

LONESTAR

SOCCER CLUB



Lonestar Vision

Lonestar Soccer Club is on course to become the premier youth soccer club in the country, home of National Champions at the highest level of play and home of Champions at each level of play in which we compete. We will develop all players to have positive, winning mentalities, strong values and high expectations of themselves and others by providing them with countless opportunities to develop, learn and grow both on and off the field. Lonestar Soccer Club will be renowned for its college placement program that will draw to our doorstep the top schools from across the country, in all divisions, to recruit our players. We will provide alternative opportunities for our players through exposure to professional clubs throughout the world. Players will leave Lonestar Soccer Club knowing that hard work, dedication, organization, respect, discipline and desire will take you a long way in life; and that soccer is a passion that lives inside those who honor the game. And most of all, our players will forever remember "WE ARE LONESTAR!"

PLAYER & PARENT HANDBOOK

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SECTION I: GENERAL CLUB INFORMATION – As of 05/11/09

Club Management	
Position	Name
Executive Director of Soccer	Sean Bubb
Girl's DoC	Don Cameron
Boy's DoC	Sean Bubb
Business Manager	Rob Ferguson

Office		
Phone - 512.336.5425 Fax - 512.336.7877 12325 Hymeadow, 1-200, Austin, TX 78750		
Position	Ext.	Name
Business Manager	5	Rob Ferguson
Program Manager/Book Keeping	4	Sara Reed
Select Registrar/Office Manager	3	Shawn Hancock
Player Account Manager	2	Sheila Ross
USSF, ECNL, Jr Academy Registrar/ Tournament Director	0	Lisa Talbot

Board of Directors	
Position	Name
President	Rod Favaron
Past-President	Buck Baccus
Vice President	John Buckler
Treasurer	David Rubin
Secretary	Deanne Hume
Member At-Large	Carol Howard
Member At-Large	Pat Hickman
Member At-Large	Tod Spears
Member At-Large	Keith Zoellner
Member At-Large	Vacant

Coaching Coordinators	
Position	Name
Girls PL/DI	TBC
Girls SII/DII	Eric Stilley
Boys PL/DI	TBC
Boys SII/DII	Alfie Gutierrez
South Program	Vic Pace
Junior Academy Girls	James Armstrong
Junior Academy Boys	TBC
USSF DA	Bruce Talbot
ECNL	Aaron Metzger

Coaching Staff & 2009/10 Tentative Assignments

98G		Red		Sean Bubb		JD Cochran
98G		White		Murray Hanson		
98G		Blue		Eric Stilley		
98G		Gold		Eric Stilley		
98G		Silver		Mark Prindle		
98G		Bronze		Mark Prindle		
98G		Navy		Michael Callahan		
98G		Black		Natalie Harris		
97G		Red		JD Cochran		
97G		White		Murray Hanson		
97G		Blue		Sonny Zepeda		
97G		Gold		Robert Lopez		
97G		Silver		Tim Meyer		
97G		Bronze		Mark Prindle		
96G		Red		Don Cameron		
96G		White		JD Cochran		
96G		Blue		John Gardner		
96G		Gold		Eric Stilley		
96G		Silver		Zack Pope		
95G		Red		Don Cameron		
95G		White		Aaron Metzger		
95G		Blue		Sonny Zepeda		
95G		Gold		Zack Pope		
94G		Red		Aaron Metzger		Don Cameron
94G		White		John Gardner		
94G		Blue		Sonny Zepeda		
94G		Gold		Robert Lopez		
94G		Silver		Tim Meyer Meyer		
93G		Red		Don Cameron		
93G		White		Aaron Metzger		
93G		Blue		John Gardner		
92G		Red		Aaron Metzger		
92G		White		JD Cochran		
98B		Red		Steve Bailey		
98B		White		Maca Teale		
98B		Blue		Alfie Gutierrez		Clint Osborne
98B		East		Rogelio		
98B		Gold		Sergio Ramirez		
98B		Silver		Dave McCullough		
98B		Bronze		VJ Dixit		
97B		Red		Bruce Talbot		
97B		White		Tommy St John		
97B		Blue		Ryan Cougherty		Alfie Gutierrez
97B		Gold		Clint Osborne		

97B		Silver	Jarrold Chandler	
96B		Red	Sean Bubb	Maca Teale
96B		Red South	Steve Bailey	
96B		White	Alfie Gutierrez	
96B		Blue	Jarrold Chandler	
96B		Gold	Malik Ben Musa	
95B		Red	Bruce Talbot	
95B		Red South	Steve Bailey	
95B		White	Malik Ben Musa	
94B		Red	Bruce Talbot	Sean Bubb
94B		Red South	Wolfgang Suhholz	
94B		White	Steve Bailey	
94B		Blue	Luis Papandrea	Alfie Gutierrez
93B		Red	Bruce Talbot	Bobby Murphy
93B		White	Maca Teale	
93B		Blue	Dave McCullough	
92B		Red-Academy	Sean Bubb	
92B		White	Eric Lassiter	
92B		Gold	Paul Muller	
98B		Red East	Rogelio	
98B		Red South	Vic Pace Pace	
98B		White South	Kerwin Johnson	
98B		Blue South	Silva	
98B		Gold South	Silva	
98G		Red South	Andy Tunnicliffe	
98G		White South	Andy Tunnicliffe	
97B		Red South	Vic Pace	
97B		White South	Tony McGary	
96B		White South	Tony McGary	
96B		Blue South	Steve Roe	
96G		Red South	Andy Tunnicliffe	
96G		White South	Beto Papandrea	
95B		White South	Beto Papandrea	
95B		Blue South	Kerwin Johnson	
93B		Red South	Vic Pace	
92B		Red South	Wolfgang Suhholz	
92B		Blue South	Kerwin Johnson	
92B		White South	Tony McGary	

SECTION II: OPERATIONS

Lonestar Soccer is a 501(c)(3) non-profit organization.

THE LONESTAR BOARD OF DIRECTORS

- The Lonestar Board of Directors (“BOD”) is the governing board for the Lonestar Soccer Club. The BOD is responsible for the internal structure and policies of the Lonestar Soccer Club.
- The Lonestar BOD will oversee the progress and strategic goals of the Club through the leadership of the Directors of Coaching (“DOC”) and Business Manager of the Club.

THE LONESTAR STAFF

- The Lonestar Soccer Club is led by our Executive Director of Soccer, Director of Coaching and Business Manager.
 - EDoS – Sean Bubb
 - Business Manager – Rob Ferguson
 - Girls DoC – Don Cameron
 - Boys DoC – Sean Bubb
- The Lonestar coaching staff report directly to Sean Bubb and Don Cameron, the Lonestar administrative staff report directly to Rob Ferguson.
- Please visit www.lonestar-sc.com for a full list of Lonestar employees & bios on coaching staff

THE LONESTAR OFFICES AND OFFICIAL WEB SITE

- The physical address is located at:
 - 12325 Hymeadow, Building 1, Suite 200 Austin, Texas 78750
 - All payments should be mailed to this address
- The telephone numbers are:
 - Offices: 512-336-5425
 - Fax: 512-336-7877
 - Rainout Hotline: 512-336-7246 (512-336-RAIN)
- The Club web site is:
 - www.lonestar-sc.com

For any registration, payment, or business related questions, please contact the Lonestar office.

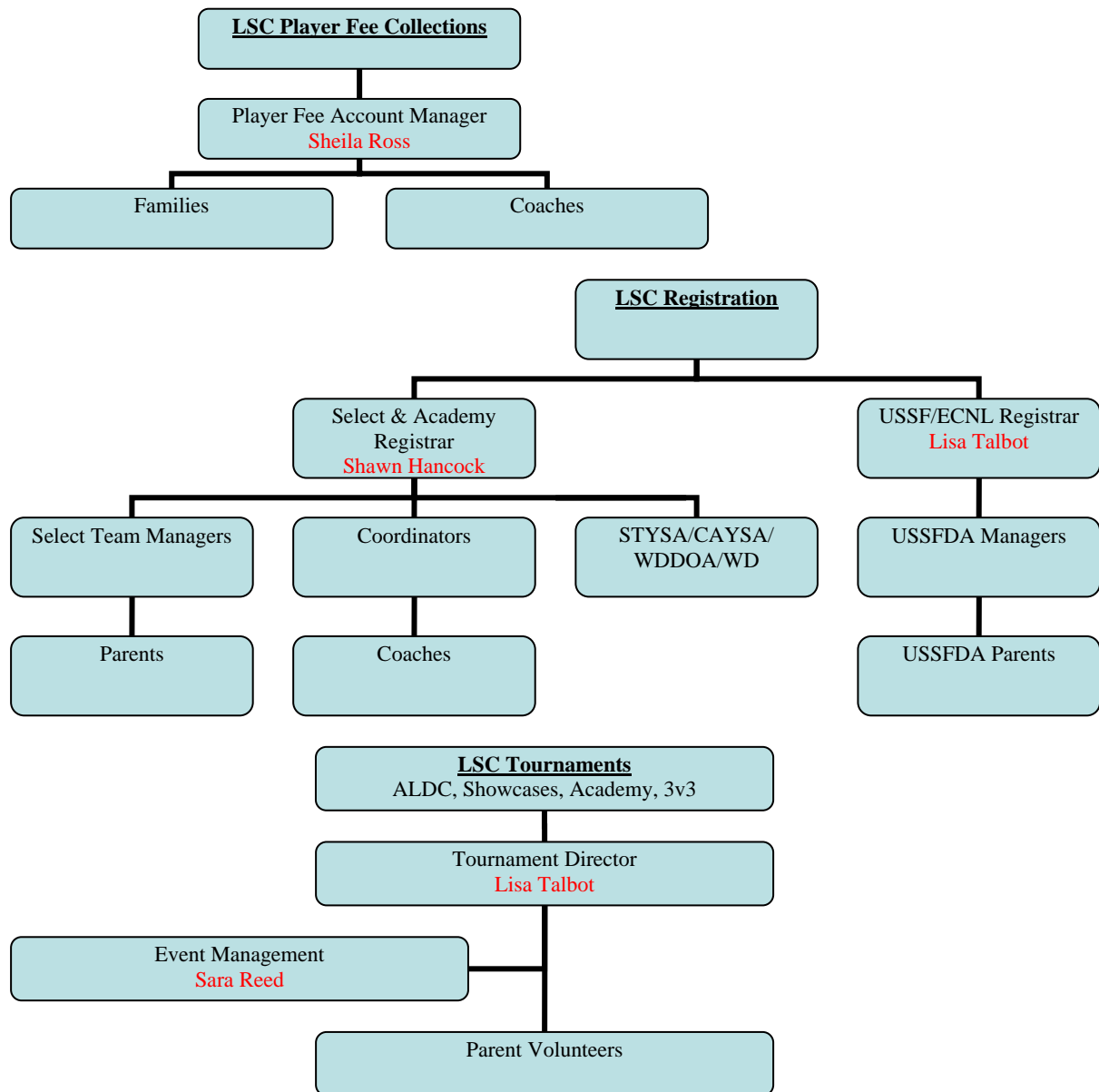
For any soccer specific related questions, please contact your respective coach or DoC with the Lonestar Soccer Club.

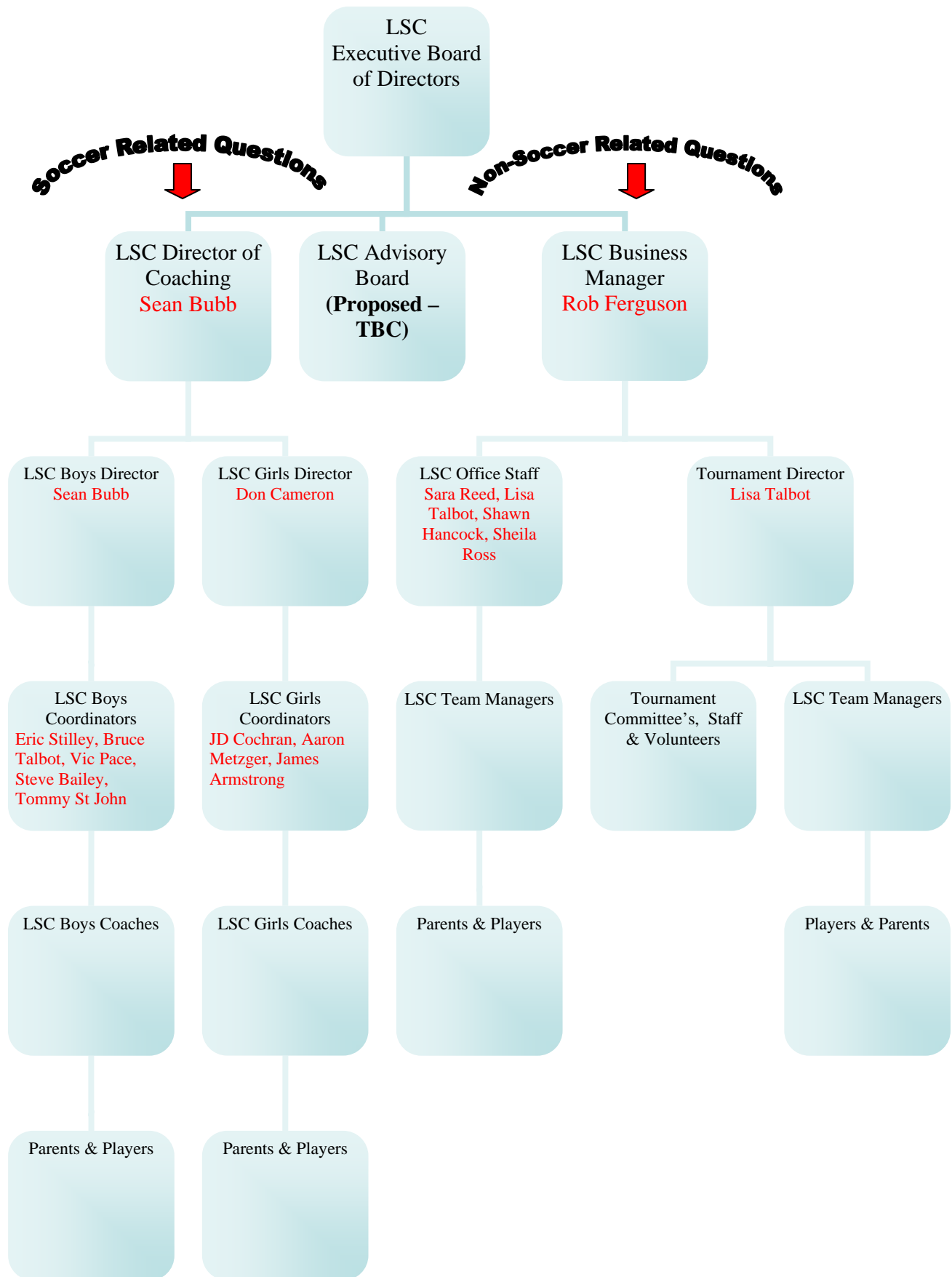
All Lonestar Soccer Club contact information may be found at our official web site.

CLUB-WIDE COMMUNICATION

Lonestar Soccer utilizes several forms of communication to relay necessary information and announcements to players and families.

- *Center Circle*, Lonestar’s Official Club Newsletter
 - Emailed 2-3 time per season
 - Archives available at www.lonestar-sc.com
- Club-wide email
 - Will be sent when information needs to reach the audience in an expedited manner
- Lonestar Soccer does not provide email distribution lists to outside vendors
- Please refer to the 4 organizational charts below, as a guideline to the appropriate communication channel to take when contacting the club for non-soccer related questions





SECTION III: COMMITMENT AND SELECT SOCCER PROGRAM

THE LONESTAR SOCCER CLUB TRAINING CONCEPT

- The Lonestar Soccer Club will provide a firm commitment to each and every soccer player within our club. Our club and our coaches are passionate about what we do on and off the field.
- The commitment to LSC is from June 1, 2009 through May 31, 2010. The continued participation of a player is contingent upon the player and family abiding by the rules, agreements, and policies (including Parent and Player guidelines and responsibilities found within this Handbook), the Capital Area Youth Soccer Association (CAYSA), Western District Division One Association (WDDOA), and the South Texas Youth Soccer Association (STYSA) & United States Soccer Federation (USSF).
- Lonestar DoC'S and coaches will make a recommendation to any player they feel would benefit from moving between teams, as and when the competition rules permit such movement. Any player rostered to a team is bound to the team to which he/she is first rostered from August 1 until July 31 unless the player requests and completes a STYSA player release form with the Lonestar Office. Lonestar DoC'S and coaches will make a recommendation to any player they feel would benefit from moving between teams as and when the competition rules permit such movement.
- A player is not allowed to play for more than one team (whether Recreational or Select) at the same time in any league with the exception of developmental players on the USSF DA teams.
- The Lonestar coaches have the primary responsibility for player development, instruction, and education for players, and to manage the overall growth of our players within our soccer environment.
- LSC will provide a ten-month **Training Curriculum** for field players and goalkeepers. Specific technical, tactical, physical and mental themes will be taught during the Lonestar season. Training will be age appropriate to the competitive level, but the ideas and methodology will be consistent throughout Lonestar during the seasonal year. Specific training needs that arise relative to each team's competitive performance are also addressed each period.
- The Lonestar training staff will evaluate all players at the conclusion of the fall/spring seasons and provide a verbal evaluation to assess the player's current level of play and progress made over they year.
- **Lonestar Team Camp** is provided by the Lonestar staff. This is a **MANDATORY CAMP** for all Lonestar players prior to the start of the season. The Team Camp is a four-day camp which will introduce the Lonestar staff and training curriculum to the players. Teams may train up to twice a day and play friendly interclub games.
- **Lonestar Friendlies** are usually the weekend after team camp where the club welcomes all players and families back to the season. During the weekend, Lonestar will face each other in scrimmages against their respective ages, or other ages and genders of Lonestar Soccer Club. Lonestar Friendlies may also be scheduled at other times throughout the year.
- Learning to play and make decisions on the field is vital to the development of soccer players. In soccer, the only way to learn how to make GOOD decisions consistently is to make a lot of decisions! The results of those decisions will include many successes and many failures. The beautiful thing about it is that players LEARN FROM BOTH SUCCESS AND FAILURE! Lonestar players will learn to make their decisions based on match like training sessions, the level of play, and the direct support of the Lonestar training staff and Directors of Coaching.
- Lonestar Soccer Club will provide a safe training environment for our players.

- Lonestar Soccer Club will place our teams at a competitive level of play that is developmentally appropriate
 - USSFDA/ECNL
 - Premier League
 - Division I
 - Super II
 - Division II
 - Academy (U9-U10)

SECTION IV: PROGRAMS

ACADEMY TRAINING PROGRAM

- The Lonestar Academy is Central Texas' Premier youth development program where players ages U8-U10 will receive professional training from the Lonestar staff
- The Lonestar Soccer Club is proud to be in a relationship with CC United, Town and Country Optimist, and Westlake Youth Soccer Association.
- LSC provides the training aspect to the respective organizations on an equal level.
- For ages U5-U8, the "Junior Development" Training Program is available
- Academy Directors
 - Girl's Director James Armstrong
 - Boy's Director Tommy St. John

COLLEGE DEVELOPMENT PROGRAM (U-15-U18)

- The Lonestar Soccer Club College Development Program or CDP is a special program that is offered as a benefit to being a Lonestar select player. The program is introduced in the first years of high school and is maintained throughout the high school years until the player's commitment to a university.
- The CDP is a crucial process to the youth soccer player who aspires to play college soccer. We introduce this program to the player and the parent together. The process is a four-year program that details the vital requirements for successful collegiate recruitment, including the following areas:
 - Academics, Financial Aid, Athletic Aid
 - College testing and preparation
 - College correspondence and contacts
 - Showcasing our players through tournaments with exposure to college coaches
 - The importance of players taking a pro-active lead in this process
- College Profiles: Each Lonestar player from U15-U18 is provided space for a College Profile by Lonestars. The Team Manager will notify the LSC Office of the team's profile coordinator who will be set up with a user name and password. The Coordinator then provides a User Name and Password to each player on the team in order for them to post their information. To access College Profiles click College in the left hand column of the Lonestar main webpage then choose the team name.

SPEED AND AGILITY TRAINING PROGRAM

- The Lonestar Soccer Club Speed and Agility Training Program or S&A is designed to develop the core of the body, the strength, speed, quickness, and the overall maturation of the youth soccer player and his/her body.
- The Lonestar S&A program will be incorporated throughout the seasonal year in the training sessions. Training techniques utilized will include:
 - Ladder training
 - Hoops and hurdle training

- Pole training
 - Shuttles and interval training
- Lonestar Soccer Club has established a partnership with **CATZ**. **CATZ** is a speed and agility based company that will provide specific S&A training to all Lonestar Soccer Club players and parents. For more information, contact Bill Meyer with **CATZ** at 512-345-5547.

NUTRITION PROGRAM

- The Lonestar Soccer Club will provide U.S.D.A. recommended nutritional information to our players and parents seasonally, or on request, with periodic presentations from top nutrition professionals from Seton Family of Hospitals.
- LSC will incorporate top nutritional experts from different fields to give an overall understanding of the proper diet needed for maximum performance.

INJURY PREVENTION AND MAINTENANCE PROGRAM

- The Lonestar Soccer Club will provide recommended injury and preventive maintenance programs through our relationships with our Club partners including the Seton Family of Hospitals.
- LSC will incorporate top doctors in their respective fields to give an overall understanding of the proper ways to enhance performance through solid maintenance and health programs.

OLYMPIC DEVELOPMENT PROGRAM (ODP) GIRLS

The Olympic Development Program (ODP) is still the top national identification and development program for elite players. The program identifies players to compete at the state, regional, and national levels. The function of ODP is the identification, selection, and opportunity for development of the state's top players.

ODP starts at the U13 age group in South Texas; all players at any level are invited to participate. Players are trained and identified into State pools and compete sub-regionally vs North Texas, Mississippi and Oklahoma. At U14, State teams are created and players compete vs the twelve states of Region 3, to be placed into the Regional Pool which makes the Region 3 Team. From there the 4 regions of US Soccer compete against each other. Players are then identified to form a National Pool which eventually leads into Youth and National Teams.

To play on the National Team, one does not need to be a part of the ODP process. Many players are discovered outside of the ODP process everyday.

The Boys ODP program still exists in South Texas, in certain age groups, though the key talent identification system being used from the top down for boys is the USSF Development Academy.

SECTION V: ROLE OF THE COACH

THE LONESTAR SOCCER CLUB COACH WILL OVERSEE ALL ASPECTS OF HIS/HER RESPECTIVE TEAM DURING THE SEASONAL YEAR.

- The coach will make all playing time decisions
 - Players who are overdue with their player fees will become ineligible, upon notice via the Lonestar Office, to participate in any Lonestar Soccer Club activities or events
 - Premier/Division I – no rules on minimum playing time

- Super II/Division II – minimum 50% playing time per game until playoff competition. Please note that if a player displays a poor attitude, misses training, or is late, this may be grounds for less than 50% playing time.
- The coach is responsible for the training session and the game lineups.
- The coach is responsible to meet the goals of the Lonestar Vision.
- The coach is responsible for communicating with the manager of the team any issues that may arise with the respective team (other than D&P issues).
- The coach is responsible for calling and presiding over team meetings.
- The coach is to be on time for all meetings, training sessions and games.
- The coach is to provide player evaluations at the end of the fall and spring seasons.

SECTION VI: ROLE OF THE PLAYER

THE LONESTAR SOCCER CLUB PLAYER WILL BE ACCOUNTABLE FOR HIS/HER ACTIONS FOR THE SEASON YEAR. (See Outline of Penalties Below)

- All players will be required to attend all practice sessions, to arrive on time and be properly attired.
- All players will be required to attend and arrive 45 minutes prior to game kickoff to team warm-up.
- Notify their respective coach if they will miss or be late for training session or game.
- Be prepared for all training sessions and games.
 - Proper uniform for training and games
 - Training-Grey NIKE training t-shirt, red shorts, red socks
 - Games-Black or White LSC Nike uniform
 - Proper shoes and shin guards
 - Turf shoes for training and LSC scrimmages
 - Cleats for league games
 - Unaltered, full length shin guards covered fully by socks
 - Bring an inflated soccer ball of the correct size and a water bottle
 - The LSC NIKE uniform package is the approved gear for all LSC players.
- Maintain and uphold the standards set forth by Lonestar Soccer Club on and off the field of play.
- Respect the coach, DOCs, Team Manager, all other Lonestar players and staff, the game day opposing team, and referees.
- Do not use tobacco, alcohol, or drugs.
- Do not use profanity.
- Do not act in a way that will negatively impact you, your family or LSC.
- All players are to act in a manner that minimizes unnecessary (dissent, flagrant fouls) yellow and red cards during games.
- Players are to be on their best behavior while representing Lonestar Soccer Club during training sessions, games, and tournaments.
 - Players will be disciplined for poor conduct at any Lonestar event

SECTION VII: ROLE OF THE PARENT

- The role of the parent is very simple. Be a parent, not a coach or referee.
- Do not use alcohol or tobacco during training sessions or games.
- Support your son/daughter in a positive manner.
- Do not coach from the sideline during games or trainings.
- Be on time.

- Once your son/daughter has joined the team's training session, do not interfere until the coach dismisses the team from the training or game.
- Do not interfere with the center referee or assistant referees, the opposing team's players/parents or staff, or any field marshal.
- Do not use foul or abusive language.
- Parents sit on the opposite sideline/half from the team during games unless directed otherwise by the coach, team manager, referee or field marshal.
- Per published rules, parents must sit five feet back from the sideline and between their penalty area and ten feet from the half way line.
- No taunting of opposing team's players, parent, coaches or spectators.
- Stay off the fields while the teams train or play.
- Every LSC family must contribute ten volunteer hours. A buy out option is available for \$125.
- Be responsible for your child at all Lonestar games and functions including tournaments.
- For SOCCER training or coaching issues, contact your respective coach first and then the Coordinator then the DoC-NOT THE TEAM MANAGER:
 - After training or a game is not the time to discuss issues or concerns. 24 hour rule is in effect. This will allow a 24 hour window before any communication is made between parent and coach to allow emotions to settle.
 - Email or phone call, or set up meeting with coach.
- Please make note that Lonestar Soccer Club will be very firm with our parent's policy. If a situation deems necessary, LSC will hold a D&P Hearing with a committee to determine if a parent was in violation of the above "Role of the Parent." If a parent is found in violation, suspensions may be incurred by LSC.
- Keep player registrations up to date with current home addresses, phone numbers and email addresses.
- To update any information contained in the player registration, go to the Lonestar website and click the red Login button on the left side of the screen. Then, choose option Player Info and Team Manager, enter your player's User Account Info and you will be able to update any of the information. If you do not recall your account information you may click to have it emailed to you

At Lonestar Soccer club, the player is the future of the club. This future depends on a great deal on the growth of every Lonestar player on the field and at home. We encourage all parents to enjoy this time, with your child, during their development.

SECTION VIII: ROLE OF THE TEAM MANAGER

- The team manager is the main contact for all relevant team information. The manager's main source of communication is via email.
- The manager is responsible for team coordination of activities through direction of the team coach.
- Any soccer related issues including playing time and/or tournament scheduling should be directed to the team coach.
- Any financial related issues including club payments should be directed to the Lonestar office, see organizational charts on page 4.
- Team managers receive ten volunteer hours. Each team is allowed up to two managers.
 - Web page coordinator receives five volunteer hours.
 - College profile coordinator receives five volunteer hours.

- Team managers are not debt collectors. Note that failure to pay tournament fees, travel expenses, and misc. team expenses (i.e. tournament expenses, coach travel reimbursement, brochures, referee costs for scrimmages, etc), in a timely manner to team managers, could result in disciplinary action to the respective player. Please be prompt with manager's requests.

SECTION IX: TRAINING/GAME POLICIES

RULES FOR TRAINING SESSIONS

- All USSF DA teams must attend three regular team training sessions each week.
- All Premier League/Division I/Super II/Division II Teams must attend two regular team training sessions each week – additional sessions are optional and should be requested through your core team coach who will direct you to the appropriate session/s. Opportunities to train with different players, coaches and at times older age groups are great opportunities that players should embrace.

MISSING TRAINING/GAME POLICIES

- LSC players are required to attend their respective training sessions and games.
- Excused absences for missed sessions/game will include:
 - Family emergencies, player medical illnesses or injury, or accidents.
- Excused absences for missed sessions/game that require documentation include:
 - School functions (not sports)
 - College entrance examinations
 - Religious events

MAKE UP TRAINING POLICIES & PENALTY

- LSC players are required to make up any unexcused absence from a team training session subject to the following penalties:
 - Miss one practice and no attempt to make up –
 - ½ game suspension
 - Miss second practice and no attempt to make up –
 - 1 game suspension; must attend game in street clothes
 - Miss third practice and no attempt to make up –
 - Expulsion from team
- Player must make up session that week at a coach approved makeup session.
- It is the players responsibility to contact the coach to schedule a make up session.

SECTION X: PLAYER TRAVEL POLICY

- All players will be responsible to pay for their respective travel expenses in a timely manner whether to the team manger or the club.
 - Failure to pay may lead to non-participation in an event
 - It is MANDATORY that all players (including guest players) on a team will pay for the tournament entry fee, regardless of participation of player.
- All players shall adhere to LSC's *Role of the Player* rules when attending all tournaments with LSC teams.
- LSC requires all players to stay at the same hotel as their team for away tournaments. Please consult coach if there is an issue.
- All players shall adhere to the club's instructions set forth for each tournament they may attend with their LSC coach and/or DOC.
 - Curfews and hotel policy will apply to tournament and league travel

- Players may be sent home if travel rules are not adhered to.
- Players are encouraged to remember the “Buddy System” when traveling to tournaments and away games for safety reasons.

SECTION XI: GUEST PLAYER POLICY

- Guest players are considered part of the Lonestar Soccer Club when participating at tournaments with our teams and must adhere to all LSC rules and policies.
- All LSC guest players must pay their respective entry fees for tournaments and travel expenses.
- Any LSC player that wishes to guest play with another club must first contact their respective LSC coach & DOC for approval.

SECTION XII: COACH TRAVEL POLICY

- LSC will be responsible for reimbursing coaches travel expenses for any League Games, WD Tournament, State Tournament, Regional Tournament, National Tournament & all USSDA events outside of Williamson, Travis & Hays Counties.
- LSC teams will be responsible for reimbursing coaches travel expenses, per the LSC Expense Policy, for any elective tournament or friendly games that do not fall in to the categories listed above.
- All LSC coaches will adhere to LSC’s *Role of the Coach* rules when attending all tournaments with LSC teams.

SECTION XIII: FUNDRAISING POLICY

- All LSC teams are encouraged to raise funds for their particular team to cover the cost of travel, team parties, and whatever else their respective team may like to utilize the funds for in order to lower team expenses.
- LSC requires all team managers to submit a written request for all fundraising events associated with the Lonestar Soccer Club to the Sara Reed, at sara_reed@lonestar-sc.com
 - All requests will be responded to within seven (7) business days
 - **Any reproduction of the LSC logo or design without express written consent from LSC is prohibited**
- Do not solicit personal businesses through the club/team email system.
- LSC teams are not permitted to solicit other LSC teams as a form of individual team fundraising, unless prior permission has been granted through Sara Reed at the LSC Office.

SECTION XIV: INCLEMENT WEATHER POLICY

Every effort is made to hold practices and games as scheduled; in the event of inclement weather the following procedures will be used:

- LSC will update teams and players within our club about possible cancellations via one of the following three methods. A decision to close the practice fields is made by 3pm daily; weather at 3pm may not be the same at 5pm, or 8pm, sometimes resulting in a later notification. Check the websites for updates accordingly.
 - Website Field Status Update at www.lonestar-sc.com
 - ‘Green’ = fields are Open

- 'Red' = Closed all practices/games are cancelled
 - 'Yellow' = Pending; field conditions are being evaluated and an update will be forthcoming.
 - Rainout Number: 512) 336-7246 (336-RAIN)
 - PLEASE CALL THE RAIN OUT NUMBER, NOT THE LSC OFFICE due to the volume of phone calls. The above listed systems will be updated as soon as a decision is made.
 - Text message via eStatus Alerts
 - Sign up for text pages to a cell phone and/or email alerts by clicking on the eStatus icon on the top bar of the Lonestar website. The system is wiped clean at the end of each soccer year (June) so returning parents should re-sign up to receive alerts. It is free to use this service but your cell phone/pager carrier may charge a fee for receiving text messages. Please check with your carrier to determine if there is a fee for receiving text messages before signing up. The alert will contain the two letter field abbreviation as listed on the Lonestar webpage.
- LSC will update field status as each operating facility determines availability. Central Texas weather is unpredictable and may change rapidly which may result in late notification.
- Each respective LSC DoC will make the appropriate decision regarding sessions on that given day of training.
- LSC will provide a safe training environment based on current and/or forecasted weather condition. Lightning and proximity will be a contributing factor to not train, along with flooded and saturated fields. If a session is cancelled or postponed due to lightning, all players and parents must go to their cars immediately and wait for LSC notification.
- Individual team coaches may try to accommodate sessions by relocating to alternate venues. This communication will go through the Team Manager from the Coach.
- League game rainouts are determined by the respective field or league that teams participate in.
- **Premier League Game Status:**
All field closures for games will be made on the Premier League website (www.r3plw.com). You may sign up to receive News and Game Field status alerts for your particular team's bracket (ie: Boys U14, Girls U16). You can receive alerts to either your email or cell phone. You can also find links to field maps and Rainout numbers as well. Lonestar SC has no bearing on Premier League Field Status.
- **Division I Game Status:**
All field closures for games will be made on the WDDOA website (www.wddoa.org). By clicking on the Schedules link at the top of the webpage you have the ability to sign up for News and Game Field status alerts for your particular team's bracket (ie: Boys U11, Girls U14). You can receive alerts to either your email or cell phone. Since you may be in transit when fields are closed it is highly recommended you sign up for cell phone alerts; in doing so you will receive not only field info but also scores for teams within your bracket. Rainout numbers and field maps may also be found on the WDDOA website. The decision to close WDDOA fields is made by WDDOA and has nothing to do with Lonestar SC.

- **Super II and Division II Game Status:**
As a Super II or Division II team your HOME field game status will be updated on the Lonestar website the same as with practices. For AWAY games your Team Manager should have the rainout info for the opposing team. Field closures are handled by the individual clubs. Likewise, your Team Manager should provide you with or direct you to a map to get to your AWAY games. Lonestar SC does not have links to AWAY game sites and has no jurisdiction as to when they close fields

SECTION XV: UNIFORM POLICY

- There will be no modification to the Lonestar SC NIKE practice uniform, game uniforms, warm-up or backpacks.
- The exception to this rule will apply on a team by team basis only, not individual. All modifications must be approved by the LSC office staff.
- Examples include:
 - Backpack embroidery with uniform # and name only
 - Warm-up embroidery with uniform # only.
 - Club wide standardization will be required for uniformity.
- Please contact Sara Reed in the Lonestar Office to get contact information for our embroidery services provider.
- It is imperative that parents label ALL items with the player's name, in the event items are misplaced and to facilitate their return. See Section XIX for Lost and Found.
- Practice T-Shirts should be worn to games for team warm up. Players will then change into game jerseys.
- Per published schedules the Home team is typically listed first.
- For Lonestar teams all Black is our primary uniform and all white is our secondary uniform.
 - Certain home associates may require home teams to wear a light color.
- In an effort to be proactive some team managers contact the visiting team manager ahead of time to ask what color they will wear so they can prepare their team in advance. While this is okay ultimately if the visiting team needs to change at the field then the Home team must accommodate them regardless of prior arrangements.
- In the case of a color conflict the HOME team must change. For this reason it is imperative all players should have both sets of the Lonestar uniform (including socks) at 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.
- LSC teams should not mix the uniforms (ie: black jersey, white shorts, white socks) but should wear either all black or all white.

UNIFORM NUMBERS:

- Uniform numbers are coordinated through the Team Managers
- Core team is determined by the majority of returning players which form the team
- Core team members get first choice to retain their number or to choose another number; new players then choose their number
- Each team's numbers can be between 0 and 99 (no double zero '00')
- If a player changes teams and a uniform number conflict exists, the club does not cover the expense of new jerseys and shorts. The club does not allow any altering of uniform numbers. Players changing teams are responsible for purchasing two new jerseys from Soccer USA if a number conflict exists with the team they are joining.

ADDITIONAL UNIFORM PIECES:

- To order additional pieces of the Lonestar uniform kit including jerseys, shorts, socks, practice tees, etc you may stop by the Soccer USA North store to purchase items. Most items are carried in stock but due to demand they may have to order items.

WINTER GEAR:

- During Winter Practices players should wear their Lonestar warm-up with required practice uniform 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 black or white long sleeve tops under their jersey. The shirt underneath must be the same color as the jersey they are wearing. Players may wear black or white slider shorts under their shorts but may not wear leggings or pants underneath.
- Gloves are allowed; however, hats are discouraged due to the limitation it places on players ability to head the ball. Ear bands are acceptable.

SECTION XVI: PAYMENT AND FEES POLICY

- The Lonestar Soccer Club has established a payment schedule as defined for all levels of play.
- The first payment of \$300 (non-refundable/non-transferable) is required upon signing of commitment paperwork. This portion of the annual fee payment is the club registration/entry fee and is tax deductible. **Placement on the roster is not completed until the Commitment Paperwork and \$300 Commitment Fee are received by the club.**
- Please see your commitment paperwork for fee payment structure.
- Payments are made directly to the club. Monthly statements will not be mailed, however a club wide "payment due" reminder email will be sent. Checks should be made payable to the Lonestar Soccer Club with your son/daughter's name and team in the memo line on the check and mailed to:
12325 Hymeadow Dr. Building 1, Suite 200, Austin, TX 78750.
- Monthly fees are considered late if not received in the office by the 10th of each month and a \$25 late fee will be added to your account.
- Checks returned for insufficient funds or a declined credit card payment will be charged a \$35 fee.
- Recurring monthly automatic payments may be set up for Mastercard/Visa and ACH for checking accounts, by filling out the "Payment Authorization Form." Automatic payments run on the 1st of the month.
- All CC/ACH payments will incur a 3% convenience fee.
- During the season if the player's team division status changes, fees will be adjusted accordingly.
- Overpayments will be credited to the 2008-2009 annual fees unless the overpayment was due to the team's division level changing. If a player does not return for the 2008-2009 season a refund will be processed at that time.
- Failure to pay player fees within thirty (30) days of the fee payment due date will invoke the "**no pay, no play**" club policy. Players will be ineligible to participate in Lonestar team practices, games and tournaments until payment is received. We realize that emergencies can arise that may result in a financial strain on the family, and in order to keep the player from being ineligible, the club will work with the family if notified promptly.
- Players receiving LSC Financial Aid are on individualized payment plans. However payment of these fees is required monthly. LSC Financial Aid does not include the commitment fee of \$300 and the ten volunteer hours. Parents are responsible for ensuring that the commitment fee is paid, and ten volunteer hours are worked during the season.
- No fee payment or parts thereof will be refunded or forgiven because of player injuries, absences, withdrawals, or early release from a team. The only exceptions

to this policy would be if the player provides documented proof of an injury that prevents them from playing for a full season or due to a parent's job relocation and they complete the STYSA Player Release form.

- Refunds will not be processed once rosters are frozen.

SECTION XVII: FIELD AND PARKING POLICIES

ESP FIELDS

The Lonestar Soccer Club's use of the parking for the ESP practice facility is dependent on our members observing the rules set forth below. These rules were developed by the Chalman family who have graciously agreed to let us park in their front yard. The Chalman's own and live in the house adjacent to the fields – it is their front yard in which we are parking. Consequently, the Lonestar Soccer Club has adopted the following parking policy:

- Do Not park (short or long term) in the circle, in the driveways or along the street. When you stop, even for a short time in these areas, others think it must be alright.
- Do not move the cones to drive through blocked off areas...they are there for a reason.
- When the Chalman's driveway is coned off due to the ground being too wet, the yard is closed for parking. You will need to park in one of the adjacent church parking lots, if they do not mind. Remember: the Seventh Day Adventists meet on Saturdays and the Catholics meet on Saturday evening and Sunday.
- Do not leave trash in the Chalman's yard.
- Do not spin your tires in the Chalman's yard...it leaves ruts. And please stay out of the ditch when it is wet, you may get stuck.
- The Chalman family has been and continues to be a gracious host. However, they have taken a tough stand on adherence to these rules. Violations could result in the termination of our permission to use their front yard for parking.
- Please follow the on-site parking sign at ESP

PAPANDREA PRACTICE FIELDS

The use of the Papandrea Practice Fields practice facility located at 1103 Justin Lane in Central Austin is dependent on our members and guests observing safe driving habits. Safe driving habits are expected both in the facility parking lot and in the overflow parking area along Grover Avenue to the west of the Papandrea Fields. Our host, the North Austin Lions Club (NALC), is justifiably concerned about maintaining safe-driving procedures. Consequently, the Lonestar Soccer Club has adopted the following parking policy:

- Maintain less than 5 MPH speed limit in the parking lot.
- No parking is allowed at any time on the north side of the lot in the Lion's Club spaces marked with red stripes.
- On nights when the NALC "Shipe Hall" Clubhouse is rented out to other groups, no parking will be allowed at all in the NALC parking lot. You must then park along Grover Street to the west of the practice fields.
- Deposit trash in the containers provided.

The NALC has been and continue to be a gracious host. However, they have taken a tough stand on this issue. Violations could result in the termination of our permission to use the practice fields.

TOWN & COUNTRY / WCRP FIELDS

- Absolutely no climbing on nets is permitted.
- Pet Policy:

- No pets allowed at Town & Country
- Pets must be on leash at all times at WCRP
- Adhere to the rules and speed limits posted at each respective facility.
- Deposit trash in the containers provided.
- WCRP pavilions are for reservation only through WC Parks and Rec. Department.
- Lights at both facilities will be shut off at 9:45pm. Please have children picked up prior to shut off.
- Do not park in handicap spaces unless you have the appropriate tag.

ST. STEPHENS EPISCOPAL SCHOOL

Parking is prohibited at all times on roads, drives, residence areas (except for authorized guests) and all fire lanes (designated by red lines with "Fire Lane-Tow Away Zone") traversing school lands, curb zones, no parking areas, bus zones, crosswalks, driveways, sidewalks, in front of fire hydrants, trash boxes, or other prohibited parking areas as designated, except that the Head of School is authorized to establish parking areas, parking limits and methods of parking areas for specific groups at specific times, providing such areas are properly posted as parking areas. Parking is also prohibited in and on unmarked roadways and other unmarked areas. The absence of "no parking signs" does not mean that parking is allowed. Vehicles found to be in violation of the school's parking policy are subject to towing at the owner's expense. Vehicles not displaying a Lonestar Soccer Club parking tag may be towed at owner's expense.

After entering on campus the posted speed limit for driving on campus is 15 MPH. The speed limit for operating a vehicle in school parking lots is 5 MPH. But, remember that speed limit must be adjusted for traffic and weather conditions.

SCHOOL DISTRICTS AND PUBLIC PARKS

Speed limits and parking guidelines from each respective Independent School District and or public parks will be adhered to by all Lonestar Soccer Club families.

All ISD and city or public parks rules and regulations will be adhered to by Lonestar.

SECTION XVIII: TEAM WEBPAGES:

- Each team will be provided with a Team Webpage to post information pertinent to the individual team; such as practice, game and tournament schedules, accomplishments, team happenings, etc.
- Team Pages may be found by clicking the Teams tab on the Lonestars main webpage.
- Team pages on the Lonestar Website are the official team pages and the only ones allowed.
- Other than schedule and standings, no other outside links are allowed from the pages.
- Discretion should be used in providing personally identifiable information. Do not post first and last names of players, phone numbers, addresses, school information, etc. Player's first name and jersey number are acceptable.
- Respect the privacy of any player not wanting to be included on the webpage.
- The Team Manager will notify the LSC Office of the team's webpage coordinator who will be set up with a user name and password. Each team is allowed one webpage coordinator.
- The LSC Office retains the right to edit team web pages as necessary

SECTION XIX: LOST AND FOUND

- The Lonestars Lost and Found is virtual online (see the Lost & Found tab on the Lonestar website). That is, if you lost or found something you post it online and hopefully find the mate on-line. Found items are kept by the finder until the loser is found. If an item is brought to the LSC office the Staff will post the item online as well. Due to the size of the club and the number of items misplaced club wide emails are not sent out.

SECTION XX: SPIRIT WEAR

Lonestar Soccer Club sells club spirit wear at www.lonestar-sc.com

Phone: 512-336-5425

- LSC Decals may also be purchased online at www.lonestar-sc.com

SECTION XXI: CHAMPIONS FOUNDATION

The foundation was started in May 2006 with the mission to raise money and provide financial aid to qualifying Lonestar families. The cost to participate in Select Soccer is a very serious undertaking for our families. For a significant number, the cost is simply prohibitive without some measure of assistance. For this reason, the Board created the Financial Assistance Committee to manage the process of awarding assistance to families that qualify. In the past three years, our financial aid expenses have averaged over \$125,000 per year.

In 2006, the board decided to establish a foundation to bring visibility to the need and to organize annual fund raising efforts to offset the costs of financial aid.

The board has also formalized a Financial Assistance Committee that reviews all applications for financial assistance. The criterion for determining eligibility and the amount of financial aid a family receives is based on the economic need of each family.

Providing financial aid is a mission that is a critical part of our club. Approximately 10% of families in the Austin area have an annual income below the poverty level (source: 2000 census). Each year we have players with a talent for soccer and a love for the game who can't afford to play select soccer. It is the goal of the Lonestar Soccer Club to provide a place for these players to have a great soccer experience. Participating in soccer can bring life benefits to these players. There are literally hundreds of studies that link participation in team sports to lower drop-out rates, lower drug use, better grades, character development and better self-esteem.

Our goal is to raise \$125,000 during the campaign this fall to fund the financial aid commitments for the 09-10 soccer year. We ask that you seriously consider giving to this campaign. Remember, your donations are fully tax deductible.

Please visit the Lonestar Soccer Club web site for registration information.

SECTION XXII: SAFETY

Safety Reminders:

- Your child is your responsibility right up to the beginning of practice and immediately on conclusion of the session. Please be prompt on both ends. Make note that tournaments require additional responsibilities.
- Establish the "Buddy System" with your child and another player when traveling and using restrooms at games and training. This pertains more to the U11-U16 age groups.
- Become familiar with your team's players and parents, the club's coaches and DoCs, and the office staff.
- Make notice of poor field conditions. Please report any dangerous field conditions to the Lonestar office including away fields.
- Parents and chaperones are responsible for their respective players when traveling.
- Be aware of your surroundings. Do not become complacent.
- Adhere to the Weather policy.
- Hydrate...hydrate....hydrate

SECTION XXIII: INSURANCE COVERAGE AND MEDICAL INJURIES

Excess accident coverage is automatically provided to registered members of STYSA, USSFDA and US Club Soccer as a part of the registration fee. This policy provides coverage for registered players, coaches, and other officials, during sanctioned events including regularly scheduled practices and games. This coverage is excess above the players own family health insurance. For players or members that do not have any health insurance, this will be considered a primary insurance. **The deductible for this insurance is \$500 and will cover up to \$100,000 per accident for any reasonable and customary changes.**

STYSA Players or members are covered:

- While participating in sanctioned STYSA play, practice or other scheduled group activity of soccer under the supervision of an authorized STYSA/Lonestar official.
- As an organized group at the direction of an authorized official directly and uninterruptedly to and/or from such play or practice of STYSA/Lonestar.

Important Notes:

- Claims must be filed within 90 days of the date of injury. Itemized medical bills are not required at the time of claim submission, but will be required to process the claim. DO NOT wait until all bills are received to submit the claim. If you have questions regarding filing a claim or need information on the claim process, please contact the Lonestar SC office.