynamic. However, each player **MUST** receive the opportunity to play and make an impact on the game.

#### **Playing Time for Goalkeepers:**

It is optimal for a coach to split time with two GK's. If this is not possible then each GK should be given the opportunity to play full games.

**State Cup Exception:** During State Cup, the coach reserves the right to stay with one GK in a game by game basis, however, the coach **MUST** communicate with the player and family prior to doing so.

#### **PLAYING TIME DISCUSSION PROTOCOL**

Players and parents have the right to discuss their concerns about playing time and the coaches have the responsibility to address concerns from players and parents with clear and concise direction as to what the player needs to focus on in order to earn more playing time.

However, it is not appropriate for a player or parent to approach a coach before, during, or immediately after a game regarding playing time concerns. If a parent wishes to discuss a player's playing time, the parent should make an appointment with the coach to discuss his or her concerns via a phone call, email or a face-to-face meeting at a later date.

If a coach is approached by a parent before, during or immediately after a game, the coach should ask the parent to make an appointment at a later date to discuss the issue.

If a coach refuses to meet with the parent to discuss playing time, the parent should bring this issue to the attention of the Director of Coaching to facilitate the conversation.



# TABLE OF CONTENTS

- Introduction
- Coaching at Crossfire Select
- Getting set-up
- Tryouts
- Team Formation Meeting
- Practices
- Summer tournaments
- NPSL league play**
  - Protest Procedures
  - Club playing time
  - Player Pass**
- State Cup
- Additional resources
- Inclement weather policy

**NPSL Required Player Documentation:** A player must hold a valid player card for a club within the association of the team for which they are seeking to play on a pass (This is a WYS rule). Players from higher division NPSL teams may be used on a pass to a team in a lower division at the discretion of the NPSL Director of competition. However, use of the Player Pass by coaches to manipulate rosters for the express purpose of winning matches, at the determination of the NPSL Director of Competition and Board, will not be tolerated and may subject the team to disciplinary actions. Players from higher division teams should be those less skilled players needing more playing time and should not be accorded more playing time than the normally rostered players on team. Players may also be played up from lower age groups into higher age groups on pass. Players rostered on teams participating in the RCL are not eligible to play in NPSL matches using the player pass. Exceptions may be granted under exceptional circumstances as approved by the Director of Competition and the Operations Committee. The Washington Youth Soccer Player Pass can also be used outside the NPSL matches by players rostered to NPSL teams that wish to participate in RCL teams within their Associations & Clubs. Please refer to your club or association policies for further details on this option. Procedure and Roster Requirements: A) All player passes must be approved by the Director of Competition no later than 24 hours prior to the game. Email should be sent to yshabash@comcast.net. Required information includes number of regularly rostered players available to play, player name wishing the pass, information on the team to which the player is rostered including age group, league and division. B) Coaches must notify their opposing coach no later than 10pm the night prior to the match that a player pass is being used for a particular game and will note on the game roster which players on the roster are being used on a player pass using the NPSL Roster for Players on Player Pass C) When the team roster number for a given weekend is under 14 players for U13 and above, under 12 players for U11 &12 and under 11 players at U10, a team may request players on pass only to bring roster numbers up to 14, 12 or 10 players respectively. Any player listed on the roster for a given game is counted against the final number regardless of whether they play in the game or not. If players are not fit or unavailable to play, they should not be on the game roster and should not be suited up on the bench. Injured players or otherwise unavailable players are welcome, however, to support their team from the bench. D) In the event of goalkeeper injury, a goalkeeper on a pass can be requested even if the roster number with the field players is above 14, 12 or 11. The goalkeeper on pass must however only play in goal.

TABLE OF CONTENTS

Introduction

Coaching at Crossfire Select

Getting set-up

Tryouts

Team Formation Meeting

Practices

Summer tournaments

NPSL league play

State Cup

Additional resources

Inclement weather policy

---

State Cup Guidelines

We encourage every team to enter a State Cup tournament and entry fees are paid for by the Club and cost to player included in registration.

- Founders Cup is development level based, predominately of select level teams.
- Presidents Cup is competitive level, with two divisions, typically premier level teams that play RCL and select level girls high school teams.

**Entry to one State Cup per season is allowed as follows and teams playing Presidents Cup should start in Presidents 2;**

Girls & Boys U9-U14: Founders Cup

Girls U15-U19: Presidents Cup. Teams playing Presidents 1 need Director of Coaching approval.

Boys U15-U19 Founders or Presidents. President Cup with Board and Director of Coaching approval.

Based on:

Performance during Fall season and previous years State Cup

# Crossfire SELECT

## TABLE OF CONTENTS

Introduction

Coaching at Crossfire Select

Getting set-up

Tryouts

Team Formation Meeting

Practices

Summer tournaments

NPSL league play

State Cup

Additional resources

Coaching Education

Conflict Resolution

Who to contact for help

Inclement weather policy

## Coach Education Reimbursement Policy

Reviewed April 2022

To encourage the development of Crossfire Select coaches, the Club will reimburse its coaches following the completion of Washington Youth Soccer or U. S Soccer licensed courses and/or sanctioned clinics.

The Club will reimburse the coach after completing and receiving certification. Each coach shall only be reimbursed for one (1) licensing class each calendar/seasonal year, with the exception of the Grassroots modules. "C" license is reimbursed to coaches after serving 2 consecutive years with the Club and payment is divided over 2 years, provided coach is still coaching at Crossfire Select. No reimbursement for "B" or above.

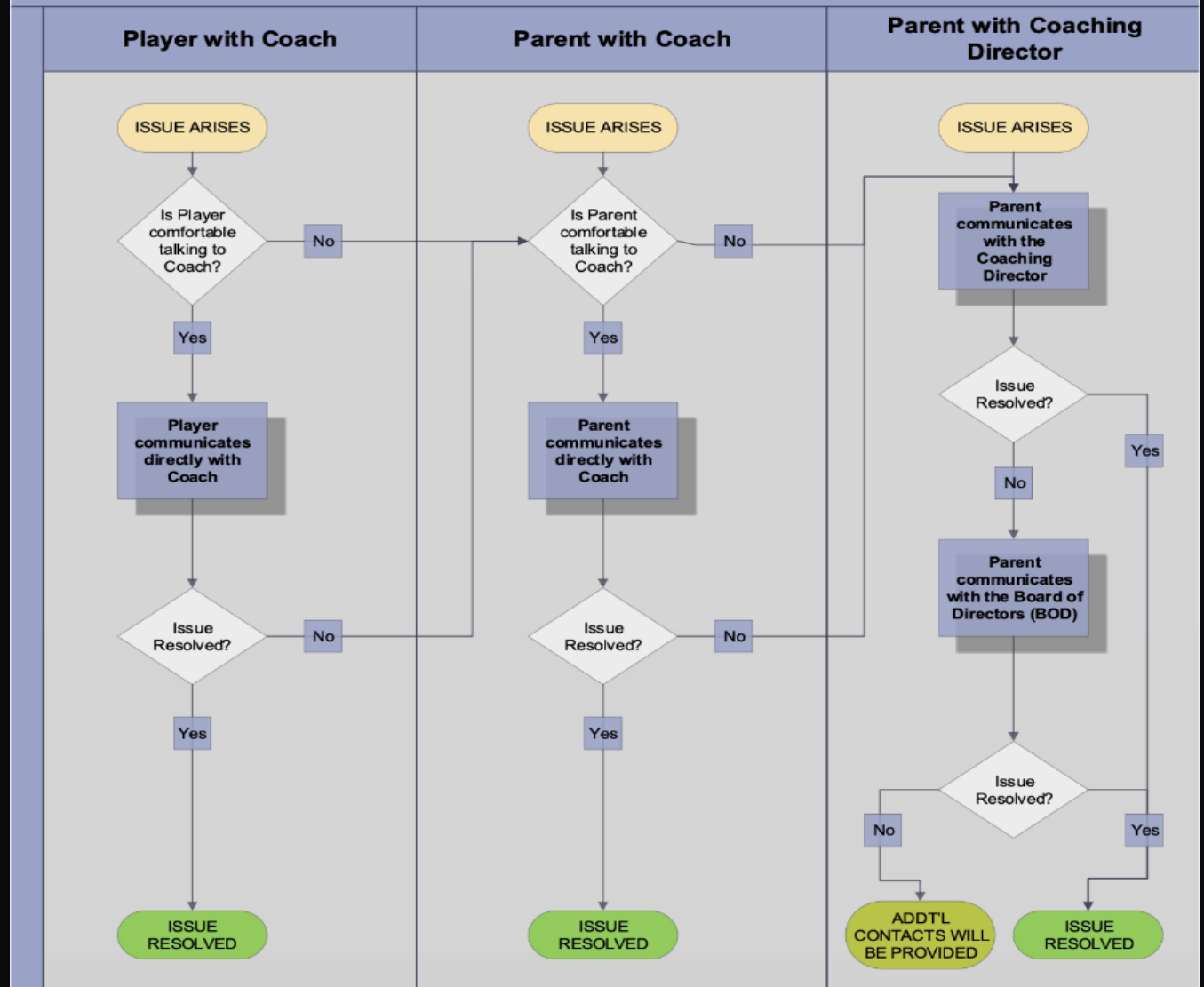
### Process for a coach receiving reimbursement:

1. The coach shall inform the Coaching Director & President of intent to participate in a course and/or clinic and information about the license.
2. The coach registers, pays for, and completes licensing clinic.
3. Upon completion, and no later than 30 days after receiving certificate, the coach submits to the Coaching Director & President a copy of the certificate and a receipt indicating the amount paid.
4. The President will then inform the Club Treasurer and office of the amount to reimburse the coach.
5. A record of all approved coaches' education reimbursements, the level of the license, and when reimbursement was dispersed will be kept on file.

# Crossfire SELECT

## Conflict Resolution Chart

Jan 2018



### TABLE OF CONTENTS

Introduction

Coaching at Crossfire Select

Getting set-up

Tryouts

Team Formation Meeting

Practices

Summer tournaments

NPSL league play

State Cup

Additional resources

Coaching education

Conflict Resolution

Who to contact for help

Inclement weather policy

# Crossfire SELECT

## TABLE OF CONTENTS

Introduction

Coaching at Crossfire Select

Getting set-up

Tryouts

Team Formation Meeting

Practices

Summer tournaments

NPSL league play

State Cup

Additional resources

Coaching education

Conflict Resolution

Who to contact for help

Inclement weather policy

- questions about operations of the club and “off the field” support; getting set up as a coach, fees, prorated fees, refunds and scholarships, club policies, questions about Crossfire Select Cup, volunteering and board of directors, any other club related enquiries – Nicholas Toon [President@crossfireselect.com](mailto:President@crossfireselect.com)
- “on the field” questions about coach development and coaching support, player camps and clinics, any communication to another soccer club/organization, for example, Washington Youth Soccer – Hugo Alcaraz-Cuellar [coachingdirector@crossfireselect.com](mailto:coachingdirector@crossfireselect.com)
- website and social media related questions or to send pictures of players and team– [communications@crossfireselect.com](mailto:communications@crossfireselect.com)
- help registering a player or a coach – Meghan Dosch [MeghanD@lwysa.org](mailto:MeghanD@lwysa.org)
- Uniform Ordering questions – [gear@crossfireselect.com](mailto:gear@crossfireselect.com)
- Club wide Goalkeeper training questions – Hugo Alcaraz-Cuellar [coachingdirector@crossfireselect.com](mailto:coachingdirector@crossfireselect.com)

# Crossfire SELECT



## PARENT PLAYER AGREEMENT

### CLUB MISSION STATEMENT

The Crossfire Select Soccer Club provides an environment that promotes a life-long love of the game while developing teamwork as well as individual responsibility, commitment and leadership through quality training and appropriate competition for all participants.

### THE PLAYER

Crossfire Select encourages potential players and their parents to consider all of their club options and choose what best suits the individual, taking into consideration each person's goals and aspirations as a soccer player. Once a commitment to join a Crossfire Select team is made, the player and their parents agree to abide by the policies of the Club and the team.

The player commitment is for one season only. The season begins in June and runs through the first week in December. (High School aged girls teams run June through August, and December through March) with an optional post season tournament. Players must go through the tryout process the following year if they wish to play again.

Players agree to:

- Show respect for teammates, opponents, officials and coaches.
- Exhibit fair play, sportsmanship, and proper conduct on and off of the playing field.
- Refrain from the use of profanity, vulgarity, and other offensive language and gestures.
- Adhere to the established rules and standards of the game and of the Club.

### THE PARENT

Parental support and involvement in the Club are essential. If your son or daughter has made the commitment to play for Crossfire Select, the parent must assure that the player attends all possible team functions and follows all established rules and guidelines.

Parents agree to:

- Ensure that their player is able to attend practices and games, and all team functions.
- Fulfill the required number of volunteer hours as established by the Club.
- Show respect to all players on the team, referees, all players of the opposing team and their fans.
- Not coach their children or any other members of the team, during practices or games.
- Make no comments to officials before, during or after games.
- Not make critical remarks to others about players, coaches or coach's decisions.

### COMMUNICATION

Clear communication between the player and the coach is essential. If there is uncertainty about what is expected of the player, it is their responsibility to speak to the coach about the matter.

All parent/player meetings with the coach or manager will be on a one on one basis. Groups of parents will not meet with team coaches/managers to discuss individual player/coach issues.

If any issues remain unresolved after the player/parent has met with the coach/manager then the Crossfire Select Director of Coaching may be contacted directly for assistance in resolving the issue. E-mail [coachingdirector@crossfireselect.com](mailto:coachingdirector@crossfireselect.com) with any issues.

## PARENT/PLAYER CONDUCT

- Release your child to the game
- Be punctual for practices and games
- Enjoy watching your child play
- Do not live the sport through your child
- Be supportive, not critical
- Focus on the effort not the outcome
- Support & communicate with coach
- Support the club and your team

+ Check these 6 tips for Sideline Etiquette,  
by US Youth Soccer

[click to view document](#)

# Crossfire SELECT

## WYS | POSITIVE COACHING ALLIANCE

*1-min video at*

<https://www.youtube.com/watch?v=ntILZJMfr6Q>



SEATTLE

WASHINGTON YOUTH SOCCER

# Crossfire SELECT

## TABLE OF CONTENTS

Introduction

Coaching at Crossfire Select

Getting set-up

Tryouts

Team Formation Meeting

Practices

Summer tournaments

NPSL league play

State Cup

Additional resources

Inclement weather policy

Excessive heat

Rain and snow

Lightning

Air quality

### EXCESSIVE HEAT

Before coming to practice or games, players should drink plenty of water. Drinks that contain sugar or excessive sodium will not properly hydrate children. At practice, coaches need to be sure that more frequent fluid breaks happen. At no time will the availability or frequency of water breaks be used as a punishment for the players. Coaches will need to monitor and possibly limit activities based on the conditions of the players.

### PRACTICE RESTRICTIONS FOR OUTDOOR PRACTICES/CAMPS:

**80-90 degrees** - practices and camps will proceed under a slightly modified schedule. On these days, sessions may be limited to 1 hour and sessions will need to be less intense. Coaches will need to ensure that all players have adequate water and are on alert watching for signs and symptoms of heat illness.

**90-95 degrees** - practices and camps will proceed under a modified schedule. On these days, sessions will be limited to 1 hour and will need to be much less intense. Practices may be cancelled by the club, especially in circumstances where we have multiple days with 90-95 degree heat. Coaches will need to ensure that all players have adequate water, allow for more frequent hydration breaks, and are on alert watching for signs and symptoms of heat illness.

**95-100 degrees** - practices and camps will be highly impacted. Practices may be cancelled by the club, especially in circumstances where we have multiple days with excessive heat. All practices for U9-U12 will be cancelled by the club and other sessions will be limited to very brief activities. Coaches will need to adjust all activities to provide for enough time to hydrate and cool down. Coaches will also need to be on high alert for signs and symptoms of heat illness.

**100+ degrees** - all activities will be cancelled.

### GAME RESTRICTIONS:

On game day, if the temperature is 80-89 degrees, water breaks may be implemented if agreed to by both coaches.

On game day, if the temperature is above 90, quarterly water breaks must be implemented and enforced by the match official.



# Crossfire SELECT

## TABLE OF CONTENTS

Introduction

Coaching at Crossfire Select

Getting set-up

Tryouts

Team Formation Meeting

Practices

Summer tournaments

NPSL league play

State Cup

Additional resources

Inclement weather policy

Excessive heat

Rain and snow

Lightning

Air quality

### RAIN AND SNOW

Excessive rain and/or snow results in field closures. As an association, we rent fields from King County Parks, and City of Redmond. Each vendor monitors the conditions of the fields and makes an independent decision about the condition and safety of each field. Fields can be closed at the discretion of the field provider if they feel the field is too wet or covered by snow and unsafe for use. Until we receive notice from the individual field provider we will assume the field is open and playable. Once the field is closed it is closed for the rest of the day, and we will not reopen for that day.

Field closures will be posted on our website and on our social media outlets by 2:00 pm each weekday and by 7am on the weekends.

If the field providers have not closed a field, but upon arrival the field conditions are not suitable for a safe and productive match they may be cancelled. At the field, games can only be 'called' by the referee. The referee will evaluate the weather situation and decide if it is safe to continue play. If a referee determines the field is unsafe the decision is final and all participants are to leave the field of play. Teams are not allowed to pick and alternate match official who is willing to allow the teams to play.

# Crossfire SELECT

## TABLE OF CONTENTS

Introduction

Coaching at Crossfire Select

Getting set-up

Tryouts

Team Formation Meeting

Practices

Summer tournaments

NPSL league play

State Cup

Additional resources

Inclement weather policy

Excessive heat

Rain and snow

Lightning

Air quality

### LIGHTNING

Each year, about 400 children and adults in the U.S. are struck by lightning while working outside, at sports events, on the beach, mountain climbing, mowing the lawn or during other outdoor activities. About 80 people are killed and several hundred more are left to cope with permanent disabilities. Many of these tragedies can be avoided. Finishing the game, getting one more drill in, or scoring one more goal is not worth death or crippling injury.

Crossfire Select follows [USSF's Severe Weather Policy](#) when it comes to practices and games. This policy includes the following:

1. Recognize the threat. If you see lightning you must protect the safety of all participants by stopping games/practice activities quickly, so that participants and spectators may retire to a safer place before the lightning threat becomes significant. You must wait a minimum of 30 minutes after hearing the last thunder or seeing the last lightning strike before leaving shelter. (NOTE: You do not need to see the "bolt" of lightning to stop practice. A lighting up of the sky counts as well.)
2. Remember that if you hear thunder you are in reach of lightning striking. There is never one without the other. Just because you do not see lightning does not mean the threat is not there.
3. Seek proper shelter
  - a. No place outside is safe
  - b. The best place is a fully enclosed building. A second choice is a solid metal roof vehicle.
4. If there is no proper shelter stay away from the most dangerous locations: high up on a hill, open fields, near/under trees, poles, light post, electrical towers, unprotected buildings, rain shelters, bus stops, anything made of metal such as metal fences, metal bleachers, metal chairs.
5. If you cannot avoid these locations crouch low to the ground with your head tucked into your chest and hands over your ears.
6. Remain calm and try to prevent panic.

Most importantly please use common sense and good judgment. Referee's may call a game due to unsafe conditions during a lightning strike. The score at the time the game is called will be noted as the final score and all referee decisions are final.

What to do if someone is struck by lightning:

1. Call for help. Call 9-1-1 or your local ambulance service. Get medical attention as quickly as possible.
2. Give first aid. If the victim has stopped breathing, begin rescue breathing. If the heart has stopped beating, a trained person should give CPR. If the person has a pulse and is breathing, address any other injuries.
3. Check for burns in two places. The injured person has received an electric shock and may be burned. Being struck by lightning can also cause nervous system damage, broken bones, and loss of hearing or eyesight. People struck by lightning carry no electrical charge that can shock other people. You can examine them without risk.

# Crossfire SELECT

## TABLE OF CONTENTS

Introduction

Coaching at Crossfire Select

Getting set-up

Tryouts

Team Formation Meeting

Practices

Summer tournaments

NPSL league play

State Cup

Additional resources

Inclement weather policy

Excessive heat

Rain and snow

Lightning

Air quality

### AIR QUALITY

Crossfire Select monitors the Environmental Protection Agency site (Air Now) to monitor conditions and determine if practice, camps, clinics, and games will be impacted. If smoke in the air threatens the health of our players and coaches we will cancel all outdoor activities. Due to the speed in which conditions can change, limited notice may be given to coaches and families about the cancellation of activities. The Referee has the discretion to cancel or suspend a game anytime they feel the conditions become unsafe.

### PRACTICE AND GAME RESTRICTIONS DUE TO AIR QUALITY:

If the Air Quality Index (AQI), as rated by Air Now, for ground-level ozone and or PM 2.5 pollution is in the range of 100-125, activities may proceed on a slightly modified schedule\*. During this time, coaches should avoid strenuous practices and take frequent water breaks.

If the Air Quality Index (AQI), as rated by Air Now, for ground-level ozone and or PM 2.5 pollution is in the Unhealthy range of 126-150, activities may proceed on a highly modified schedule\*. During this time, coaches are strongly encouraged to conduct a limited exertion practice of no longer than 1 hour.

If the Air Quality Index (AQI), as rated by Air Now, for ground-level ozone and or PM 2.5 pollution is in the Unhealthy range of 151 or above, all outdoor activities will be cancelled.

Parents of children with medical conditions that are sensitive to air pollution need to determine if the player(s) should participate. Coaches shall issue no penalty for families and players who choose not to participate due to health reasons.

\*NOTE: When making the determination to hold practice when the air quality is between 100-150, Crossfire Select uses a few things to determine whether practices will proceed. The determining factors include if the air quality is getting worse throughout the day and the number of days that the Air Quality Index rating is in the 100-150 range.

# Crossfire SELECT

Thank You

[www.crossfireselect.com](http://www.crossfireselect.com)

**ZAG**  
MOTORS

