



COMPETITIVE PROGRAM HANDBOOK

TOGETHER WE RISE



RISE Soccer Club (RISE or RISE SC) is a private 501(c)(3) non-profit youth sports club that serves the Houston youth soccer community. Houston Express Soccer Club (HESC), founded in 1978, and Eclipse Soccer Club founded in 1986, merged in 2017 to form RISE SC in an effort to transform Houston youth soccer. Dedicated to being a force in youth soccer, RISE SC is prepared in all phases to achieve the highest level of success. Boasting a highly licensed coaching staff, superior player development curriculum, some of the finest youth soccer facilities in the country and a central location in one of the largest youth soccer markets in the world, RISE is primed to lead soccer in the United States through proper development of youth players.

RISE is able to provide players an unrivaled experience with minimal geographic challenges, while maintaining the community element. Due to our central location, platform and, infrastructure we currently draw players from over 136 zip codes in the Houston area. Our facilities, coaching staff, and administrative resources uniquely position RISE to provide opportunities for our players, 1.1 million people live within 6 miles of our soccer facilities. RISE offers soccer programming for boys and girls in the heart of Houston.



TABLE OF CONTENTS

SECTION I: RISE Mission & Belief Statements	3
SECTION II: Club Philosophy	4
SECTION III: Coaching Philosophy	5
SECTION IV: Soccer Philosophy	6
SECTION V: Leadership	7
SECTION VI: Operations	7
SECTION VII: Commitment and Conduct Policies and Procedures	8
SECTION VIII: Competitive Programming	11
SECTION IX: Training Session and Game Policies	13
SECTION X: Function of the RISE Coach	14
SECTION XI: Function of the Player	14
SECTION XII: Function of the Parent	15
SECTION XIII: Function Team Manager	15
SECTION XIV: Team Travel Policy	16
SECTION XV: Guest Player Policy	16
SECTION XVI: Coach Travel Policy Outside of Pre-Approved Events	17
SECTION XVII: Fundraising Policy	17
SECTION XVIII: Inclement Weather Policy	17
SECTION XIX: Uniforms Policy	18
SECTION XX: Payment and Fees Policy	19
SECTION XXI: Team Formation Policy	20
SECTION XXII: Field and Facility Policies	21
SECTION XXIII: Lost and Found	21
SECTION XXIV: RISE Fan Gear	22
SECTION XXV: Player Safety	22
SECTION XXVI: Player Insurance Coverage	22



SECTION I: RISE MISSION & BELIEF STATEMENTS

Our Mission

RISE builds premier soccer players and teams by:

- Training youth soccer players to their fullest potential
- Teaching skills, strategy, tactics, teamwork, and sportsmanship
- Providing the best coaching, facilities, and fundraising opportunities for RISE families

Integrity, respect, and honesty govern all of our endeavors so that our youth athletes can train and play in a safe and supportive environment. Our club and teams demonstrate outstanding sportsmanship at all times. While we strive for excellence at the highest levels of the sport, we ALWAYS remember we are training and guiding children to achieve success in life both on and off the field.

Our Belief

There are debates in youth soccer about winning vs. development. RISE believes in balancing both to have successful teams and, most importantly, successful players. RISE will not sacrifice development for the sake of winning. Player development, especially at the younger ages, must be more important than the win itself.

Our philosophy focuses on a balanced approach. We encourage players to take more risks and to value the fact that life's best lessons are learned from our mistakes. In our younger age groups, we participate in a developmental league during the fall and spring. We use these games to apply training objectives taught in training sessions that week. During games, we guide and observe the players in order to determine what to focus on in upcoming coaching sessions. We allow players the freedom to be creative in game environments without fear. The balance to this is that there are events for each team in which we play to compete.

We focus on building players with a strong technical foundation and teach the fundamentals of the game. We provide age-appropriate training for every player, at every level. We educate and communicate with players and parents on the balance between competition and development, and we establish goals and milestones for the team and each individual player.

Winning can be important for our older Elite teams to secure berths in elevated levels of competition such as leagues and showcases. Winning can also be important for team morale, recruiting, team dynamics, and confidence. It comes from utilizing the right training methods.

Development is important because you end up with a team of well-rounded players. Shortcuts lead to sacrifices, and RISE is not willing to sacrifice competition for development or development for competition.

In order for this balance to be realized, every component within the club and within each team must work together — from the Board of Directors and the Executive Director, to coaching staff, managers, players, and parents.



SECTION II: RISE SC CLUB PHILOSOPHY

Promoting Youth Soccer and Fostering a Love for the Game

RISE SC's principal mission is the promotion of youth soccer. We strive to instill a love for the game in each of our players and to provide an environment where each player may participate according to his or her interest and ability. We take great pride in developing our players as athletes, students and responsible young men and women. Our players form life-long friendships with their clubmates, maintain healthy lifestyles and acquire leadership, teamwork, and sportsmanship skills that ultimately prepare them for life beyond soccer.

Guiding our Players to be Well-Rounded and Responsible

RISE looks to parents and players to help create a structured, positive and fun environment where children can learn responsibility, teamwork, discipline and other life skills. Yes, club soccer requires a commitment of both spirit and time, but we expect our players to pursue excellence in academics as well as athletics. We believe that both players and parents must display good character and appropriate behavior on and off the field. RISE cares about our families, players, coaching staff, supporters and community, not just about how many titles we accumulate. Together, we can create a fun, safe and enriching environment where our children will thrive and make lifelong friends.

RISE Player Environment

Ours is an environment conducive to learning and development. A place where soccer players of all levels can maximize their potential. A PLACE WHERE EVERYBODY WANTS TO BE! We demand that people be the best they can be every single day. We demand that they add value above and beyond their set responsibilities, therefore, every individual MUST see a clear pathway of progression and development.

- Safe and secure facilities of the highest quality
- Geographically sensible, community driven
- Warm and welcoming atmosphere
- Volunteer parent team managers
- Well-maintained kit and equipment
- Clearly structured program of work

Our Goals

- Develop the club and playing style, the success of which allows for all other areas of the club to flourish and prosper
- Make RISE an outstanding learning environment for young athletes
- Provide a developmentally appropriate soccer environment
- Encourage players to make their own decisions and express their individual creativity through guided discovery methods
- Embrace and involve the talents of all players
- Exhibit key principles, both on and off the pitch, throughout all teams at the club
- Excite and attract players through creative and attacking soccer
- Promote the club's name, reputation, culture and history
- Allow for continued success



SECTION III: RISE SC COACHING PHILOSOPHY

Coaching Philosophy

Coaches are the key to player development. RISE boasts one of the most highly licensed coaching staffs in the nation. Like professionals in any industry, your probability for success increases with education. RISE is committed to developing our players by having the most talented and qualified coaches lead our players and oversee our program. We firmly believe that Better Coaches = Better Players. The pathway to becoming a highly licensed youth soccer coach is a lengthy and strenuous process. The U.S. Soccer Federation is committed to providing soccer coaches, from beginner to most advanced, with up to date theoretical and practical knowledge, so coaches across the United States can ensure that players develop to their full potential. We are proud to support the educational initiatives and standards put in place by U.S. Soccer. RISE is committed to developing our players by having the most talented and qualified coaches lead our players and oversee our program. RISE is devoted to supporting the continuing education of our coaches.

There are simply **NO SHORT CUTS** to developing world class players or creating an environment that breeds this tradition. Philosophically, we believe that the best results are achieved with preparation. Prior to our inclusion into the U.S. Soccer Development Academy Program (DA) in 2015, we began preparing our staff, players, platform and programming to ensure a seamless integration. It was imperative that our club understood and embraced the core values of the DA Program across the club so that we could create the best environment for our players. We meticulously studied the soccer landscape in Houston to determine the challenges and opportunities we faced when compared to clubs locally and in other major cities in Texas which have consistently produced elite players. We also studied top tier DA programs in the country, as well as several youth professional academies abroad. Our technical staff was determined to identify patterns of similarity between successful clubs that habitually produce elite players. There were 3 common characteristics

consistently displayed at successful clubs we studied which allowed them to be at the forefront of player development:

PLAYER ENVIRONMENT, BETTER COACHES and MEANINGFUL COMPETITION.

The RISE 4 P'S

These are the foundations for which we build our club upon:

PEOPLE: Suitably skilled personnel secured for the key roles and challenged to add value

PLACE: A safe and secure environment conducive to learning and development

PROGRAM: An age-specific curriculum of work that challenges elite players to maximize their undoubted potential

PATHWAY: A clear and evident path of progression through the various play levels

Curriculum

RISE has invested a millions of dollars directly intended to provide the best player environment in Houston. Based on our "4 P's" philosophy, the RISE SC Coaching Staff created a curriculum which imposes a teaching method of guided discovery to promote individual player development within the team. We will provide a developmentally appropriate environment within the criteria defined in our programming that challenges players physically, mentally, technically and tactically. Our teams will spend more time focused on training to achieve both individual and team excellence.



SECTION IV: RISE SC SOCCER PHILOSOPHY

The RISE Jr. Academy program serves as a developmental bridge between RISE Recreational and the RISE Competitive Program. The RISE competitive program is divided into levels, according to player ability and level of commitment.

RISE competitive teams adhere to a fixed, six-week training cycle. The building blocks are evenly distributed among training days for teams, then scale down from there. Each session is divided into three parts: warm-up, main session and conclusion. Each week is assigned separate concept for technique, coordination, tactics and functional training. Specific training activities are chosen by the coaching staff.

RISE plays a ball possession style of soccer. All teams must try to keep possession of the ball. Players will be encouraged to support and move, thus creating passing options. Once our possession game is consolidated, the team must learn how to transfer the ball in the most efficient way from one area of the field to another. A positive response to offensive transition allows us to maximize the opportunity presented by a potentially disorganized opponent. A positive response to defensive transition restricts such opportunity for the opponent and allows us to implement our defensive priorities. Teams must be organized defensively, keeping their specific positions in the formation. However, players will look for spaces and movements to support forward when attacking by moving away from their original positions. RISE teams must feel comfortable playing the ball from the back through the midfield and from there to the final third of the field.

Our Style of Play

Our **PATTERN OF PLAY**. Our **STYLE OF PLAY**.
Our **PLAYERS**. Our **PRACTICE**. Our **PHILOSOPHY**.
Our **ACADEMY**. Our **VISION**. Our **CULTURE**.

- Focus on ball retention and player movement
- Forward and penetrative passing
- Desire to play through the “thirds”
- Good angles and distances of support
- Rotation and interchange of players to create positive attacking combinations
- Dictating the speed of play

RISE Competitive Player Attributes

- A desire to compete to the best of their abilities
- The ability to maintain poise and technique under pressure
- An understanding of the tactical concept of game situations
- Physical readiness
- Recognition of movement to vacate space for others to receive
- Early and positive decision-making on appropriate controlling surface
- An assured and confident first touch, be it to release or to secure
- The ability to control the ball at a variety of speeds and heights



SECTION V: RISE SC LEADERSHIP

Board of Directors

President	Adrian Crespo
Vice President	Gary Doughty
Vice President	Paul Rossetti
Secretary	Greg Condrey
General Member	James Chapman
General Member	Robert Corrigan
General Member	Dean Nasser
General Member	Mark Wilson
General Member	Brandon Lavergne
General Member	Ken Redding

Executive Leadership

Executive Director	Colin Chesters
Technical Director	Vedad Hadzajlic
Girls Director / DA Director	Natalia Astrain
Boys DA Director	Tarik Guendouzi
Boys Director of Coaching	Earl Barrett

Administrative Staff

Director of Administration	Michelle Romero
Administrative Assistant	Lizz Clarkson
Registrar	Robert Thurmond
Competitive Administrator	TBD
Sponsorships	Elizabeth Jammer

SECTION VI: OPERATIONS

The Board of Directors (BOD) is responsible for developing the vision and strategic plan of RISE SC and protecting the assets of the club. The Executive Director is the chief executive officer of the club with responsibility for implementing the vision and strategic plan of the BOD. All RISE employees report either directly to the Executive Director or to his/her designee. Please visit risesc.org for a full list of the members of the RISE SC Coaching Staff.

Business Address:

RISE Soccer Club
4638 Riverstone Blvd, Suite 200
Missouri City, Texas 77459

Mailing Address:

RISE Soccer Club
2617-C W. Holcombe Blvd. #121
Houston, Texas 77025



The RISE SC website is:

<https://risesc.org>

RISE Logo and Tagline

Any reproduction of the RISE SC logo, design or tagline without written consent from RISE SC is prohibited. Trademark on the RISE SC logo and tagline are pending.

RISE SC Social Media Handles on Instagram/Facebook and Twitter:

[@risescoccerclub](#)

RISE SC Communication Methods

RISE utilizes several forms of communication to relay necessary information and announcements to players and families including both the MailChimp and Demosphere email platforms. We also use a text messaging service for field closure alerts. RISE does not make available the e-mail addresses or other personal information of its members. Although member information is accessible to some extents to the RISE SC Coaching and Administrative Staff, any violation or inappropriate use of member information is subject to the RISE code of conduct. Parents, Team Managers or Volunteers may not use the RISE e-mail system for any purpose other than official RISE Soccer Club business.

Volunteering

Every RISE team is responsible for having a parent volunteer available to assist the club at RISE SC's request. Club level functions in which volunteers will be needed, but are not limited to: helping with fan gear sales, player evaluations, tournaments or club events. A RISE administrator will contact your Team Manager to organize your support.

SECTION VII: RISE COMMITMENT/CONDUCT POLICIES & PROCEDURES

Rewarding and Productive Experiences

We believe there is a place for every child who wants to play soccer at RISE. We adhere to FIFA's Fair Play Code. Our players are taught to play fair and respect the laws of the game, as well as their opponents, teammates, referees and families. We play to win, but accept defeat with dignity and always promote a positive experience. We expect our board members, coaches, administrators, volunteers, parents and players to be ambassadors for RISE and the game.

Competitor clubs, players, parents, and referees will judge us by how we behave on the sidelines. We expect appropriate sideline behavior from our board members, coaches, administrators, volunteers, parents and players, all of whom should maintain a positive and encouraging demeanor. Parents and players from competitor clubs and referees are not the enemy.

By registering your player to participate at RISE SC, you and your player agree to adhere to the RISE Commitment and Conduct Policy (Code of Conduct). Although the Code of Conduct does not cover all the policies of the Club or address all potential issues, it addresses several matters that arise with regularity.



Commitment and Conduct Policies (Code of Conduct)

Players

- Demonstrate 100% effort and a positive attitude at all training sessions and games
- Arrive at all training sessions and games at or before the time designated by your coach or team manager.
- Notify your coach and team manager in advance of any absences.
- Wear approved RISE training kit at all training sessions and games
- Wear approved RISE game kit to all games and bring complete home and away kits
- Bring your gear, including cleats and/or flats, shin guards, an appropriately sized and inflated soccer ball and water to all games and training sessions.
- Be match ready: get adequate sleep and nutrition prior to each game.
- Show respect at all times for club policy, coaches, teammates, clubmates, opponents and referees
- Demonstrate good sportsmanship at all times

Non-compliance with any of the above may result in appropriate disciplinary action up to and including reassignment or removal from the team.

Parents

Parents play a special role in fulfilling the needs of, and contributing to the development of children—and not just their own children. Through encouragement and good example parents and guardians can help assure that all RISE athletes learn good sportsmanship and self-discipline. To this end, the role of each RISE parent or guardian is very simple: behave as a parent, not as a coach or referee. In addition to supporting their sons and daughters in fulfilling their player commitments, RISE parents are asked to commit to the following:

December 4, 2018

- Pay your player's fees on time and in full.
- Wait 24 hours following the end of any game or training session before approaching a Coach, Team Manager, Club Official or volunteer to discuss a complaint or concern arising from the game or training session.
- Keep your household information with the club up to date including current address, phone numbers and email addresses.
- To the extent that your player relies on you for transportation, ensure that they arrive on time for all training sessions and games.
- Support your son/daughter's play in a positive manner and also that of their teammates.
- Remain clear of the field during training sessions and games.
- Don't be a sideline referee or coach.
- Avoid direct communication – verbal or non-verbal – with RISE players and coaches during training sessions and games.
- Avoid communication of any kind with referees and opposing players and coaches during or after games.
- Avoid the use of profanity and abusive language of all kinds at all events which involve or relate in any way to RISE, its players or coaching staff.
- Avoid the use of alcohol or tobacco at all RISE SC activities.
- Observe all rules applicable particularly to parents and to spectators in general as promulgated by the gaming league(s) in which your player participates.

Failure of a parent to comply with the above may result in disciplinary action including but not limited to exclusion of the parent from attendance at any RISE events.



Procedures for PLAYER violations of the code of conduct

If a Team Manager determines that a player demonstrates unsportsmanlike or inappropriate conduct at a game or training session, the team manager can take any of the following actions:

- Immediately remove the player from the practice or the game.
- Refer the matter to the Executive Director for review and possible sanction.

A RISE SC official will investigate and determine what, if any, sanctions will apply. Sanctions may include, but are not limited to, a warning, suspension, probation and/or dismissal from the Club. Our procedures will be in accordance with all state and/or local guidelines for participation and promoting the mission and values of RISE. In all cases of disciplinary sanction, our Executive Director's decisions are final and not subject to appeal. Players suspended or dismissed will not receive refunds.

Procedures for PARENT/GUARDIAN violations of the code of conduct

If the Team Manager determines that a parent or guardian violates the Code of Conduct at a game or training session, the manager may take any of the following actions:

- Direct the offending parent to leave the field.
- Remove the player of the offending parent from the practice or the game and direct both parent and player to leave the field.

Refer the matter to the Executive Director for review and possible sanction. The matter will be investigated and what, if any, sanctions apply will be determined. Sanctions may include, but are not necessarily limited to, a warning, suspension probation and/or dismissal from the Club. Our procedures will be in accordance with all state and/or local guidelines for participation and promoting the mission and values of the RISE. The Executive Director's decisions are final and not subject to appeal. Parents who are suspended or dismissed will not receive refunds for their players' payments.

Procedures for addressing grievances

If an issue concerns you, please follow the procedure described below. Contact information for **Coaching Staff** members can be found on this website.

If the issue concerns the team (which includes parents) on which your player plays or concerns your player directly:

1. Discuss the matter with your player's Team Manager.
2. If that fails to address the issue, then direct the concern to your player's Coach.
3. If you feel your Team Manager or coach has not addressed your concerns adequately, contact the boys or girls Director of Coaching.
4. If, after speaking with the Director of Coaching, you feel the issue has still not been addressed adequately, you may then contact the Executive Director.
5. If your issue is a soccer matter, please contact the Technical Director.

If the issue concerns a Team Manager:

1. Talk to that Team Manager, if possible.
2. If that's not a viable option, then talk to the Coach.
3. If you feel the Coach has not addressed your concerns adequately, then contact the appropriate boys or girls Director of Coaching.
4. If, after speaking with the Director of Coaching, you feel the issue has still not been addressed adequately, you may then contact the Executive Director.



If the issue concerns a RISE Staff Coach:

1. First talk to the Team Manager, if possible. If that's not a viable option, then you may talk to the appropriate boys or girls Director of Coaching.
2. If, after speaking with the Director of Coaching, you feel the issue has still not been addressed adequately, you may then contact the Executive Director.
3. If your issue is a soccer matter, please contact the Technical Director.

If the matter concerns the Executive Director:

1. First, talk to the Executive Director, if possible. If that's not a viable option, then you may contact the Club President.

Code of Conduct Violations

Any violations of the Code of Conduct or other applicable Club agreements or policies will be referred to the Executive Director for investigation and potential sanctions. Such sanctions may include, but are not necessarily limited too, a warning, suspension, probation and/or dismissal from the Club. The decisions of our Executive Director are final and not subject to appeal.

These procedures were created to ensure that RISE meets the needs of its families in an open, consistent and objective manner. If you feel that any unusual circumstances hinder or are outside the scope of these procedures, please contact the Executive Director or Club President.

SECTION VIII: COMPETITIVE PROGRAMMING

RISE Academy (Jr. Academy U8; Academy U9-U10)

The RISE Academy program ("RISE Academy") serves as a developmental bridge between RISE Recreational and the RISE Competitive program. The RISE Academy consists of players within the RISE Competitive program and aims to prepare players for the technical, tactical, physical and psychological demands of

the highest levels of competitive programming RISE offers. RISE Academy teams are formed and trained by licensed professional coaches, follow a proprietary training curriculum and compete mostly in local gaming leagues and tournaments. Occasionally, stronger teams participate in regional events. This program should not be confused with the U.S. Soccer Development Academy Program (DA).

RISE Competitive (Tiered Competition Levels U11-U19)

The RISE Competitive program is our competitive soccer offering for players U11 and older. Our Competitive programming is divided into tiered levels, according to player ability and level of commitment. RISE competitive teams are formed and trained by licensed professional coaches, follow a proprietary training curriculum and compete in local, regional and national gaming leagues, tournaments, cup and college showcase competitions.

Level 1: RISE Elite

RISE Elite is the highest competitive program within RISE SC. The RISE Elite program is incredibly rewarding but tremendously demanding. RISE Elites must demonstrate the highest level of commitment to training at all times in order to maintain physical and mental readiness for competitions as roster positions and playing time are 100% earned on merit and never guaranteed.

RISE Elite teams train 2-4 times per week, depending on age and other factors, following a highly challenging and intricately designed curriculum aimed at preparing players for top college programs and for opportunities with the U.S. and other national teams. Elite teams receive, in addition to technical and tactical training, futsal, TRX training and Speed/Agility/Quickness training to round out the top athlete and prevent injuries. Some training sessions may require a short commute.

RISE Elite teams are formed of the strongest players from across the entire RISE SC player pool.



RISE U.S. Development Academy (DA) teams:

The pride of the RISE Elite program is the U.S. Development Academy program ("DA"). The DA programs exist within our Elite programming standards but adhere to the rules and regulations put in place by U.S. Soccer.

The DA is a nationwide youth development initiative organized by the U.S. Soccer Federation to enhance the development of the country's top players through high technical standards and a focus on meaningful competition. The DA provides education, resources and support to develop world-class players.

RISE DA teams are formed through a variety of evaluation methods. We scout players at games, tryouts and invitational training sessions. Player evaluations for DA teams can occur at any time of the year as long as the player is not currently rostered to another DA team.

DA teams will train 4 times per week as mandated by U.S. Soccer. Roster spots on DA teams are ultra competitive.

Level 2: RISE Premier

RISE Premier is the second highest competitive program within RISE SC. RISE Premiers must demonstrate a high level of commitment to training at all times in order to maintain physical and mental readiness for competitions, as RISE SC desires all of its teams to hold or promote in league status from season to season. All players on RISE Premier teams receive playing time, but the amount of playing time and positions are at the discretion of the RISE SC technical staff based on player ability and commitment.

RISE Premier teams train 2-3 times per week, depending on age and other factors, following a highly challenging and intricately designed curriculum aimed at preparing players for lower-level college programs. RISE Premier teams receive, in addition to technical and tactical training, futsal, TRX training and Speed/Agility/Quickness training to round out the top athlete and prevent injuries.

RISE Premier Teams are formed of the strongest players below the RISE Elite level on a community basis (e.g., RISE Central Premier teams are formed from players who wish to train exclusively in the South Campus or West University/River Oaks/Bellaire/Meyerland areas, RISE South West Premier teams are formed from players who wish to train exclusively in the Sienna Plantation/Sugar Land/Missouri City areas).

Level 3: RISE Select

RISE Select is a hybrid of our recreational and competitive program designed for middle school and high school players who prefer to play seasonally and are seeking a less rigorous soccer environment. RISE Selects must be willing to commit making a majority of their training sessions and games in order to keep the teams viable and in a positive environment, as RISE SC desires all of its teams uphold the Club's philosophy and culture. All players on RISE Select teams receive playing time, but the amount of playing time and positions are subject to league rules, based on player ability and commitment and at the discretion of the RISE SC technical staff or team manager in the event the club approves a volunteer team manager led team.

RISE Select teams train 1-2 times per week, depending on age, program structure and other factors. Selects following an intricately designed curriculum aimed at helping players strengthen their fundamental skills and prepare them for the Middle School or High School soccer level of play.

RISE Select teams are formed of the strongest players below the Rise Elite and Premier levels on a community basis (e.g., RISE Central Select teams are formed from players who wish to train exclusively in the South Campus or West University/River Oaks/Bellaire/Meyerland areas, RISE South West Select teams are formed from players who wish to train exclusively in the Sienna Plantation/Sugar Land/Missouri City areas). In the event that there are low player numbers in an age group, campus Select teams may have to be combined to make them viable. RISE may place Select teams in local leagues if they are developmentally appropriate.



Play-Up Policy

As a general rule, RISE players play within their natural birth year age group. Exceptions to this general rule are at the sole discretion of the Executive Director.

Late Team Formation and Tryout

In some cases, RISE may need to merge age groups to form a hybrid team or may have a player who moves to the area after teams have been formed. If all age-appropriate teams are formed and there is not a roster space available in the player's natural age group, the player could play at the next age group, assuming space is available, and only after being evaluated by our Coaching Staff and approved by the Executive Director. Such players are required to be evaluated within their natural age group the following season.

SECTION IX: TRAINING SESSION AND GAME POLICIES

Training Session Policies:

Players on RISE teams are expected to demonstrate a consistent dedication to improving their play through regular attendance at training sessions. Only players and RISE Coaching Staff are permitted on the field during training sessions. Parents, siblings, friends and other interested spectators are encouraged to be present but must strictly limit their involvement to observing. Unless specifically directed by a RISE Coaching Staff Member.

Game Policies:

All RISE games are run by members of the RISE Coaching Staff. Non-coaches, including but not limited to Team Managers and parents, are strictly prohibited from instructing players during games.

During games, RISE Coaches and the Team's Manager (1 Team Manager) are the only adults permitted on the team sideline. In part, this is for safety, but it is also to keep the sideline calm and professional. If a member of the RISE Coaching Staff is not present at a game, the Team Manager should be the only adult on the team sideline and he or she should run the game only as instructed by the coach or, in the absence of instructions from the coach, by the Executive Director or Technical Director.

The coach conducts the team's pre-game warm-up. The coach should notify the Team Manager if he or she will be late to warm-up. When this happens, the Team Manager should conduct the warm-up, consistent with the coach's instructions, until the coach arrives.

The RISE coach on the team's sideline for a game may not in all cases be the team's regular coach. In such cases, the RISE coach present for the game is still the head coach but may rely on the team's regular coach and the team manager for important information regarding the players and the team. Keep in mind that coaches have different personalities and communication skills and will often relate to players differently. We want as many RISE coaches as possible to get to know our player pool and evaluate our players. While we understand that parents may have concerns about not having their assigned coach at every game, there are many positives to players hearing different voices, motivational tactics, game observations and opinions to enhance their player development process.



SECTION X: FUNCTION OF THE RISE COACH

Prior to each season, the Executive Director and/or Technical Director assigns to each RISE team a member of the RISE coaching staff to work as the team's primary trainer and head coach (Coach). The Coach is charged with making all decisions relating to the soccer development of the players on his/her roster during the season. The RISE Coaching Staff exclusively decides teams' level of play in leagues and brackets.

Members of the RISE Coaching Staff train RISE players following a proprietary training curriculum. The RISE curriculum covers technical, tactical, physical and mental themes which are essential to a player's full development. Training is age and skill appropriate, but ideas and methodology are consistent throughout the RISE program. Specific training needs that arise relative to each team's competitive performance are also addressed on an ongoing basis.

Parents may expect the RISE Coach to:

- Conduct meaningful and inspired training sessions that are congruous with the RISE curriculum
- Arrive at scheduled practices and games with sufficient time to conduct any required setup before the session's official start time
- Develop a team season plan as well as finalize team roster, schedule, and overall objectives
- Meet with team parents and players prior to the start of each season to establish expectations and communicate schedule
- Provide individual player evaluations
- Be available to parents and players to provide feedback and answer team related questions per club policy
- Maintain professional conduct at all times
- Work with the Team Manager to establish clear and timely communication of essential team information

SECTION XI: FUNCTION OF THE PLAYER

The primary roles of RISE players are to have fun, to learn and to be exceptional teammates.

RISE SC expects the following from all RISE players:

- Demonstrate 100% effort and a positive attitude at all training sessions and games
- Arrive at all training sessions and games at or before the time designated by your coach or team manager.
- Notify your coach and team manager in advance of any absences.
- Wear approved RISE training kit at all training sessions
- Wear approved RISE game kit to all games and bring complete home and away kits
- Bring your gear, including cleats and/or flats, shin guards, an appropriately sized and inflated soccer ball and water to all games and training sessions.
- Be match ready: get adequate sleep and nutrition prior to each game.
- Show respect at all times for club policy, coaches, teammates, clubmates, opponents and referees
- Demonstrate good sportsmanship at all times

Non-compliance with any of the above may result in appropriate disciplinary action up to and including reassignment or removal from the team.



SECTION XII: FUNCTION OF THE PARENT

In general, the role of the RISE parent is very simple: Be a parent, not a coach or referee. The following guidelines must be observed and are cumulative with those set forth in our Policies and Procedures.

- Pay your player's fees on time and in full.
- Wait 24 hours following the end of any game or training session before approaching a Coach, Team Manager, Club Official or volunteer to discuss a complaint or concern arising from the game or training session.
- Keep your household information up to date including current addresses in the RISE registration database and email communication platforms.
- To the extent that your player relies on you for transportation, ensure that they arrive on time for all for all training sessions and games.
- Support your son/daughter's play in a positive manner and also that of their teammates.
- Remain clear of the field during training sessions and games.
- Don't be a sideline referee or coach.
- Avoid direct communication – verbal or non-verbal – with RISE players and coaches during training sessions and games.
- Avoid communication of any kind with referees and opposing players and coaches during or after games.
- Avoid the use of profanity and abusive language of all kinds at all events which involve or relate in any way to RISE, its players or coaching staff.
- Avoid the use of alcohol or tobacco at all RISE SC activities.
- Observe all rules applicable particularly to parents and to spectators in general as promulgated by the gaming league(s) in which your player participates.

Failure of a parent to comply with the above may result in disciplinary action including but not limited to exclusion of the parent from attendance at any RISE events or removal from the club.

SECTION XIII: FUNCTION OF THE TEAM MANAGER

The role of Team Manager is critical to the success of any RISE team and to the overall experience of our players. Appointed by the RISE Coaching Staff, Team Managers serve in positions of great trust and, therefore, are expected to be ambassadors of RISE to parents and players and to support RISE policies and procedures as set forth in this handbook and on our website. In the process of appointing Team Managers for U8 and older teams, preference is given to volunteers who have been with RISE for at least one year.

In general, the Team Manager is the hub of communication among parents, players, the team's Coach and RISE SC. Key information regarding players' participation in club activities is often disseminated to parents through Team Managers.

A RISE Team Manager's role and responsibilities include the following:

- Attend all RISE Team Manager meetings.
- Work with the team's Coach to organize a pre-season meeting of the team's parents to discuss all matters relating to the upcoming season such as the team's level of play, the team's gaming league, training schedule, tournaments, showcases, finances, etc.
- Collect and assemble the team binder which will include: official rosters, player cards, medical release forms, permission to travel forms, etc.
- Assist RISE SC in welcoming and orienting players who join the team late.
- Attend the team's training sessions as frequently as possible.



- For all games, have a first aid kit, bench and canopy.
- All games are run by the member of the RISE Coaching Staff, regardless of whether the coach is the team's head coach or another member of the RISE Coaching Staff. The Team Manager is not authorized to set lineups, determine playing time or decide any soccer related matters.
- No more than one RISE volunteer may be present on the team sideline of a RISE team game, provided the rules of the applicable league or tournament permit volunteers on the team sideline.
- Collect appropriate fees for team activities not covered by fees paid directly to the club.
- Register teams for tournaments and other events as directed by the Coach.
- At all times, support and uphold all club policies.

SECTION XIV: TEAM TRAVEL POLICY

RISE teams participate in league play, tournaments or other events that require travel outside of Harris County and its surrounding counties. When travelling, all players and parents should always make the best effort to stay at the same hotel throughout the event which is usually mandated by the events. However, even if not required, staying in the same hotel is crucial to players building chemistry through team travel. Additionally, while attending out-of-town events, Rise players and their families are encouraged to always stay in groups for safety.

Hotel arrangements for these out-of-town events should be coordinated through the team manager. Normally, it is required by the league, tournament or event's host that teams book their block of hotel rooms via their designated travel partner, i.e. Anthony Travel or Room Roster. When RISE teams travel to these events, it is imperative that our Team Managers and parents book their hotel rooms through the appropriate channels in order to be in

compliance with the league, tournament or event rules. Failure to adhere to these policies may result in fines or disqualifications to the team and/or club. In the event that your player or team is having trouble securing hotel rooms, please contact the RISE Administrator.

To the extent that fees paid to the club do not cover travel costs, teams participating in such events are responsible for covering their coach's travel costs. Any player who participates in an out-of-town event and fails to pay his or her share of the team's travel costs may be deemed ineligible to participate in future team events, including league games.

Team Managers, players and adults who fail to adhere to the Team Travel Policy rules are subject to sanctions as set forth in the Code of Conduct.

SECTION XV: GUEST PLAYER POLICY

Guest Players are players who are not currently registered with RISE and who participate in any event involving RISE teams. Guest Players are considered part of RISE and must adhere to all RISE rules and policies, as set forth herein and on our website. The team's Coach and Team Manager are both charged with ensuring that Guest Players and their parents are fully informed of this policy prior to their participation with RISE. Guest Players are responsible for paying in advance their own participation costs and travel costs associated with any event in which they participate with RISE teams.

Prior to participating with RISE teams, Guest Players must provide the Team Manager and the team's Coach with all necessary documentation required by any applicable gaming leagues and sanctioning organizations.

RISE players may not guest play with a non-RISE team without the prior consent of his or her team's Coach and the Executive Director or Technical Director.



SECTION XVI: COACH TRAVEL POLICY OUTSIDE OF PRE-APPROVED EVENTS

All RISE teams participating in out of town tournaments, showcases or other non-league events (Travel Events) must be covered by a member of the RISE Coaching Staff. Parents of players on RISE teams participating in a Travel Event outside of RISE pre-approved programming are collectively responsible for covering 100% of the Travel Costs incurred by members of the RISE Coaching Staff covering such event and are individually responsible for their personal costs associated with attending such event.

A Travel Event is any tournament, showcase or other non-league event or game which exceeds the RISE pre-approved programming for that team and which occurs beyond Harris County and its surrounding counties. Participation in any such Travel Event must be approved in advance by the Executive Director or Technical Director. The RISE Coaching Staff member assigned to the team is responsible for seeking this approval.

Coach Travel Costs are those costs which are consistent with IRS standards for the year in which the costs are incurred. For 2018, Coach Travel Costs are reimbursed as follows: \$0.54 per mile driven, \$51 per diem for each full day for meals, \$40 per diem for each partial day for meals, \$5 per day for incidentals, hotel costs (room and tax only); if required, cost of airline tickets and rental cars. Reimbursement rates in future years can be verified with the RISE administrator or the IRS website.

In the event that a member of the RISE Coaching Staff covers more than one team in Travel Event, then the participating teams shall share the responsibility for reimbursing the coach proportionately.

Team Managers and parents are instructed to not pay Travel Costs in advance of the Travel Events *unless otherwise instructed by the Executive Director or RISE administrator.*

RISE coaches must adhere to RISE's Code of Conduct when attending out of town events.

SECTION XVII: FUNDRAISING

All activities aimed at raising funds must be approved in advance by the Executive Director.

SECTION XVIII: INCLEMENT WEATHER POLICY

Every effort is made to hold training sessions and games as scheduled. In the event of inclement weather the following procedures will be used:

- A decision whether to close the fields is made by 3pm daily. However, because, weather at 3pm may not be the same as at 5pm or 8pm, sometimes a later notification becomes necessary.
- If a training session or game is stopped due to lightning, all players and parents must go to their cars immediately and wait for further notification from RISE or the RISE Coaching Staff before returning to the fields.
- As soon as any decisions on field closings or re-openings are made, parents will receive an email or text message via a notification service of RISE's choosing.
- RISE field closures are communicated via a notification service. Please register for this free service by following the instructions detailed on our website. Although it is our intention to provide notifications via free service, please check with your carrier to determine if there is a fee for receiving text messages before signing up. To stop field notifications, simply refer to the opt out instructions on our website.
- League game cancellations are determined by the policies of the respective gaming leagues and by the policies of the clubs on whose fields the games are played. For further information on league game cancellations, please visit the appropriate league website.



SECTION XIX: UNIFORMS POLICY

RISE Uniforms

Nike is the exclusive uniform provider for RISE SC; soccer.com is the exclusive distributor for RISE uniforms. Players are encouraged to use Nike products, such as: cleats, shin guards, balls, headbands, goalkeeping jerseys and gloves to match their Nike uniform kits. All RISE players are expected to wear the RISE approved training kits without any variation to all training sessions and the RISE approved game kits to games. Any RISE branded items that are not Nike should not be worn to any club sanctioned events.

RISE members enjoy a 10% discount during each soccer year, after the initial uniform purchase, on all soccer.com products and receive a free Goal Club Membership. All RISE branded items at soccer.com automatically include the Club discount.

RISE Uniform Policies

For all RISE Competitive teams, the dark colored kit is considered our Home uniform and the Light colored kit is considered our Away uniform. Gaming leagues and tournaments may have different rules for determining whether Dark or Light colored uniforms will be designated home or away.

In most, if not all gaming leagues and tournaments, including our in-house leagues, jersey color conflicts can occur. For this reason it is imperative all players should bring both full uniform sets to every game in order to avoid having to sit out because of a color conflict. Failure to resolve a color conflict could result in a forfeiture being awarded against the Home team.

During cold weather practices players should wear their RISE warm-up top (if issued) with the required training kit underneath. For games, warm-ups are worn during the warm-up session and are not allowed to be worn during the game unless a player is subbed out. Players may wear long sleeved undergarments beneath the game jersey but only so long as the color of the

undergarment is a Nike product whose color matches the primary sleeve color of the jersey beneath which the undergarment is worn. The same policy applies to shorts.

RISE has a few sets of loaner uniforms in its' possession in the event that a player losses a jersey and/or a new player or guest player requires one. By contacting the RISE competitive administrator you can borrow one of these loaner kits. A nominal fee will be collected to cover incidentals.

RISE Jersey Numbering

RISE SC assigns all jersey numbers to players, no exceptions.

RISE Uniform Modifications

RISE's practice uniforms, game uniforms, backpacks and warm-ups may not be modified in any way (for example, applying names, changing numbers, or adding patches, etc.), without the prior approval of the Executive Director.

Jersey numbers should not be added to training tops or changed on jerseys. If there is a number conflict due to a player movement, the player moving will be required to purchase a new jersey prior to their roster spot being confirmed.

While we don't want our families to take on additional expenses, we also have a professional standard and culture at RISE that we want to uphold.

Any violations of the above stated uniform policy may result in the club requiring the player to replace the modified uniform piece at his/her sole expense or be declared ineligible to participate in further RISE activities.



SECTION XX: PAYMENT AND FEES POLICY

Players with unpaid balances of any fee from previous seasons are not eligible to register for future seasons until all prior fees due are paid in full.

For RISE competitive programming we use an all-in fee approach. In the RISE competitive program, outside of uniforms that parents purchase directly from Soccer.com, the fees will cover almost all other fees including training fees, coach travel, league fees, referee fees, and a specific number of club approved tournaments / showcases described required for teams to compete in. The all-in fee structure minimizes unexpected fees for our parents and allows our Team Managers to volunteer without taking a financial risk. If you are unsure what showcases and / or tournaments are covered in the all in fee structure, please confirm with your coach, team manager, RISE administrator or Executive Director to avoid not being reimbursed. Payment plans. Payment plans are available to balance out your fees obligations at RISE SC.

RISE employs a **“No Pay, No Play Policy”**. Players who are not current on their fees will not be allowed to participate in any training sessions, games, or events until they are once again current on their fees.

Financial Aid

RISE SC and Reliant Energy teamed up to create the Reliant Energy Power Program (“Power Program”), a financial aid program designed to reduce the economic barriers of playing youth soccer. Through the Power Program RISE and Reliant Energy assist qualified players to cover all or a portion of RISE SC’s required fees. Awards of financial assistance under the Power Program are referred to as “Reliant Energy Power Awards” or “Power Awards.”

Power Awards will be granted on a yearly basis and must be applied for each year by the Power Program deadline along with the submission of the required documents to ensure consideration.

Any family is eligible to apply for financial aid if an economic barrier would prevent the player from playing soccer. No player will be disqualified from consideration because of sex, race, color, creed or religious beliefs.

Before player evaluations, financial aid applicants will be given an indicative range of aid they may qualify for and the corresponding fee balance they will be responsible for. Players of families who accept the range of aid and the corresponding fee balance will be invited to participate in player evaluations and may be eligible for team placements.

Competitive Programming Fee (U8-U19):

All players seeking placement on a RISE Competitive team must complete registration with RISE during the appropriate registration period. Prior to securing placement on a RISE Competitive team, players must pay all required fees in full by the indicated deadline. Both the Registration and Commitment Fee will be discounted from our indicated all-in fee. Your balance will be payable in a lump sum or monthly.



Refunds:

RISE fees are non-refundable, subject to the following:

Injuries: RISE players who incur a season-ending injury while playing in a club approved event for RISE are eligible for a refund of a portion of his or her fees which cover the remainder of the applicable season, dating from the time the player's parent notifies the Club that the player is unable to participate further in the season due to the injury. In the case of players on RISE Competitive teams incurring such an injury in the fall season, the prorated refund applies only to the portion of the Club Fees applicable to the fall season; the portion of the Club Fees applicable to the spring season may only be refunded if the injury prevents participation in the following Spring season as well. RISE players participating non-RISE SC activities which could contribute to overuse injuries occurring during RISE SC activities may not be eligible for refunds unless such players fully informed their Coach regarding all non-RISE SC activities.

All payments made to RISE SC will be applied first to unpaid balances due and then to current or future fees. A late fee will be added for each late payment. The late fee will be 10% of the amount of the overdue payment.

Payments are late if not received by RISE on or before the 10th day of each month. Any player late on any payments due to RISE SC will not be eligible to participate in training sessions, games or any other official club activity until all amounts due are paid in full.

Upon registration at RISE you are agreeing to our no refund policy as stated in our registration documentation.

RISE will contest all payment disputes or cancellations. In the event a parent is in default to RISE on their payment obligations, RISE will hire a collection agency to recover any unpaid fees.

Other Team-Related Costs: Depending on your player's placement and the activities of his or her team, other fees may be necessary. Tournament registration fees, Travel Costs, individual travel costs and other such team specific fees are the responsibility of the parents of each player on the team and are collected separately by the Team Manager.

SECTION XXI: TEAM FORMATION

The RISE Coaching Staff shall make all team formation decisions. Once announced, teams generally remain fixed through the end of the upcoming season; however, the RISE Coaching Staff reserves the right to make roster adjustments – up or down – at any time so long as such adjustments are made in good faith based on sound professional judgment and consistent with all applicable gaming league rules, but no player/parent shall incur financial loss of any kind as a result of such movement.

RISE makes every effort to accommodate ALL registrants. However, we are occasionally unable to place every registrant on a team. In such cases, players will either be placed on a waitlist or will be offered a full refund.



SECTION XXII: FIELD AND FACILITY POLICIES

RISE facilities where noted with signage, are private property and for the private use of RISE and its partner organizations. On facilities that RISE maintains or has a priority use agreement in place, our policies may vary. Use of RISE SC fields without prior written consent from the Executive Director is strictly prohibited. Requests for field use – including but not limited to the use for scrimmages and private training sessions – must be made in advance to the Executive Director or his/her designee. Players are only allowed to be on fields during their designated training and game times and there must always be a RISE Coach present.

RISE SC fields are private property; the following activities are strictly prohibited thereupon:

- Activities where a RISE Staff Coach is not present.
- Pets of any sort.
- Smoking, alcoholic beverages or illegal substances.
- Destroying or defacing soccer facilities or equipment such as goals, nets, corner flags, bleachers, grass, walkways, etc.

Please observe the following guidelines when parking at RISE fields:

- Allow pedestrians the right of way.
- Maintain less than 10 MPH speed.
- Please park your car in an orderly manner so as to maximize use of parking space and to maintain driving lanes.
- Parking at our facilities is at your own risk
- RISE will not be liable for any damages or theft of vehicles on our properties.
- Enter and exit facilities only through appropriately designated gates.
- No parking on any grass areas.
- Children should avoid walking through the parking lots as much as possible.

Violation of the RISE field use policy shall be deemed a violation of the RISE Code of Conduct.

SECTION XXIII: LOST AND FOUND

RISE SC does not maintain a lost and found and is not responsible for players' property left unattended at RISE fields. Because players have similar equipment and kits, items such as soccer balls, backpacks, warm-ups, etc., should be clearly identified in a manner that is also consistent with the uniform policy.



SECTION XXIV: RISE FAN GEAR

RISE volunteers will organize fan gear sales several times throughout the year at numerous locations. There is no better way to show support for RISE SC at games, tournaments, or school events than by wearing your RISE gear. Fan gear sales typically occur when training sessions begin prior to the fall and spring seasons, at our club tournament and around mid-season as needed. We are allowed 2 tax-free sales annually.

SECTION XXV: PLAYER SAFETY

RISE SC makes every reasonable effort to provide a safe environment for all of its players. However, parents should not leave players unattended at any field. Please make sure that your player's Coach or Team Manager is present before dropping him or her off for a training session or game.

Get to know other coaches, parents and players in the club and, in particular, those on your player's team and on the teams which practice on adjacent fields. Players should practice the "Buddy System" when using restrooms at games and training sessions. Parents and parent appointed chaperone's are responsible for their respective players when traveling. Be aware of your surroundings. Do not become complacent. Report dangerous field conditions to the Executive Director, Technical Director, any RISE Coach or Board Member.

SECTION XXVI: PLAYER INSURANCE COVERAGE

Limited secondary insurance coverage is automatically provided to registered RISE players through STYSA and US Club Soccer. Such coverage applies ONLY to certain sanctioned events including regularly scheduled training sessions and games and requires the player to have completed and submitted the appropriate Medical Release Form. This coverage supplements the player's private health insurance policy. For players without private health insurance, this policy may serve as limited primary insurance.

Details on the foregoing secondary insurance coverage may be found on the following websites:

STYSA: <http://www.stxsoccer.org>

US Club Soccer: <http://www.usclubsoccer.org>