
DYNAMO SOCCER CLUB

Travel Program Handbook

DSC Travel Program
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Mechanicsville, VA 23111
804-730-6510



Dynamo Soccer Club Mission

The mission of Dynamo Soccer Club is to offer a physically and psychologically safe environment for children of all ages to enjoy participation in soccer at varying competitive levels, at a reasonable financial cost.

Dynamo Soccer Club is a not-for-profit organization established to promote and develop an interest in soccer in Hanover County and surrounding areas by sponsoring, organizing and operating competitive, developmental and recreational soccer teams for children up to the age of 19.

Welcome to the Travel Program

As a player and parent you have embarked on a journey with the Dynamo Travel program. As with any developmental process, players develop over longer periods of time, through hard work, effective training and dedication to personal improvement. Dynamo's focus is on each player's individual development, and the Travel program places emphasis on creating quality people and quality players, which inevitably leads to winning matches.

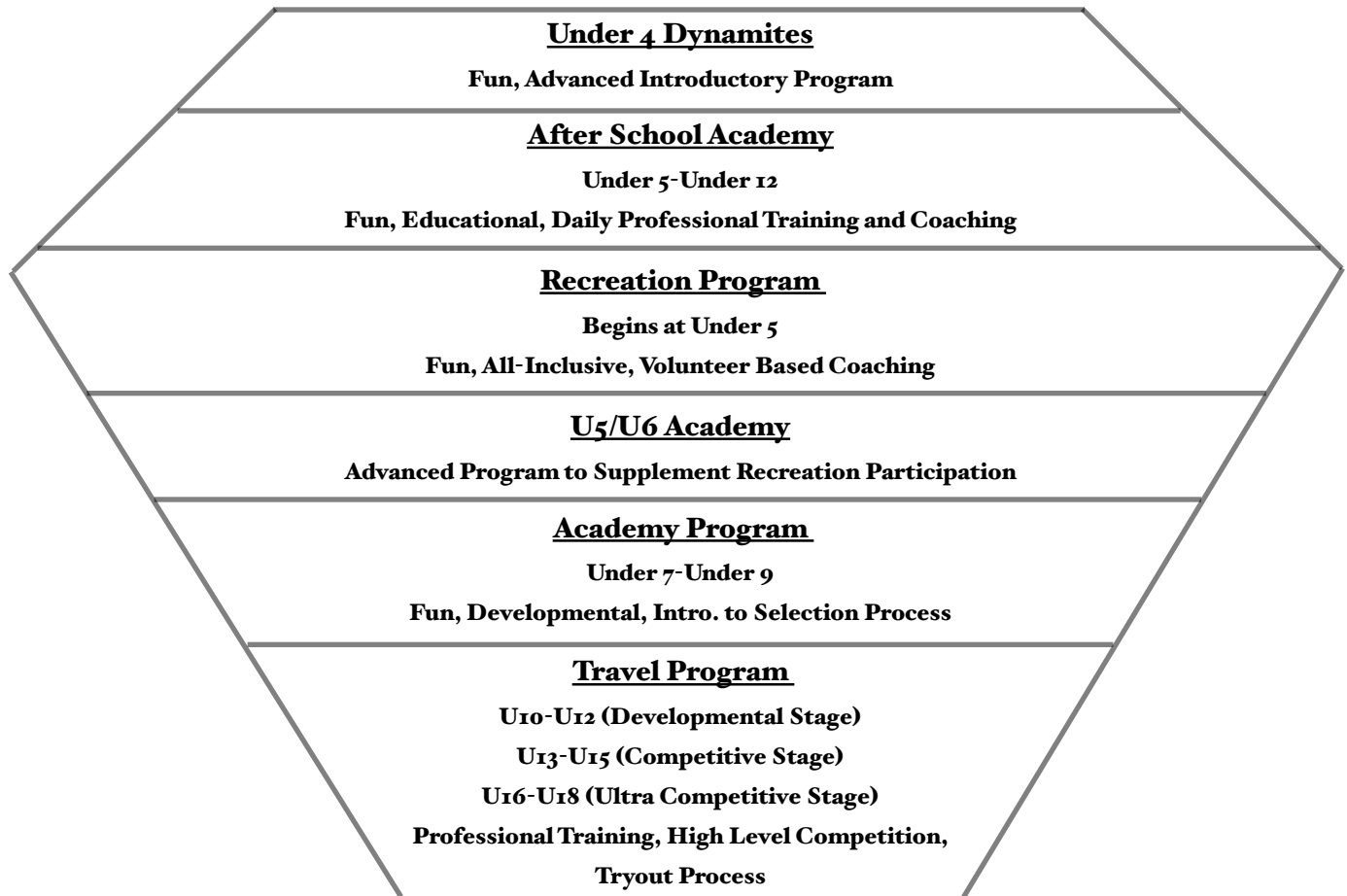
The Dynamo Travel program places the most emphasis on training, where coaches have the best opportunity to teach players. During games our coaches reinforce training themes and goals, and instruct players at key moments and individually oriented environments. Gone are the days of yelling from the sidelines. Our players are expected to find solutions to on-field situations themselves through creative thinking and pro-active play.

Dynamo holds our coaches, staff, players and parents to the highest standards of educational practices and professionalism, and is confident our players and families will enjoy their travel soccer experience as a result.

If, after reviewing this handbook, you have questions about the Dynamo Travel program, please contact the Dynamo Office.



Dynamo's Player Development Pathway



Dynamo's Player Development Pathway has been specifically tailored to create the best developmental environment available. Our programs are groundbreaking, innovative and ever-evolving to include the best practices of education, coaching and safety. Our staff believes in teaching our players to incorporate all four pillars of sport (technical, tactical, physical and mental skills) into their play and into life. Dynamo provides a fun, appropriately demanding, and safe environment for every player, and our programs allow every player to choose their own level of commitment and involvement in our game.

To ensure players are receiving the best training possible, Dynamo encourages players to enter our Development Pathway as early as possible to prepare them for higher levels of play including travel soccer, high school, college, and professional.



The Travel Tryout Process and Player Placement/Movement

During the tryout process, players will be evaluated based on their technical skills, tactical awareness, physical speed, quickness and power, and on their coach-ability, levels of concentration, and work rate.

Once tryouts are concluded, the Director of Coaching will confer with evaluators and make decisions on which teams players will be placed. All player decisions are undertaken by the Director of Coaching, and decisions on player placement will be impartial and final.

Players will be notified by email of their placement within seventy-two (72) hours of the tryout. Parents should be checking emails frequently during this time to ensure messages are not missed. Acceptance of a players' position must be completed within twenty-four (24) hours of initial notification to guarantee that the offered spot will be available.

Players will be reevaluated at each tryout, and placement on a team during a previous season is not a guarantee of placement the following season.

During the season, there may be instances where players are asked to guest play for other Dynamo teams. Any guest playing will be the decision of the Director of Coaching, and will be done based on merit and availability.

Age Appropriate Play

Dynamo Soccer Club believes that players should play within their age groups to provide the best social and competitive environment possible.

Players will be evaluated by our professional staff during tryouts and should players need to play up, those decisions will be made during these times. Decisions on playing up an age group will only be made by the Director of Coaching, and these decisions will be final.

There may be instances during the season where players are asked to guest play up an age group. Any guest playing will be the decision of the Director of Coaching and will be done based on performances during training and games at the players' true age group. Players who are asked to guest play up an age group during the season are not then encouraged to tryout for the older age group, as guest playing is used as a reward for good performances and is encouragement to continue their progress.



Training Policies/Procedures and Player Dress Code

Training sessions are the most important part of the Travel program, and are vital to each players' individual development. Repeated absences from training will hurt a players' development, and will affect playing time as a result. In addition to scheduled training sessions, players should strive to continue working on their technical abilities at home, outside of normal team functions.

Dynamo training sessions are treated as professional events, and as such, players should follow these guidelines:

- Arrive for training no later than fifteen (15) minutes prior to their scheduled time, and immediately begin preparation for training by putting on cleats, socks and shinguards AFTER arrival
- Wear only approved Dynamo Travel training gear during sessions
 - Training gear guidelines will be announced after tryouts at our Travel Orientation Meetings each June, in preparation for the following fall and spring seasons.
- Dynamo Travel match uniforms, including shorts and socks, are to be worn only at scrimmages and matches
 - Match uniform kits will be announced after tryouts at our Travel Orientation Meetings each June, in preparation for the following fall and spring seasons
 - Players should wear training tops to warm-up prior to each match
 - Match uniform jerseys will NOT be handed out to players, managers will bring the uniform bag with them prior to each game and players should return jerseys after completion of each match
- Tuck shirts in, line bags up and place water jugs in front of bags prior to each training session and match
- Bring only Dynamo issued training balls to sessions
- Wear flats, sandals, sneakers or indoor shoes to and from training and matches
 - Players should not wear cleats to and from the field, allowing their feet to rest and avoiding tracking mud into parent vehicles or rocks onto the fields
- Wait until arriving, and joining other team members, before putting on cleats, socks and shinguards at training and matches



- Bring a large, insulated water jug, full of water with them to each training session and match
- Strive to put forth maximum effort and concentration during each training session and match

Players have a lot of pressure put on them during matches and training sessions from teammates, coaches, parents, etc. As such, we ask that parents help us remove stress from their players by NOT staying and observing training sessions. We also ask that parents ensure that they are on time to pick up their children after training.

Training and match gear (except training tops) may be purchased from Soccer Post Chesterfield. Soccer Post will be present at our Travel Orientation meetings, and can be reached at 804-763-4625.

Training/Match Cancellation Procedures

When weather does not allow training or matches to take place, players and parents will be notified in the following ways:

- Dynamo staff will send emails through Team Managers with any field closures, training cancellations or any instances of training moving indoors
- The Field Status on the front of the website will be updated with home field closures
- The weather hotline, 804-551-2565, will be updated with Dynamo field closures and/or references to email notifications regarding training indoors
- Text alerts will be sent through the Dynamo Soccer Club Rained-Out alert system, which can be found on the front of the Dynamo website (*please note that parents and players must register themselves for this service*)

Hanover County decides whether to close their fields by 3:00pm every week-day. Once Dynamo is notified of any field closures, that information will be communicated to teams through the above channels. Only Dynamo staff may contact the league or Hanover County regarding cancellation or rescheduling of league events.

When teams are scheduled to play away matches, Team Managers will be responsible for communicating any cancellations. Dynamo does not have influence over other clubs' fields or their weather alert policies, and encourages all of our families to ensure that, when the weather is questionable, they have checked the above sources for any cancellation information prior to leaving home. Parents and players can also view VSL field closures on the front of the VSL website at www.vasoccerleague.com.



Attendance at Training and Matches

Dynamo Soccer Club expects players who accept their position in the program to fully commit to attendance at each scheduled program activity. The expectations for player attendance are as follows:

- Attendance at three (3) weekly training sessions, on Tuesdays, Wednesdays and Thursdays
 - Players are expected to arrive fifteen (15) minutes early for training to be prepared for the session to begin on time
 - Training times will be posted on seasonal calendars prior to each fall and spring
 - Training times will be decided based on age, coach availability and field availability, and will be posted on the Travel Calendar prior to each season
 - Training times are decided by the Director of Coaching, and all training times are final
- Attendance at all scheduled friendlies and league matches
- Attendance at all scheduled tournament matches and weekends
 - Players are expected to arrive forty five (45) minutes early for matches

Should a player not be able to attend a training session or match, the PLAYER, not parents, must notify the Director of Coaching prior to the event.

Director of Coaching

The aim of the Director of Coaching (DOC) is to increase the effectiveness and efficiency within Dynamo Soccer Club's Player Development Pathway, with a main focus in the Travel Program. The DOC offers services to improve individual, team and club performance both on and off the soccer field. The DOC oversees and organizes Dynamo Soccer Club's coaching curriculum, appoints and oversees all Travel coaches and chooses the tournaments and leagues Dynamo's Travel program will participate in each season. In addition, the DOC makes all player and personnel decisions as they relate to the Travel program. If you would like to speak with the Director of Coaching, please contact the Dynamo office.



Playing Time on Travel Teams

All playing time decisions will be at the discretion of each teams' coach and the Director of Coaching. Playing time is not guaranteed in any specific quantities, but will be determined by several factors which include, but are not limited to:

- Age and developmental stage - as players age, playing time will begin to be based more on merit than need
- Attendance at training and matches
- Work rate, coach-ability and effort during training and matches
- Players' technical skill, tactical awareness, physical qualities and mental approach to competition
- Situations during matches

In addition, the Director of Coaching may instruct coaches to restrict playing time for the following reasons:

- Players who are behind more than one (1) month on travel payments
- Player disciplinary issues at training or matches
- Parent disciplinary issues at training or matches, including coaching from the sidelines during matches
- Repeated failure to notify the Director of Coaching when players will miss training or matches
- Failure to follow the Dynamo Soccer Club Grievance Policy as outlined in this handbook

Dynamo Soccer Club knows that players need playing time during matches in order to develop properly, and encourages coaches to make substitutions when they feel fit so that all players receive adequate playing time to improve.

Each teams' coach is responsible for deciding what positions to assign players. Dynamo does not guarantee that each player will play every position, particularly as players age, but understands that players must be exposed to many different match situations to develop properly. Dynamo encourages coaches to use players in a variety of positions, but leaves final positional decisions to the coaching staff. Positional play can vary based on match situations, work rate, formation, technical ability, physical qualities and mental approach to competition.



Club Communication Procedures

All communication between parents and the club will be conducted through Team Managers, the Travel Administrator and the Director of Coaching. Parents are NOT to contact coaches directly under any circumstance. Club communication is handled in the following ways:

For Administrative Questions (Dates, Times, Locations, Policies and Procedures)

- Contact the Team Manager with questions about training times, match locations, and other administrative enquiries
- Should the Team Manager be unable to answer a question, the question will be referred to the Travel Administrator
- The Travel Administrator will answer the question or refer the question to the Director of Coaching

For Coaching or Training Questions (Training Priorities, Curriculum, Playing Time)

- Contact the Director of Coaching by email - include parent name, player name, age group, team and question in the message
 - Director of Coaching will respond by email or phone call within forty-eight (48) hours

Travel Parent's Page

Visit www.dynamosc.com and click on the Travel link at the top. On the left under page contents is the password-protected Travel Parent's Page. Username and password information for this page can be obtained from each Team Manager, and should not be shared with anyone outside of the program. Dynamo staff will use this page to communicate with parents throughout the season, posting information such as:

- Seasonal calendars and off-season information
- Pre-season fitness plans
- Tryout information and links to register
- Program updates and news - Juggle Fundraiser information

In addition, the Parent's Page is a great place to get answers to Travel questions regarding club communication and view additional training opportunities available to travel players.

Parents with a grievance must follow the Dynamo Travel Grievance Policy in this handbook.



Grievance Policy

Parents that wish to address a grievance are required to email their Team Manager first. At that point, the Team Manager will notify the Director of Coaching and the General Manager of Dynamo Soccer Club. The DOC and GM will wait forty eight (48) hours after the incident and then call the parent to discuss the matter. Parents are NOT to approach the coach directly, either in person, by phone or email. Dynamo knows that due to the nature of sport, and when dealing with children, that matters can become emotional. The forty eight (48) hour waiting period serves as a cool down period for both sides to collect thoughts and for the DOC and GM to research the parents' grievance.

Parents who approach coaches directly may have their players' game time reduced, or may face removal from the program.

Being Registered with VYSA as a Dynamo Travel Player

All Dynamo Travel players are registered with VYSA and are recognized as participating for the club within the VSL. VYSA rules dictate the following:

- No carded travel players may play recreational soccer or in recreational tournaments
- Travel players may not guest play for other clubs without permission from the Director of Coaching
- Travel players may not be registered with multiple youth organizations

Costs and Payment Arrangements

Dynamo offers two (2) options for paying Travel fees, pay-in-full at the time of acceptance, or monthly installments. The payment schedule is as follows:

Age Groups	Method of Payment	Total Fee	Payment Dates
U10 - U14 Boys and Girls	Pay in Full	\$1,025	Due on Acceptance
U10 - U14 Boys and Girls	Automatic Monthly Payments	\$1,125	\$125 Deposit Due on Acceptance July - May (Draft on 1st of Each Month)
U15 - U18 Boys and Girls	Pay in Full	\$600	Due on Acceptance
U15 - U18 Boys and Girls	Automatic Monthly Payments	\$700	\$100 Deposit Due on Acceptance July - November (Draft on 1st of Each Month)



Each player's fees cover the following:

- Coaches pay - licensed coaches with playing experience (includes continuing education courses for coaches)
- Facility use - use of the CSP Sportsplex on rain-out nights and for winter training sessions
- Uniforms and training kits - includes two (2) uniform tops and warm-up/training tops
- Training equipment - balls, goals, nets, cones, corner flags, training bibs
- Tournament fees - two (2) per season, four (4) within the seasonal year
- Administrative expenses - website, telephone, office rent, supplies, etc.
- Field maintenance and rental - training and game field fees through Hanover County
- League fees - including referee fees for matches
- Insurance fees - travel players insured through VYSA

Families in need of partial financial assistance must fill out a Financial Hardship form, and be approved by the Dynamo Soccer Club Board of Directors before scholarship monies will be granted. Scholarship monies are limited, and are given out on a first-come-first-served basis. Please note that there are no full scholarships, and scholarship monies are given with agreements from parents to help Dynamo with volunteer work during the season, including tournament preparation and score-running, assistance with fundraising endeavors, and assistance with club events.

League Participation

Dynamo Travel teams currently participate in the Virginia Soccer League at various competitive levels. Each team within the VSL will be scheduled eight (8) matches per season, including four (4) home matches at Courthouse Park and four (4) away matches. Away matches are played throughout central and south-eastern Virginia, including but not limited to Richmond, Norfolk, Williamsburg, Virginia Beach and Powhatan.

Dynamo encourages players and families to car-pool to away matches to save time and travel costs, and encourages Team Managers to act as the point of contact for any players or families that wish to set-up a car-pool system. It is vital on these trips that parents do not discuss the opposing team or match strategies with their players to avoid adding pressure to their players or disarming their players and removing a sense of competitive urgency from the players' warm-up and match performance.



Player Code of Conduct

Dynamo Travel players should conduct themselves in a professional manner at all times, during training, at matches and in their preparation routines. Players have been selected for participation in the program because of their technical skills, tactical awareness, physical qualities and character, and it is important that all players observe club, league and state guidelines for participation.

Dynamo Travel Players Will:

- Train and play while giving maximum effort to improve every day
- Have a positive attitude toward teammates, coaches, parents, referees, training and match situations
- Win with class, lose with dignity and display sportsmanship at all times
- Respect teammates, coaches, referees, parents and the opposition at all times
- Arrive on time for training and matches, and follow club procedures on training and match gear
- Arrive at training and matches with proper attitude and strive to improve every session
- Train at home, or seek out other training opportunities to advance their soccer education outside of Travel training and matches
- Notify the Director of Coaching when they are unable to attend training or matches
- Strive for perfect attendance at all Travel events
- Follow all training and matches policies and procedures outlined in this handbook

In addition, Dynamo Travel players will never:

- Use profane or vulgar language toward anyone involved in training or matches
- Use a controlled substance unless prescribed by a physician, and communicated to the Director of Coaching
- Leave training or matches without coach permission
- Disregard coach instruction, or follow outside instruction rather than coach instruction
- Behave in an inappropriate manner during training or matches, including distracting teammates from instruction or acting in a violent manner



Parent Code of Conduct

Dynamo Travel parents are expected to conduct themselves properly at all times, both on and off the soccer field while representing Dynamo Soccer Club. Use of inflammatory language, profane remarks or gestures, or derogatory remarks regarding gender, race, religion or country of origin towards other parents, opposition players and coaches, referees and referee assistants, Dynamo coaches, and Dynamo Travel staff members will not be tolerated under any circumstances and are grounds for immediate removal from the program.

Dynamo Travel Parents Will:

- Drop players off for training and remain away from the field during all training sessions
- Stay on the spectators side of the field before, during and after matches
 - Once players arrive at the field, they are under the direction of the teams' coach and should be allowed to join their teammates and dress themselves prior to matches
- Help their player focus on their individual performance, not the result of matches, and should never criticize teammates, coaches or other parents in front of their players
- Support coach decisions, and follow the Club Communication policies to find answers to any questions they may have
- Wait on the spectators side of the field for players to be released back to parents after matches
 - Players will change out of uniforms, cleats and shinguards as a team before coming back across the field to join parents
- Applaud quality play by both teams, and behave in a respectful manner toward opposition players, coaches and parents at all times, even in spite of any provocation from them
- Understand that players, coaches and referees learn by making mistakes, and facilitate an environment where these mistakes are not met with hostility or resentment
- Follow the policies and procedures outlined in this handbook, including the lines of Club Communication and Grievance Policy
- Encourage players to approach their coach directly with questions about training or matches, to encourage them to begin taking responsibility for their soccer education

In addition, Dynamo Travel Parents will never:



- Approach coaches directly, either before/during/after training or matches
 - Approaching coaches includes email, phone calls and text messages
- Coach or shout instructions to players from the sidelines
 - This is the biggest distraction players can have, and often prevents players from hearing or responding to coach instructions, or from making decisions on their own to learn from the situations they face
- Criticize any players, coaches or referees, including opposing players and coaches
- Enter the field at any time, during training or matches, unless called on by the coach to help deal with serious player injury
 - Parents who enter the field of play during matches without permission may face suspension from the league, and, should the situation arise, can be prosecuted for harassment and/or assault

Please remember that the game is for the children and not for the glory of coaches, referees or parents.

Thank You for Joining Us

The objective of the Travel Program is to offer a high level development program in which players can enhance their technical skills, tactical decisions, psychological competitiveness and physical strength and endurance. The Dynamo Soccer Club Travel Program uses the curriculum set forth by the United States Soccer Federation, which guides the instruction of players over the course of their youth development years.

The aim of this handbook is to provide parents and players with a brief overview of the club, travel program, and to answer questions regarding club policies and procedures. If, after reviewing this handbook, players and parents have additional questions, they should contact the Director of Coaching.

This handbook may be amended or republished at any time by Dynamo Soccer Club's Director of Coaching to reflect the direction of the club, or the changing environment of youth soccer.

Dynamo Soccer Club wishes all players and parents an enjoyable soccer season, and reminds everyone that the spirit of the game and standard of sportsmanship shall serve as the foundation for all activities associated with the club.