



# Arlington Soccer Club

Spring Season  
Virtual Coaches Meeting  
March 30th, 2021



# Speakers & Consultant



Mike Girioni

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President



Dean Carman

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Treasurer & Covid Safety  
Officer



Paige Forster

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Coach



Travis Baggett, MD

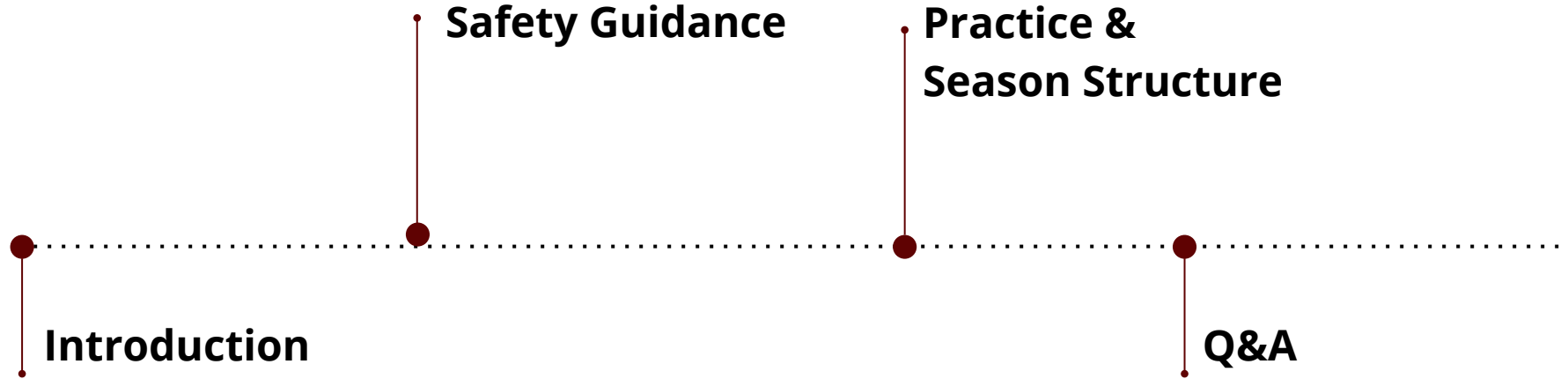
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Winter Program Director &  
Medical Advisor

# Introduction

1. Thank you for volunteering!
2. Spring season expectations
3. Priorities
4. Sportsmanship and zero tolerance
5. Registration and training reminder  
<https://www.arlingtonsoccerclub.org/coaches/coaching-requirements/>
6. Recognition of Grade 8 coaches

# Meeting Overview



# Safety Guidance



# Thank You For a Great Fall 2020 Season

- As a collective group of coaches, parents, players and administrators, ASC distinguished itself as a leader in Arlington, proving that youth sports could be played safely.
- Our partners at Mass Youth Soccer were an important component of our success because they created actionable steps that were implemented across the state.
- Our local leadership and MYSA's statewide leadership allowed other sports to return safely, adopting many of our best practices in their programs.

# Complacency is the Enemy

- Fall 2020 and Winter 2020/2021 - Success
- The MYSA protocols adopted by youth soccer clubs work!
- Don't celebrate the victory over COVID-19 before the game is over.
  - Think of each week of the season as a minute.
  - We're ahead 1-0 with 10 minutes to go.
  - Tighten up the defense
  - Keep working hard

# Update Safety Tools

Our safety documents have been updated for the Spring 2021 seasons:

- Coaches Toolkit
- COVID Coordinator Checklist
- Coach, Parent, Player Checklist

Mass Youth Soccer continues to build out their website with helpful COVID safety information: <https://www.mayouthsoccer.org/covid-hub/>

All common sense COVID requirements from Fall 2020 (distancing, masks, space, etc.) are carried forward to the spring season.



# COVID-19 Safety Hierarchy



# Key Updates From EEA in November 2020

## **Game Rules**

- COVID game modifications were removed except for face covering requirement.
- Please play the game per league rules.

# Key Updates From EEA on 3/22/2021

## **Field Capacity and Spectator Limits**

- Limits on total number of players and/or spectators has been removed.
- Limit is based on the number of spectators that can fit into the specified view area for the playing surface, allowing for at least 6' social distancing for all individuals, including those at adjacent fields.
- Family pods can sit together, all other must be 6 feet away.
- High risk populations should use common sense with attending games.

# Key Updates From EEA on 3/22/2021

## **Out of State Travel**

- March 22nd EEA update makes no mention of out of state travel.
- Default is the new March 22nd Commonwealth of MA Travel Advisory, and the March 22nd Arlington Public Schools Travel Protocol.
- ASC policy for Spring 2021 remains “no school, no soccer”.

The APS policy is on the next slide. Please note that “Anyone” as it applies to soccer includes players, coaches, parents, family, spectators, referees, etc.

Arlington Public Schools Travel Protocol  
March 23, 2021

CDC Travel Guidance: Travel increases your chance of spreading and getting COVID-19. CDC recommends that you do not travel at this time.

These travel restrictions apply to all students and staff.

1. Remain out of school until day 11 after return to Massachusetts.

OR

2. Produce a negative PCR or BinaxNow (administered by outside provider) COVID-19 test result that has been administered after your arrival in Massachusetts. The test result must be emailed or presented to your school nurse prior to arrival in school.

Exemption from these restrictions include:

- *Anyone who has traveled within the New England states, (Connecticut, Maine, New Hampshire, Rhode Island and Vermont).*
- *Anyone who is returning to Massachusetts after an absence of fewer than 24 hours.*
- *Individuals who have received either 2 doses of the Moderna or Pfizer COVID-19 vaccines OR who have received a single dose of the Johnson & Johnson vaccine 14 days or more prior to travel. In order to be exempt from APS travel restrictions, proof of vaccination must be presented to the principal and school nurse.*

*\*This protocol is subject to change based on state and local guidance.*

# Travel to Soccer Activities

- It is strongly recommended that players travel to games with only members of their household.
- In the event that transportation of a non-family member becomes necessary, all parties in the vehicle must wear cloth face coverings or face masks and to the extent possible have external air circulating in the vehicle by opening a window.

# Player Face Coverings

- A face covering is required while actively playing and while on the sidelines.
- Face coverings may be pulled down for short mask breaks to catch one's breath as long as the person is 6' or more away from others.
- A face covering must be worn during arrival and departure from the field.
- If conditions are so severe that mask wearing is too dangerous, the competition must be delayed, postponed or cancelled.

# Compliant



# Non-Compliant





# Continue to Take Attendance

Taking attendance at practice and games allows for quick and complete contact tracing, if necessary.

- Quickly identify for health officials who may have been exposed to COVID-19.
- Accelerate the transition of close contacts to quarantine.
- Help people who may have been exposed get tested and have access to state and local resources.
- Helps Public Health Departments to identify a possible COVID-19 cluster.

# What About Spectators and Referees?

For all outdoor soccer activities, MYSA and ASC *REQUIRE* attendance logs to be kept for all players, coaches, referees and other onsite administrators. In addition, all efforts should be made to keep an attendance log of all spectators at each soccer related event.

As coaches, we're confident you will leverage technology to obtain attendance of spectators.

# Gatherings

- Please do not have team gatherings before or after soccer activities.
- Continue to social distance while arriving at, or leaving the field.
- If you're waiting for your game to start, do not crowd around the field or cluster as a group.

# Questions, Comments, Concerns, Suggestions

- If you have any COVID safety comments, questions, concerns or suggestions, please email the COVID Safety Officer:

Dean Carman  
dean.carman@verizon.net

# Stepping onto the Field

**Season Start Date:  
Monday 5th April**

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# Season Overview

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- Professional Coaching Staff
- Clinics
- Development Schedule
- Fields
- Practice schedule
- Practice Plans
- Continued support

# Professional Coaching Staff



Name: Junior Kazeem  
Home City: London  
Coaching: Grade 3 & Clinics



Name: Paige Forster  
Home City: Liverpool



Name: Brogan Marshalsey  
Home City: Fife (Scotland)  
Coaching: Grade 6 & Clinics

# Clinic Development Overview

All clinic directors have now sent out this seasons schedule & all coaches have been informed of their teams, start & end date, field locations and start time. If you haven't already done so please reach out to your player families and inform them of all relevant details. Here is a recap:

## Pre Kindergarten (Saturday)

- ❑ Week 1: April 24th
- ❑ 2 sessions:  
12:30-1:30 & 1:45 - 2:45
- ❑ All practice plans will be emailed out prior to week 1
- ❑ Field: Lussiano (North Union)

## Kindergartner (Saturday)

- ❑ Week 1: April 10th
- ❑ 2 sessions:  
9:00-10:15 & 10:45-12:00
- ❑ All practice plans will be emailed out prior to week 1
- ❑ Field: Lussiano (North Union)

## Grade 1 (Sunday)

- ❑ Week 1: April 11th
- ❑ 2 sessions:  
1:00- 2:15 & 2:45 - 4:00
- ❑ All practice plans will be emailed out prior to week 1
- ❑ Field: Lussiano (North Union) & Florence



# Development Schedule

Prior to your development session, either coach Junior or coach Brogan will email you to discuss your wants and needs from the session. Throughout the season each team will receive a minimum of 4 individual team development session (weather/ schedule depending). In addition when possible, our professional coaches will provide development session to grade 2 teams who have opted for an early practice slot.

## Grade 3

Coach Junior will:

- ☐ Come to your practice field
- ☐ Provide a session plan based on your teams needs
- ☐ Provide continued support throughout the season
- ☐ Contact you the weekend prior to your upcoming development session.

## Grade 6

Coach Brogan will:

- ☐ Come to your practice field
- ☐ Provide a session plan based on your teams needs
- ☐ Provide continued support throughout the season
- ☐ Contact you the weekend prior to your upcoming development session.

# Fields

- Clinics: We have reduced the number of teams per playing surface for the clinics to allow for adequate spacing. In previous seasons we have had 10 teams of 10-12 players (100-120 players) per field.
- This season we have halved this to 4-5 teams per field and increased the number of clinic sessions.
- Grade 2-12: Each field will have 2 teams maximum. This goes for all field sizes (7v7/9v9/11v11)

# Practice Schedule

Can be found here on our website:

<https://www.arlingtonsoccerclub.org/spring-2021-practice-schedule/>

- Top tips: When searching for your practice slot if you press: Command + F on your laptop/computer this will bring up a 'find search bar'. From here if you type in your head coaches surname, it will highlight any cells with that name. This will save you scrolling through the entire schedule.

# Practice Plans

Can be found here on our coaching portal website:

[Practice Plans](#)

Massachusetts Youth Soccer:

<https://www.mayouthsoccer.org/coaches/session-plans/>

# Continued Support

[coachpaigef@gmail.com](mailto:coachpaigef@gmail.com)

# Thank You & Good Luck





# Questions & Answers

#RETURN SMARTER #RETURN STRONGER #KEEP IT FUN

