



TEAM GAME BOOK

LEAGUE

TEAM#

CENTRE

SPONSOR

SHIRT COLOUR

COACH

ASST. COACH

Dear Coach,

This is your Team Game Book, which we require you to have available at every Twin Rivers game. If this book is not available for the referee at the start of the game, you risk forfeiting the game.

Coaches have the right to request the opposing coach for their Team Game Book prior to the game. At the start of the game, Team Game Books are to be handed to the referee.

After the game the referee will sign each coach's Team Game Book and put in any red or yellow cards. This will allow the league to keep track of the discipline issues.

Referees will be responsible to print off one game sheet and bring it to the game.

Referees will put the scores and any red or yellow cards into Power UP. Referee will e-mail the coordinator any red or yellow cards which will be placed on the Twin Rivers website. Standings will also be placed on www.twinriverssoccer.ca.

If you wish to stage a complaint, you can do so by sending it in an email to admin@twinriverssoccer.ca. It will then be passed on to the Twin Rivers Discipline Committee. Coaches may be asked to attend the hearing to discuss details.

In your Team Game Book you will find the following:

Page	Description
3	Team Roster
4	Game Records
20	Sportsmanship — Ethical & Moral Creeds for Coach, Player, Official and Parents.
22	Extract of the Twin Rivers Rules & Regulations
28	Coaches Code of Conduct

Team Roster:

Shirt #	Name	Date of Birth dd/mm/yyyy
1	_____	____ / ____ / _____
2	_____	____ / ____ / _____
3	_____	____ / ____ / _____
4	_____	____ / ____ / _____
5	_____	____ / ____ / _____
6	_____	____ / ____ / _____
7	_____	____ / ____ / _____
8	_____	____ / ____ / _____
9	_____	____ / ____ / _____
10	_____	____ / ____ / _____
11	_____	____ / ____ / _____
12	_____	____ / ____ / _____
13	_____	____ / ____ / _____
14	_____	____ / ____ / _____
15	_____	____ / ____ / _____
16	_____	____ / ____ / _____
17	_____	____ / ____ / _____
18	_____	____ / ____ / _____

All jersey numbers must be shown in by June 1st at the latest.

Game Sheet

Date: _____ day, ____ / ____ / _____ Time ____:____ PM

Field: _____

Our Team is ☐ Home ☐ Away

Details for Opposing Team:

Centre ☐ Ayr ☐ Burford ☐ Paris ☐ St George ☐ Delhi ☐ Norwich

Sponsor: _____

Shirt Colours: _____

Call Up Players used today:

Shirt #	Name	Date of Birth
_____	_____	____ / ____ / ____
_____	_____	____ / ____ / ____
_____	_____	____ / ____ / ____
_____	_____	____ / ____ / ____

Suspensions Served This Game:

Shirt #	Name	Details
_____	_____	____ / ____ / ____
_____	_____	____ / ____ / ____

Cards Handed Out:

Card	Shirt #	Name	Offense
Y / R	_____	_____	_____
Y / R	_____	_____	_____
Y / R	_____	_____	_____
Y / R	_____	_____	_____
Y / R	_____	_____	_____

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Final Score: _____ (This Team) - _____ (Opposing Team)

Referee Name: _____

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_____	_____	____ / ____ / ____
_____	_____	____ / ____ / ____
_____	_____	____ / ____ / ____
_____	_____	____ / ____ / ____

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_____	_____	____ / ____ / ____
_____	_____	____ / ____ / ____
_____	_____	____ / ____ / ____

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Y / R	_____	_____	_____
Y / R	_____	_____	_____
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_____	_____	____ / ____ / ____

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Y / R	_____	_____	_____
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Y / R	_____	_____	_____
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Y / R	_____	_____	_____
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SPORTSMANSHIP: Ethical and Moral Creeds

The Coach

1. Treats own players, parents, and opponents with respect.
2. Teaches and inspires soccer players to love the game and to compete fairly.
3. Demonstrates by example the type of person he/she wants the players to be.
4. Has control and commands discipline at all times.
5. Respects the interpretation of rules and judgment of the officials.
6. Realizes that as a coach he/she is a teacher and therefore understands the game and proper soccer behavior at all times.

The Player

1. Treats opponents with respect.
2. Plays hard plays within the rules of the game of soccer.
3. Demonstrates self control.
4. Demonstrates respect for officials and will accept their decisions without gesture or argument.
5. Wins without boasting, loses without excuses and never quits.
6. Remembers that it is a privilege to represent his/her soccer club and community.

The Official

1. Knows the rules and understands the game.
2. Places health and welfare of the players above all other considerations.
3. Treats players and coaches courteously and demands the same from them.
4. Works cooperatively with fellow referees and linesmen.
5. Is fair and firm in all decisions on the field.
6. Maintains confidence, poise and self-control from start to finish of the game.
7. Will be firm in regards to rough play — calling it earlier and easier will prevent difficulties.

The Parents

1. Do not coach the team players including your own youngster, from the sidelines during the game.
2. Respect the judgment of the referee and do not criticize officials.
3. Supportive parents focus on mastering soccer skills and game strategies.
4. Decrease the pressure to win.
5. Believe that soccer's primary value is to provide youth an opportunity for self-development.
6. Understand the risks. A soccer game is full of mistakes and the team that makes fewer mistakes generally wins the game. Playing soccer is being willing to take the chance of failure.
7. Communicate with the coach and create a positive, supportive working relationship.
8. Understand and respect the different roles of parents and coaches.
9. Control negative emotions and think positively.
10. Avoid the use of fear - because player development is rarely fostered by fear of the consequences of failure.
11. Parents must show empathy for the young developing soccer player.

Concussion Recognition Tool - Recognize & Remove

Concussion should be suspected if one or more of the following visible clues, signs, symptoms and errors in memory questions are present.

Visible clues of suspected concussion

Any one of more of the following visual clues can indicate a possible concussion:

- Loss of consciousness or responsiveness
- Lying motionless on ground/Slow to get up
- Unsteady on feet/Balance problem or falling over/ Incoordination
- Grabbing, Clutching of head
- Dazed, blank or vacant look
- Confused/Not aware of plays or events
- Signs and symptoms of suspected concussion

Presence of any one or more of the following signs and symptoms may suggest a concussion:

- | | |
|-------------------------|--------------------------|
| • Loss of consciousness | • Sensitivity to noise |
| Headache | Difficulty remembering |
| • Dizziness | • Seizure or convulsion |
| Balance problems | Confusion |
| • Nausea or vomiting | • Drowsiness |
| Felling slowed down | Sadness |
| • Pressure in head | • Blurred vision |
| Sensitivity to light | • Felling like in a fog |
| • Irritability | • Don't feel right |
| More emotional | Difficulty concentrating |
| • Amnesia | |
| Fatigue or low energy | |
| • Nervous or anxious | |
| Neck Pain | |

Memory function

Failure to answer any of these questions correctly may suggest a concussion.

- What venue are we at today?
- Which half is it now?
- Who scored last in this game?
- What team did you play last week/game?
- Did your team win the last game?

Any athlete with a suspected concussion should be IMMEDIATELY REMOVED FROM PLAY, and should not be returned to activity until they are assessed medically. Athletes with a suspected concussion should not be left alone and should not drive a motor vehicle. It is recommended that, all cases of suspected concussion, the player is referred to a medical professional for diagnosis and guidance as well as return to play decisions, even if the symptoms resolve.

Red Flags

If any of the following are reported then the player should be safely and immediately removed from the field, if no qualified medical professional is available, consider transporting by ambulance for urgent medical assessment:

- Athlete complains of neck pain
- Deteriorating conscious state
- Increasing confusion or irritability
- Severe or increasing headache
- Repeated vomiting
- Unusual behaviour change
- Seizure or convulsion
- Double vision
- Weakness or tingling/burning in arms or legs.

Remember

- In all cases, the basic principles of first aid (danger; response, airway, breathing, circulation) should be followed.
- Do not attempt to move the player (other than required for airway support) unless trained to do so.
- Do not remove helmet (if present) unless trained to do so.

Coaches Code of Conduct **I will:**

- Remember that we are all here for the “Good of the Game”, and that we participate in the “Spirit of Fair Play”.
- Continually communicate with parents to advance the sport.
- Treat all players, parents, opponents and referees with respect and courtesy at all times.
- Teach each player, by personal example to be humble in victory and courteous in defeat.
- Learn the Laws of the Game of soccer, respect and abide by them.
- Teach the Laws of the Game and sportsmanship to my players.
- Respect the game officials at all times, and require the same of my players.
- Remain calm and not make loud or offensive remarks.
- Teach and practice good sportsmanship and fair play.
- Ensure that I and all players control emotions and avoid actions, language, or gestures that may be interpreted as hostile or humiliating.
- Ensure that fans are taught sportsmanship and to control their behavior before, during and after games.
- Assist the game officials in maintaining control of spectators during the games.
- Attend coaching clinics and learn the most effective ways to conduct practices.
- Teach players the skills necessary to develop in the sport.
- During the games, leave the decisions to the players.
- Observe the game, analyze and teach to reduce mistakes or enhance skills.
- Promote the concept that soccer is a game, and that players and coaches on other teams are opponents, and not enemies.
- Provide an environment for my team that is free of drugs, tobacco, and alcohol.
- Review and practice first aid principals to administer the injuries of my players.
- My assistant coaches, players, and I will be properly registered participants.
- Play the game and encourage parents to play and to referee.