

Falcon/Saints Soccer Spring 2010

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1. The game schedule will be located at: <http://www.ensa.us/> or check the PAL web site
<http://www.soccer.falconspal.org/home.asp>
 - For all for game status, after **3:30pm** on **weekdays** and **6:30am** on **weekends**: 402-827-9868
 - Field Maps and Field Legend:
<http://www.ensa.us/index.php?view=topic&topic=176>
 - Rainout/Cancellation – Rescheduled game information (Reference the game #) is available between 3 to 5 days after the game is rained out or cancelled
2. **PLEASE if you cannot be at a game, give the coaches as much advanced notice as possible.** With the many activities (track, religious education, etc) it will be difficult to get 11 players together at the same time.
3. Have your son/daughter to the game 30 minutes ahead of time. This will allow your child time to properly warm up and stretch thus helping to prevent injury.
4. On game day, players should refrain from drinking any soft drinks before the game. Water, juice and sports drinks are ok. Players should make sure they are properly hydrated before, during and after each game and practice. Bring a water bottle to all games and practices.
5. You must have shin guards and socks or you will not be allowed to play!
6. No jewelry or watches are allowed to be worn during the game.

7. Parents: Please set an example by practicing good sportsmanship. Please respect the referees and please let the coaches do the coaching.
 8. Please let the coaches know if your child has any special medical issues.
 9. Parents, do not approach the coach after a game regarding issues such as playing time or position. Wait 24 Hours after a game before you contact the coach.
- **To St. Albert baseball and softball players:** I will work closely with the baseball and softball coaches to ensure there are minimal conflicts and you child can participate with no outside pressure.
 - **To St. Albert Track participants:** I will continue to work with the track coaches to ensure students can participate in both sports and meets/soccer matches are de-conflicted. **We have agreed on practicing two nights a week for soccer only...**
 - The uniforms belong to St. Albert's. These uniforms need to be cleaned and returned to your coach at the end of the year. A \$35.00 deposit is required for the uniforms. The deposit will be refunded at the end of the year when the clean uniform is returned.
 - **PLEASE:** These kids have many activities: Baseball, track, confirmation, choir etc. Please keep the coaches informed of practice or game conflicts.
 - The best way to improve your skills is to practice. Please encourage your child to practice touches on the ball, dribbling or running.