

LONESTAR

SOCCER CLUB

San Antonio



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

2010/2011 Seasonal Year

TABLE OF CONTENTS

SECTION I:	GENERAL CLUB INFORMATION
SECTION II:	OPERATIONS
	BOARD OF DIRECTORS
	LONESTAR STAFF
	OFFICES AND WEBSITE
SECTION III:	COMMITMENT AND SELECT SOCCER PROGRAM
SECTION IV:	PROGRAMS
	ACADEMY TRAINING PROGRAM
	COLLEGE DEVELOPMENT PROGRAM
	CENTERS OF EXCELLENCE
	NUTRITION PROGRAM
	INJURY PREVENTION and MAINTENANCE PROGRAM
	OLYMPIC DEVELOPMENT PROGRAM (ODP)
SECTION V:	ROLE OF THE COACH
SECTION VI:	ROLE OF THE PLAYER
SECTION VII:	ROLE OF THE PARENT
SECTION VIII:	ROLE OF THE TEAM MANAGER
SECTION IX:	TRAINING /GAME POLICIES
	RULES
	MISSING TRAINING
	MAKE UP TRAINING & PENALTIES
SECTION X:	PLAYER TRAVEL POLICY
SECTION XI:	GUEST PLAYER POLICY
SECTION XII:	COACH TRAVEL POLICY
SECTION XIII:	FUNDRAISING POLICY
SECTION XIV:	INCLEMENT WEATHER POLICY
SECTION XV:	UNIFORM POLICY
SECTION XVI:	PAYMENT AND FEES POLICY
SECTION XVII:	TEAM WEB PAGES
SECTION XVIII:	SPIRIT WEAR
SECTION XIX:	PLAYERS FOUNDATION
SECTION XX:	SAFETY
SECTION XXI:	INSURANCE

SECTION I: GENERAL CLUB INFORMATION – As of 04/10/10

Board of Directors	
Position	Name
President	Bryan Brown
Executive Vice President	Duncan Mann
VP – ASP Operations	Greg Tatsch
VP – Specht Operations	Ann Kuri
VP – Team Composition	Lane Burris
VP - Communications	Danny Trevino
Treasurer	Tony Burris
Secretary	KJ Toso

Administrative Management	
Position	Name
Director of Business Operations	VACANT
Club Administrator	Crystal Burklo
Select Registrar	Lane Burris
Academy Registrar	Ann Kuri
Website Admin	KJ Toso

Training Management	
Position	Name
Executive Director of Soccer	Sean Bubb
Associate Director of Coaching	Oscar Munoz
Assistant DoC	Kerwin Johnson
Technical Director	Janio Cabezas
Academy Director	Gabriel Acevedo

Coaching Coordinators	
Position	Name
D1 Director	Walter Rule
SII Boys Director	Walter Rule
SII Girls Director	Jeana Fletcher
D2 Director	Jeana Fletcher
U11-U12 Director	Jon Burklo

SECTION II: OPERATIONS

Lonestar Soccer – San Antonio (LSC SA) is a 501(c)(3) non-profit organization.

THE LONESTAR BOARD OF DIRECTORS

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

THE LONESTAR STAFF

- The Lonestar Soccer Club is led by the Executive Director of Soccer, Director of Coaching and Business Manager.
 - EDoS – Sean Bubb
 - Business Manager – Rob Ferguson
 - San Antonio DoC – Oscar Munoz
 - San Antonio Asst DoC – Kerwin Johnson
 - Director of Business Operations – Vacant
- The Lonestar-SA coaching staff report directly to Oscar Munoz.
- Please visit www.lonestar-sc-sa.com for a full list of Lonestar SA Training Staff & bios

THE LONESTAR OFFICIAL WEB SITE

- The Club web site is:
 - www.lonestar-sc-sa.com

For any registration, payment, or business related questions, please contact the following:

- Primary ASP Teams – Greg Tatsch (VP – ASP Operations)
- Primary Specht/STAR Teams – Ann Kuri (VP – Specht Operations)

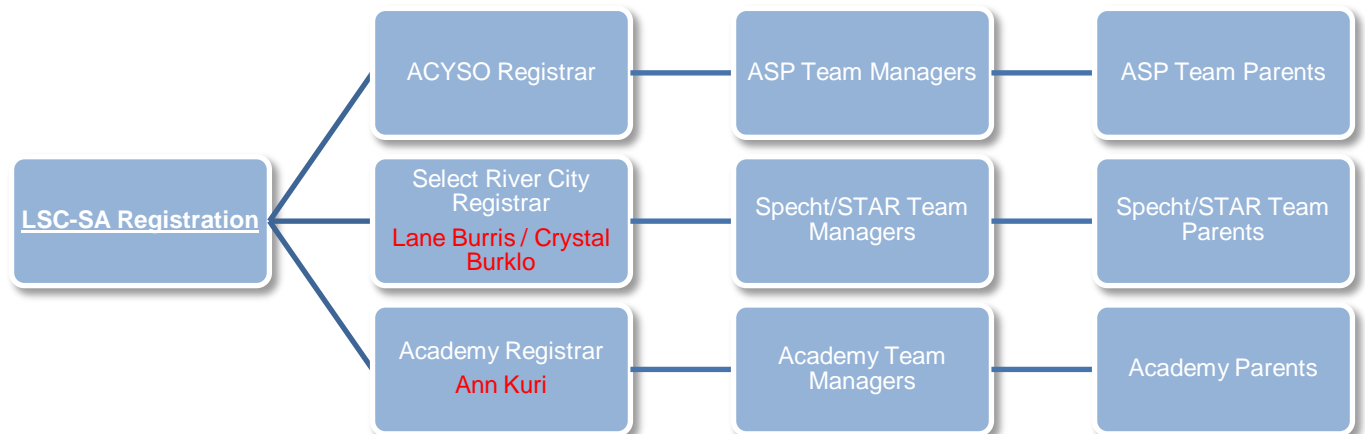
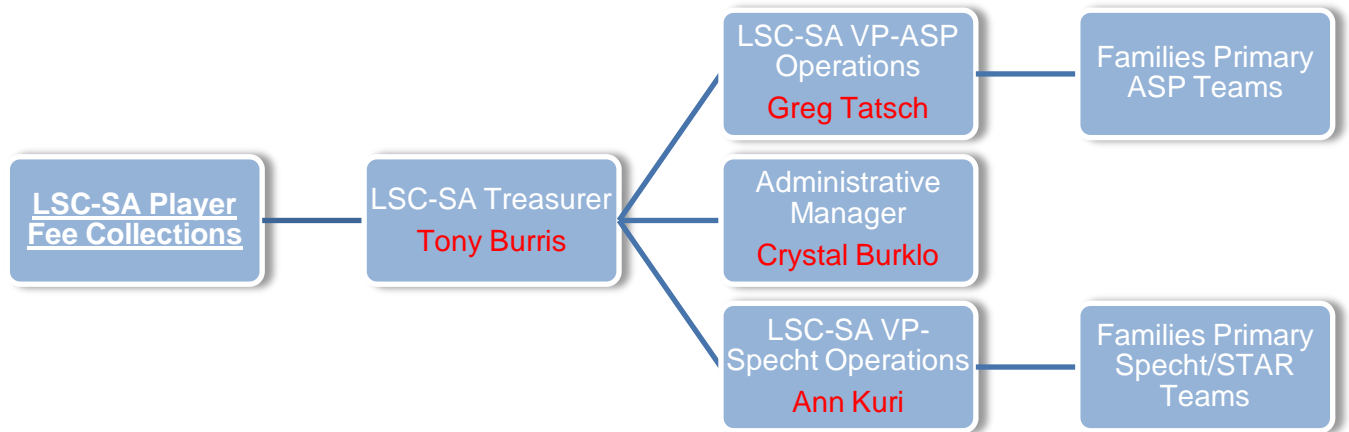
For any soccer specific related questions, please contact your respective coach or DoC with the Lonestar Soccer Club - SA.

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

CLUB-WIDE COMMUNICATION

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

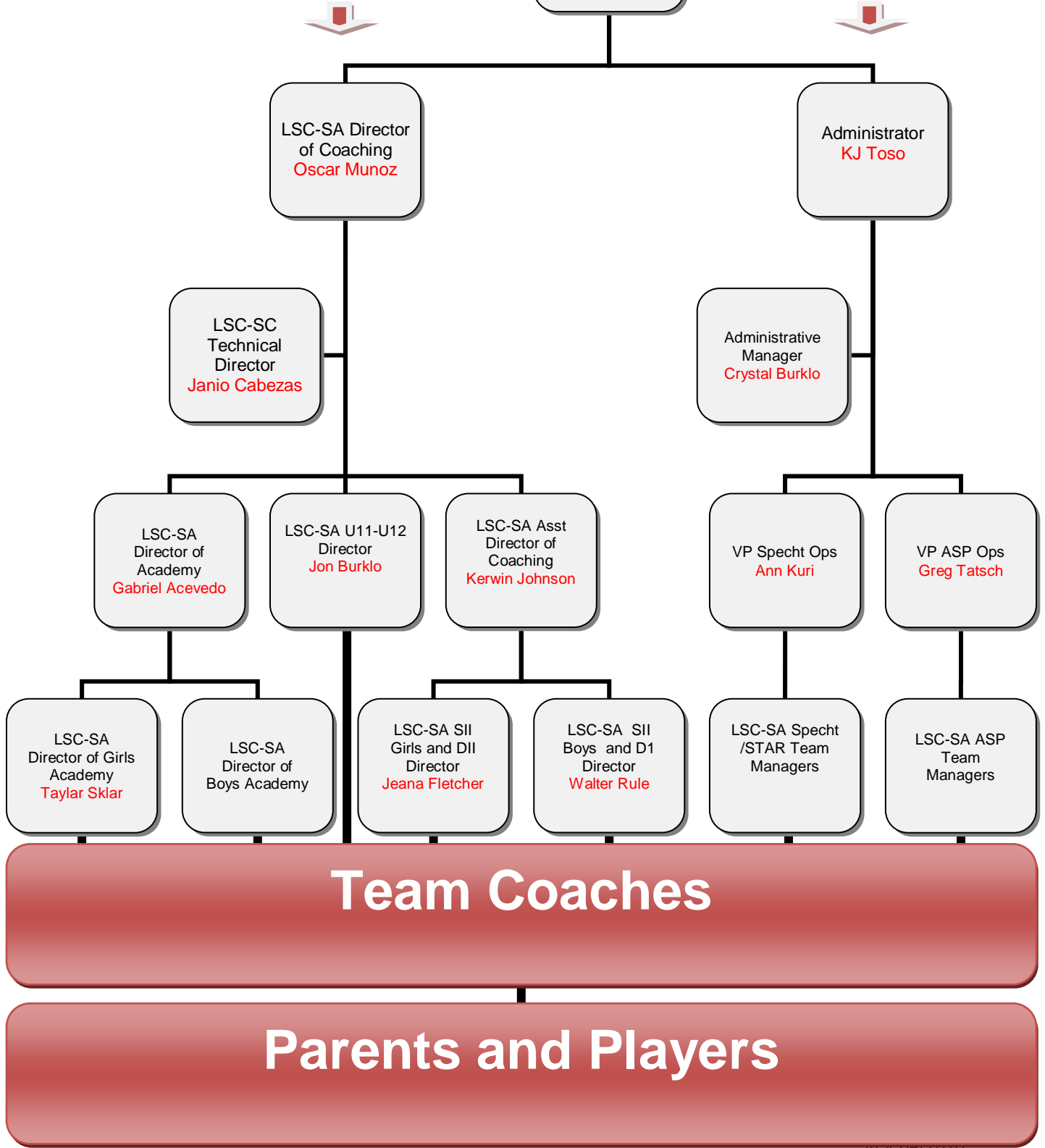
- *The Pitch*, Lonestar's Official Club Newsletter
 - Emailed 2-3 time per season
 - Archives available at www.lonestar-sc-sa.com
- Club-wide email
 - Will be sent when information needs to reach the audience in an expedited manner
- Lonestar Soccer-SA does not provide email distribution lists to outside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



Soccer Related Questions

LSC-SA
Board of
Directors

Non-Soccer Related Questions



SECTION III: COMMITMENT AND SELECT SOCCER PROGRAM

THE LONESTAR SOCCER CLUB TRAINING CONCEPT

- The Lonestar Soccer Club – San Antonio 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-SA is from June 1, 2010 through May 31, 2011.** 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 Alamo Area Youth Soccer Association (AAYSA), Western District Division One Association (WDDOA), and the South Texas Youth Soccer Association (STYSA) & United States Soccer Federation (USSF).
- Lonestar-SA 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 May 31 unless the player requests and completes a STYSA player release form with the Lonestar-SA Team Manager.
- 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-SA 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-SA 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-SA training staff will evaluate all players at the conclusion of the fall/spring seasons and provide a written or verbal evaluation to assess the player's current level of play and progress made over the year.
- **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. Lonestar-SA teams will attend the friendlies in Austin and San Antonio.
- 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-SA players will learn to make their decisions based on match like training sessions, the level of play, and the direct support of the Lonestar-SA training staff and Directors of Coaching.
- Lonestar Soccer Club-SA 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)
- Lonestar Soccer Club-SA will provide opportunities to play on Lonestar SC Nationally competitive club for select players. The selection will be made by the Lonestar SC-SA Director of Coaching

with the approval of the Lonestar SC Executive Director. Final approval will be made by the player's parent.

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
- LSC-SA provides the training aspect to the respective organizations on an equal level.
- Academy Directors
 - Director - Gabriel Acevedo (academydoc@lonestar-sc-sa.com)

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-SA player from U15-U18 is provided space for a College Profile by Lonestar SC. The Team Manager will notify the LSC-SA Administrator 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-SA has established a partnership with **Xtreme Speed**. **Xtreme Speed** is a speed and agility based company that will provide specific S&A training to all Lonestar Soccer Club-SA players and parents. For more information, contact Cory O'Brien with Xtreme Speed at 210-695-5842.

NUTRITION PROGRAM

- The Lonestar Soccer Club-SA 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-SA 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-SA will provide recommended injury and preventive maintenance programs through our relationships with our Club partners.
- LSC-SA 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 12 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 every day.

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 Administrator, to participate in any Lonestar Soccer Club-SA activities or events
 - Premier/Division I – no rules on minimum playing time
 - Super II/Division II – minimum 50% playing time per game. 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 for 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 in Austin
 - Cleats for league games and practices in San Antonio
 - 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-SA.
- 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.
- 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 appropriate level 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-SA 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-SA.
- Keep player registrations up to date with current home addresses, phone numbers and email addresses.

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 VP of Operations for your primary field, see organizational charts on page 7.
- 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-SA 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-SA 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 player's responsibility to contact the coach to schedule a makeup 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 manager 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-SA's *Role of the Player* rules when attending all tournaments with LSC-SA teams.
- LSC-SA 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-SA 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-SA when participating at tournaments with our teams and must adhere to all LSC-SA rules and policies.
- All LSC-SA guest players must pay their respective entry fees for tournaments and travel expenses.
- Any LSC-SA player that wishes to guest play with another club must first contact their respective LSC-SA coach & DoC for approval.

SECTION XII: COACH TRAVEL POLICY

- LSC-SA teams will be responsible for reimbursing coaches travel expenses, per the LSC-SA Expense Policy, for any elective tournament or friendly games outside the San Antonio area.
- All LSC-SA coaches will adhere to LSC-SA's *Role of the Coach* rules when attending all tournaments with LSC-SA teams.

SECTION XIII: FUNDRAISING POLICY

- All LSC-SA 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-SA to Crystal Burlklo, at admin@lonestar-sc-sa.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-SA teams are not permitted to solicit other LSC-SA teams as a form of individual team fundraising, unless prior permission has been granted through Danny Trevino.

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-SA will update teams and players within our club about possible cancellations. Check websites and rainout numbers for updates accordingly.
 - Website Field Status Update at www.lonestar-sc-sa.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.
- LSC-SA will update field status as each operating facility determines availability. South Texas weather is unpredictable and may change rapidly which may result in late notification.
- Each respective LSC-SA DoC will make the appropriate decision regarding sessions on that given day of training.
- If a session is cancelled or postponed due to lightning, all players and parents must go to their cars immediately and wait for LSC-SA 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.
- **Classic League Game Status:**
All field closures for games will be made on the Classic League website (http://www.stxsoccer.org/Competitions/SCL/index_E.html). Lonestar SC-SA has no bearing on Classic 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-SA.
- **Super II and Division II Game Status:**
Your Team Manager should have the rainout info for your scheduled games. Field closures are handled by the individual clubs and associations. Likewise, your Team Manager should provide you with or direct you to a map to get to your AWAY games. Lonestar SC-SA 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 primary LSC office staff in Austin. Contact the LSC-SA Club Administrator (admin@lonestar-sc-sa.com) for request to make changes to the uniform items.
- Examples include:
 - Backpack embroidery with uniform # and name only
 - Warm-up embroidery with uniform # only.
 - Club wide standardization will be required for uniformity.
- 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.
- Per published schedules the Home team is typically listed first.
- For Lonestar-SA teams all Black is our primary uniform and all white is our secondary uniform. LSC-SA teams will wear their primary uniform unless mandated by uniform conflict procedures.
 - 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.
- 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-SA teams should not mix the uniforms (ie: black jersey, white shorts, white socks) but should wear either all black or all white. The only time this is permissible is during tournaments where teams may play multiple games on the same day.

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 1 and 18 (no double zero '00'). Teams who are allowed 22 players on the roster can have numbers between 1 and 22.
- 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 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 in Austin 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. The warm-up bottoms may be worn during extreme cold weather games, however the entire team will be standard (All or none rule applies).
- 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-SA has established a payment schedule as defined for all levels of play.
- The first payment of \$200 (non-refundable/non-transferable) is required upon signing of commitment paperwork. **Placement on the roster is not completed until the Commitment Paperwork and \$200 Commitment Fee are received by the club.**
- Please see your commitment paperwork for fee payment structure.
- Payments are made directly to the club. Quarterly 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 – San Antonio with your son/daughter's name and team in the memo line on the check and mailed to:
PO Box 593012, San Antonio TX 78251
- We request post-dated checks to be submitted at the time of committing to the team. This significantly aids our club in fee collections and lessens the burden on the Team Managers.

- Quarterly fees are considered late if not received office by the 15th of the due 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 2011-2012 annual fees unless the overpayment was due to the team's division level changing. If a player does not return for the 2011-2012 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-SA 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-SA Financial Aid are on individualized payment plans. However payment of these fees is required monthly. LSC-SA Financial Aid does not include the commitment fee of \$200. Parents are responsible for ensuring the commitment fee is paid.
- 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: 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 Lonestar 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-SA Administrator 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-SA Administrator retains the right to edit team web pages as necessary

SECTION XVIII: SPIRIT WEAR

Lonestar Soccer Club sells club spirit wear at www.lonestar-sc.com
 Phone: 210-880-5772

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

SECTION XIX: PLAYERS FOUNDATION

The foundation was started in Mar 2010 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 2009, 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 San Antonio 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 10-11 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 – San Antonio web site for registration information.

SECTION XX: 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 XXI: 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.

PLAYER'S FOUNDATION



DONATE TODAY!

<http://www.lonestar-sc-sa.com>