



RECREATIONAL 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.



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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.

The RISE Recreational provides a fun, safe, instructional soccer experience for players that are new to soccer and trying to build their individual technical skills. While the RISE offers a competitive pathway for our players and those core values and culture our embedded in our philosophies, we must reiterate that our Recreational Program offerings are NOT competitive or designed to be. Our priority for players in our Recreational Programs is to provide them an environment conducive to learning. At the Recreational play level in both our REC and ADVANCED Programs, the club objective is to help our players build a strong technical foundation so that they are comfortable with the ball at their feet and confident in their decision making abilities when playing.

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

All of the key aspects relating to our pattern and style of play, our players, our practice and our philosophy are absolutely relevant and embodied in our club structure.



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. The RISE Recreational curriculum focuses on individual skill development, building confidence in players, and maximizing creativity by allowing players to learn the game gradually in a fun, stress free and engaging environment.



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. As part of the RISE Recreational soccer program, we offer two distinct models, a traditional, parent-led model "RISE Rec" and the "REC ADVANCED" model that is primarily led by the RISE Rec Coaching Staff.

The RISE Recreational program introduces our youngest players to the beautiful game. RISE Recreational is, at heart, a community-based program, with teams formed from numerous geographic locations, including: West University, Bellaire, Meyerland, Sugar Land, First Colony, Missouri City and Sienna Plantation.

RISE recreational teams are either coached by RISE Recreational Coaching Staff members or volunteer parent-coaches that we refer to as Team Managers. However, our Team Managers will be guided and mentored by the Rise SC Professional Coaching Staff, who will be on hand at certain training sessions and games, to work together with our Team Managers to ensure we are providing excellent instruction help teach basic soccer fundamentals to players. This will ensure a positive experience for Team Managers and players alike.

The Rise Rec curriculum focuses on individual skill development, building confidence in players, and maximizing creativity by allowing players to learn the game gradually in a fun, engaging environment.

We strive to develop RISE Recreational players with a strong technical foundation so they are prepared to matriculate into the RISE Competitive Program. The RISE Style of Play in the Competitive Program is described in further detail below.

RISE Recreational Player Fundamentals

- Embracing being part of a RISE SC and a team
- Become an excellent teammate
- A desire to compete to the best of their abilities
- Follow a healthy lifestyle

- Strive to maintain poise and technique under pressure with the ball at their feet
- Build your fundamental skills seasonally
- Quick and positive decision making with the ball
- Develop a confident first touch on the ball
- Progress to control the ball at a variety of speeds and heights
- Follow a healthy lifestyle

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

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.



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

Rise Recreational

Recreational Director	TBD
Rec ADVANCED Administrator	Alice Javier
Rec Administrator	TBD
CENTRAL Site Coordinator: West U, River Oaks, Bellaire, Braeswood, and Meyerland	TBD
SOUTH WEST Site Coordinator: Sienna Plantation and Missouri City	TBD
SOUTH WEST Site Coordinator: Sugar Land	TBD

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 extent to the RISE Coaching and Administrative Staff, any violation or inappropriate use of member information is subject to the RISE code of conduct policy. Parents, Team Managers or Volunteers may not use the RISE email 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:

- 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 unless you are a Team Manager in the Recreational program

and are authorized to be on the field with the team or the Coach asks for your assistance.

- 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 Site Coordinator.
4. If, after speaking with the Site Coordinator, 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. Then you may talk to the appropriate Site Coordinator.
2. If, after speaking with the Site Coordinator, 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 to, 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: RECREATIONAL PROGRAMMING

RISE Rec Jr. (U4-U5)

The RISE Jr. program is our introductory level offering for our youngest players, most of which are new to soccer. Depending on your home campus, the once weekly training session for RISE Jr. players are either led by a volunteer parent Team Manager or exclusively by RISE Competitive Coaching Staff. All games are led by volunteer parent Team Managers. RISE uses fun, age-appropriate activities to emphasize fundamental skill development and proper technique on the ball for our youngest athletes via our curriculum-based, program.

RISE Rec (U6-U12)

This is the entry level option to our Recreational Program. Rec players and teams in this format are led by a volunteer parent Team Manager. Volunteer Team Managers will run their assigned team's training sessions twice weekly and their game on the weekend. Players participating in this program are typically seeking a seasonal activity to exercise, develop friendships, and learn about teamwork. This program usually consists of beginners. Most RISE Rec players consider soccer one of their favorite sports, but have multiple commitments outside of soccer. These teams typically value a less competitive environment.

RISE Rec ADVANCED (U6-U12)

The Rec ADVANCED program is led by RISE SC professionally licensed Recreational Coaching Staff. Players will have 2 pool training sessions per week with a low coach to player ratio and a game on the weekend. In this program, parent volunteer Team Managers are encouraged to work closely with our Recreational Coaching Staff to assist them if needed. Volunteer parent Team Managers will lead the games on the weekend.

The Rec ADVANCED program allows our coaches to focus more on individual player development. Players who would benefit from the Rec ADVANCED are passionate about the game and dedicated to improving their technical ability. Rec ADVANCED players will try to excel in a challenging environment by showing the willingness to learn and compete. Players who choose this program should be committed to making a majority, if not all of their team's training sessions and games. Rec ADVANCED teams will value the training environment, player opportunities, and professional coaching oversight. These teams will play games against the teams in the Rec and Rec ADVANCED Programs but there will be both team and individual player opportunities outside of those games. This program is designed as a pathway for the player that has ambition to eventually play at the top competitive levels at RISE.

While it is understood that the Rec ADVANCED model is an upgrade and more competitive in nature than the traditional Rec format, it is important for our families to understand that this is not a competitive program.

RISE reserves the right to move any, age appropriate, player out of the Recreational Program and into the Competitive Program if the RISE Executive Director or Technical Director determine that said player is compromising the integrity of the non-competitive nature of the Recreational Program and it's player development initiatives.



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, RISE Coaching Staff and authorized Team Managers 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:

Most RISE Recreational games are run by volunteer parent Team Managers. Non-Team Managers, including but not limited to and parents, are strictly prohibited from instructing players during games. In the event that a RISE Coaching Staff member is at your games, they will take the coaching lead over a Recreational team over a parent Team Manager by default. This is common in events or in certain auxiliary programs.

During games, RISE Coaches and the Team's Manager (1 Team Manager) plus an Assistant Team Manager (1 Assistant 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 and Assistant Team Manager should be the only adults on the team sideline.

All Recreational players in both the Rec and Rec ADVANCED Program must play 50% of the game.

SECTION X: FUNCTION OF THE RISE REC STAFF COACH

Prior to each season, the Executive Director and/or Technical Director assigns RISE Rec Staff coaches to the Rec ADVANCED program and to RISE game facilities to provide oversight. The RISE Rec Staff Coach is charged with making all decisions relating to the soccer development of the players on his/her Rec ADVANCED team roster during the season.

Members of the RISE Rec 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. All RISE Coaching Staff Members are required to pass a South Texas imposed background check.

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
- Provide individual player evaluations
- 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 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
- Remember RISE Staff Coaches and Team Managers are not baby sitters

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 RECREATIONAL 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 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 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, unless you are a Team Manager or specifically instructed by a RISE Coaching Staff member
- 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 RECREATIONAL TEAM MANAGER

The role of parent volunteer Team Manager is critical to the success of any RISE team and to the overall experience of our players.

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 manual and on our website. 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 club and/or team Coach to ensure team's parents are up to date on all matters relating to the upcoming season such as the team's training, game and event schedules, postgame beverages, etc.
- Assist RISE SC in welcoming and orienting players who join the team late.
- Rec ADVANCED Team Managers should attend the team's training sessions as frequently as possible.
- Rec Team Managers and/or Assistant Team Managers should attend every training session
- For all games, have a first aid kit, bench and canopy.
- All Recreational games are run by the volunteer parent Team Managers, unless a RISE Coaching Staff member interjects.
- In the event that a member of the RISE Coaching Staff attends a game or training session, they are permitted, by default to take over the coaching duties from Team Managers.
- No more than one 2 RISE volunteer parents (Team Manager plus an Assistant Team Manager) may be present on the team sideline of a RISE team's game. This rule does not pertain to RISE Coaching Staff Members
- Collect appropriate fees for team activities not covered by fees paid directly to the club.

- Register teams for RISE approved tournaments and events as directed by the Club.
- All RISE Team Managers and Assistant Team Managers are required to pass a background check.
- RISE Team Managers or Assistant Team Managers do not have the authorization to change, cancel or add any training sessions or games. The club will handle all of these matters if applicable.
- At all times, support and uphold all club policies.

SECTION XIV: 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 XV: 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 Recreational teams, the dark colored kit is considered our Home uniform and the Light colored kit is considered our Away uniform. Gaming leagues and tournament may have different rules for determining where Dark or Light colored uniforms will be designated home or away. RISE will communicate to its constituency what tops they should wear to training. It is mandatory that kids wear their approved RISE uniforms to all training sessions as well as games so they are easily identifiable. We do this primarily for the safety of the children.

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 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 XVI: 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.

In the RISE Recreational Program, players are required to pay their fees at the time of registration in order to be eligible to be placed on a team. As the club rolls out the details of the Recreational Program prior to each Fall and Spring season, parents will be provided with our program offerings and fee schedules.

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.

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.

Unable to Place: RISE will try to place every player on a team. Occasionally we will offer players a position on a combined team or in a different age group to ensure that the player has an opportunity to play. In the event that RISE cannot place the player on a team in the club a full refund will be issued minus a \$25 processing fee.

SECTION XVII: 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 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.

While we form teams randomly in the RISE Recreational Program, we apply a set of guidelines for the team formation process in the Rec and Rec ADVANCED Programs. These guidelines are being put into place to ensure teams are formed in a competitively equitable manner to provide equal and meaningful competition throughout the season.

RISE Team Formation guidelines:

1. Home Campus Designation
2. Birth Year
3. School attended
4. Neighborhood zone
5. Player evaluations and ranking

*Team Managers in the U6-U12 age groups will have the ability to make 1 “friend request”.

No teams will be formed unless there is a volunteer Team Manager in place.

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 minus a \$25 processing fee.

SECTION XVIII: 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 XIX: 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 XX: 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 XXI: 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 XXII: 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>