



June 27th to August 29th

Tim Horton's Field

Grassroots Soccer & LTPD

THE GOALS OF GRASSROOTS SOCCER

- * To ensure this first experience is fun and enjoyable and revolves around child-friendly soccer. Most of all, it is to have them fall in love with the game.
- * To provide an opportunity for players to use their imaginations, be creative and learn through trial and error. Mistakes are OK.
- * To educate coaches so they will make the soccer experience a challenging, positive and nurturing one for all young players regardless of ability, that leads to Soccer for Life.

What is LTPD?

LTPD is a model of athlete development that parallels what doctors and psychologists have long used to better understand human development: as a series of distinct stages, which takes us from infancy through to adulthood. A person's abilities, behaviours and emotions, as well as their understanding of the world around them, varies from stage to stage.

Similarly, experts in sport science have identified seven stages of development — each with its own physical and psychological characteristics — that form the basis for LTPD. When young soccer players are able to train and compete in an environment that's appropriate to their stage of development, they not only perform at their best, they also have more fun.

In other words, LTPD is designed to give players an optimal soccer experience at every stage by putting their needs front and centre.



YOUR ROLE AS A COACH

People become coaches for many reasons. Some coaches step forward, some are asked to help. No matter how or why, all coaches have the same roles. You will be a teacher, a leader, an organizer, and sometimes will even act as a counselor.

Think back to some of the lessons some of your coaches taught you. Perhaps you remember the importance of trying your best all the time or how important team goals and sportsmanship were. Perhaps you remember learning new things. That's why you're here. When your reasons for coaching match the needs and development level of your athletes, everyone can win.

In your role as a **teacher**, you will be asked to share your knowledge of the sport and prepare athletes to play by improving fitness and developing skills specific to your sport.

In your role as a **leader**, you will make many decisions, to motivate your athletes and help them set and attain goals.

In your role as **counselor**, you will listen to and provide guidance and support for your athletes.

It is important to understand athletes, like coaches, participate for different reasons. Some enjoy the sensation of speed, power, or grace. Some athletes just want to be with their friends, or part of a team (social reason). Some athletes want to win, to improve themselves or advance to high levels in their sport (achievement reasons).

Match your reasons for coaching with the reasons that athletes participate. Winning is not always the necessary end result. Fun and passion for the sport are much more important.



WEATHER POLICY

We will be playing on a turf field so the program will go on if it rains.

In the case of inclement weather, the Grassroots directors will make a judgment call on whether to cancel the program for the evening.

A decision will be made by approximately 4:30 p.m. on game day.

Everyone must remain patient while we assess playing conditions.

ZERO TOLERANCE POLICY

The Hamilton Grassroots Program will follow the City of Hamilton Zero Tolerance Of Violence Policy and their by-laws.

The City of Hamilton's recreation facilities exist to provide residents with opportunities to participate in sports in a safe and positive environment.

The City will ensure the most supportive climate possible for Hamilton children so that they can enjoy their sport and learn about competition, teamwork, sportsmanship and fair play.

Hamilton's minor sport system is managed and operated by volunteers.

These community minded citizens contribute in many ways to the success of minor sport in Hamilton. It is the City's responsibility that they too have the ability to work in a safe and positive environment.

It is critical for the City to do all things necessary to ensure that deterrents are in place to ensure that incidents of violent behaviour do not occur in its recreation facilities.

Included in this commitment is an understanding that organizations that rent City facilities must take PRIMARY responsibility for the behaviour of all associated with them: players, officials and spectators.

Goals of the Policy

1. To reduce or eliminate violence from City-owned recreation facilities, including outdoor sports pitches.
2. To promote positive cheering behaviours among spectators and fans.
3. To increase the level of understanding among spectators and fans of the importance of creating a positive and supportive environment for children's sport.





TOBACCO FREE/NO SMOKING POLICY

ALCOHOL FREE/NO ALCOHOL POLICY

We are committed to providing a healthy environment for participants, volunteers and spectators involved in the organization.

We recognize that children and youth gain positive images of tobacco use when they see role-models, leaders and individuals that they respect using tobacco.

By-law No. 11-080 prohibiting Smoking within the City Parks (Soccer Fields) and Recreation Properties (parking lots/pathways) came into effect on May 31, 2012.

The goals are to protect the health and safety of the community and promote healthy lifestyles.

We will promote the tobacco-free policy at all our activities by:

- Providing a copy of the policy and explaining it to coaching staff. Coaching staff will explain the policy to parents/caregivers.
- Reviewing and sharing the policy with others organizations/groups who may attend or participate in our activities, including all visiting teams as well as all local teams.
- Including the policy in all orientation and information packages provided to coaches, officials, players, members, volunteers and teams/organizations attending or participating in our activities and/ or using our facilities.

By-law No.02-054 prohibiting Alcohol within the City Parks (Soccer Fields) and Recreation Properties (parking lots/pathways).

Failure to comply may result in suspension of play.

SPECIAL THANKS TO OUR SPONSORS



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