



NSGSC

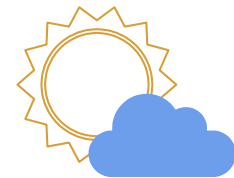
Manager's Meeting

September 2021



# Agenda

- Welcome & Thanks
- Introductions: Staff Updates
- Fun & Well-Being = NSGSC Values and Vision
- Player Safety
- League Overview
  - Junior Coaches
- Uniforms & Equipment Update
- Player Pathway & Development
- Communications - TeamSnap
- FAQ



Thank you to YOU  
our VOLUNTEERS





Thank you to the  
Province of BC





Special Thanks to: Canada Soccer,  
BC Soccer and viaSport for their  
help in guiding us with Return to Play

# Thank you to our Sponsors:



Park Shore BMW





## BOARD OF DIRECTORS



**Jana Madill**  
EXECUTIVE DIRECTOR



### TECHNICAL STAFF

**VACANT**  
DIRECTOR  
Soccer Operations



STAFF COACHES

**Lee-Ann Denham**  
DIRECTOR  
Soccer League



JUNIOR COACHES



### ADMINISTRATION STAFF

**Ethan Pomeroy**  
Programs & Registration  
Coordinator

**Meghan Douglas**  
Digital Coordinator

**Dave Reemeyer**  
Staff ACCOUNTANT

**VACANT**  
Volunteer & Events  
Coordinator



# Committed to Women & Girls

**NSGSC remains one of only a few single-gender Soccer Clubs in Canada**

- **35+** Junior Coaches 15- 18 years old
  - 2 Part-time Summer Students hired from within
  - MORE 2021/ 2 openings for female coaches
- Women's Program for 18+ operating for over 25 years

**PURSUIT OF SOCCER  
EXCELLENCE AND  
TEAM DEVELOPMENT**

**INSPIRATION,  
EMPOWERMENT AND  
RESILIENCE**

**INCLUSION, ACCESS AND  
COMMUNITY  
DEVELOPMENT**

**ORGANIZATIONAL  
EXCELLENCE AND  
LEADERSHIP**





# Committed to FUN!

**Offering welcoming, accessible programs, that inspire girls and women to participate in sport for life.**

**Emphasis on ensuring our players enjoyed their time on the field, while building strong player habits.**



# Committed to Health & Safety

**COVID-19 has forced us to be better and stronger together in protecting our players, coaches and volunteers**

- Committed to return to play while protecting our most vulnerable, unvaccinated youth
- Strong policies & procedures on concussion management, injuries and return to play, ethics in sport, safe sport and rule of 2
- Buddy Check Program coming to your field
- Staff vaccine mandate
- New mask & vaccine protocols for NSGIF; ongoing daily maintenance and cleaning procedures
- Ongoing management of Provincial Health Orders and BC Soccer's Return to Play Plan

# New Strategic Plan

## **VISION**

Delivering soccer excellence by empowering girls and women to be their best both on and off the field.

## **MISSION**

To inspire a lifelong love of sport through the delivery of fun, inclusive, and quality soccer programming for girls and women across the North Shore.

# Values

## INCLUSION

Everyone is welcome to play.



## EMPOWERMENT

We believe in ourselves and each other.



## FUN

Fun is at the root of all that we do.



## DEVELOPMENT

We develop our players and our community on and off the field.



## TEAMWORK

Together, we can accomplish anything.





# SEASON STARTS

- TODAY! U9-18 Practice are now on field
- Sunday, September 12<sup>th</sup> – Game # 1 for all U11-U18 teams
- Saturday, September 18<sup>th</sup> – Mini's U4/ 5 and Prospects U9-12 start
- Sunday, September 19<sup>th</sup> – Game # 1 for all U6-U10 teams
- Tuesday, September 21<sup>st</sup> – Development Centre programs begin (DELAYED!)



# League: KEY DATES

- Upcoming 2021/ 22 Season SCHEDULE Highlights:
  - NSGSC AGM – Tuesday, September 21st
  - Thanksgiving Weekend - NO regular games; realignment
  - Photo Day(s) – October 17 & 18
  - Remembrance Day – NO regular practices or programs – no fields
  - December 18 - MAKE-UP WEEKEND for all Divisions
  - WINTER Break – December 19-January 7
  - Family Day Weekend – NO regular games
  - March 6 - Final MAKE-UP WEEKEND for Metro and Div 1

# U6/ 7 Active Start

## What YOU need to know about your SESSION:

Weekly session will be provided to club coaches for support. NSGSC Staff coaches will be able to help support during sessions with you on Sundays



u7 Fundamentals October 24th, 2015

Category: Technical: Passing & Receiving

Difficulty: Beginner

Am-Club: North Shore Girls Soccer Club  
Jess e Symons, North Vancouver, Canada

### Hit off the ice cream - ball literacy (15 mins)

#### Organization

Field Set up - 12 x 12 yd box

Set up cones with balls on top of them

Have 4 players knock the balls off the cones from the outside of the square

Have 4 ice cream scoopers who put the balls back on the cones (coaches should help as well)

#### Detail

Ice cream kickers pass off the ball and try knocking the balls off

of the cones

The coach and players (ice cream scooper) goes around and

places the balls back on the cones

Objective is to knock off all the balls

#### Progression

Have players dribble a ball and knock off the ball by kicking there

ball at it.

#### Competency

Scanning the field

Following direction



### hurdle obstacle course - physical literacy (10 mins)

#### Organization

Field Set up - 10 yds x 10 yds with hurdles on 3 of the 4 sides and

poles in the corners

Setup 4 hurdles on 2 sides and 3 hurdles opposite the starting

position

Create a start and finish line for the players

#### Detail

Create different movements for the players to go through the

hurdles

e.g.

- hop over with two feet

- skip through them

- run over with 1 leg only landing between the hurdles

- slalom through

- move laterally through the hurdles always facing forward (OR)

backward

- crawl under the hurdle

- Add other ideas!



### Combine past the Gate Keeper - skill activity (15 mins)

#### Organization

Field set up

15 x 15 yd grid

Groups of 2 players trying to pass the ball to each other with 3-4

players without a ball that are protecting a gate

Create two distinct colours

#### Detail

The attacking players try and see how many goals they can score

by passing through either side of the gate occupied by the "gate

keeper"

The "gate keepers" can only stay on their line and if they win the

ball they can play a small pass away from their gate for the

attacking players to retrieve

Have players work for 60-70 seconds then rotate roles

#### PROGRESSION

- Allow defensive players to move freely to win the ball back (no

one is connected to a gate)

#### Coaching Points:

1. Communication

2. Eye up looking for partner

3. Pass away from the defender to partner





# Uniforms & Equipment





# NSYSA



## What YOU need to know about SCHEDULES & GAMES:

- **SCHEDULING:** All game schedules will be loaded onto the NSYSA website
  - The schedule will also be sent by the District Scheduler via your AGC or Lee-Ann
- **GAMES:**
  - Home teams are responsible for field set-up
  - Each team is responsible for providing a linesperson
  - NO Games on Thanksgiving weekend
  - OFFSIDE rules only come in at U11
    - PLEASE BOOKMARK [https:// nsysa.ca/ upload/ doc/ SmallSidedRules.pdf](https://nsysa.ca/upload/doc/SmallSidedRules.pdf)
  - Throw-Ins are allowed this season
- **COACH ID Cards:** Every member of the coaching staff who is present on the BENCH, must also have a valid NSYSA ID Card, not issued without a valid CRC on record with NSGSC (valid for 3 years)



# BCCSL

## What YOU need to know about ID Cards:

- **PLAYER ID Cards:** ALL players in the BCCSL must have a valid BC Soccer ID card at each game, that match their Game Roster
  - ID cards are going VIRTUAL this year! Needed October 1st
  - Team Managers must upload a photo
  - Team Managers must also send our Registrar a copy of a valid birth certificate and/ or passport to verify birthdate/ age group
  - ID Cards must be on field starting October 1st.
- **COACH ID Cards:** Every member of the coaching staff who is present on the BENCH, must also have a valid BC Soccer ID Card, ditto to the above, and not issued without a valid CRC on record with NSGSC (valid for 3 years)
- **BEFORE ID CARDS** – Print and bring your match sheets!

# BCCSL



## What YOU need to know about SCHEDULES:

- **SCHEDULING:** All game schedules will be auto loaded into BCCSL's Q-Scriptor system and posted to the BCCSL website
  - Any discrepancies in HOME field/ times, please check in with your ACC
  - Managers (home team) are expected to contact opponents to confirm game information as early in week as possible, but no less than 48H prior to match
  - Changes to home game times/ fields made by BCCSL will be shared by your AGC or District Scheduler or Fields Coordinator (usually by Tuesday)
  - Requests for home game time/ field change, to accommodate an opponent, should be made directly to BOTH NSGSC Fields Coordinator (Nicole) and League Scheduler (Jeff)
  - NO Games on Thanksgiving weekend

# BCCSL -



## What YOU need to know about RULES:

- **SCORE REPORTING:** HOME TEAM will now report ALL scores before 9PM Monday nights
- BC Soccer **Small Sided** Play Format still applies - **RETREAT LINE** still applies
- **Fine Schedule** - NSGSC will not support unsubstantiated requests for fine assistance - Fines will be responsible by the team causing the infraction: game cancellations, forfeitures, misconduct (player, coaches, parents), equipment/ uniforms...(know the schedule, Section 16)
- **Retiering** - Can happen and will be communicated by October 1st by the Pee Wee Head Coach

**READ THE RULES & USE THE HANDBOOK!**

[www.bccoastalsoccerleague.ca](http://www.bccoastalsoccerleague.ca)



# BCCSL - Changes to Divisional RULES

- **FLUID ROSTER PROCESS (FRP) & PLAYER TRANSFERS**

- No forms needed; simply arrange with other coaches and player, ensure player has ID Card and is rostered (manually) on Game Card
- No maximums per season or per game as long as within regulation roster size; players may only play 2 games/ weekend
- Div 1 & 2 - Call UP only from a lower division or up to TWO age groups lower (note no call-ups from U10)
- Div 3 - Call ACROSS is allowed \* EXCEPT during League Championship Games
- **USE THIS** – LEAN on EACHOTHER and be mindful of player well-being and development

- **LEAGUE CHAMPIONSHIPS & COASTAL CUP**

- NA for U11/ 12
- Division 2 & 3 Regular season will end in December and Championship Playdown will begin in January with new tiers/ rankings.
- Rules and procedures for Metro/ Division 1 Coastal Cup are forthcoming.



# Player Pathway & Development

## THE FIRST THREE LTPD STAGES

The first three LTPD stages, which guide development up to age 12, are built around small-sided games. There are no league standings for these age groups; the focus is on learning and fun.

1

### STAGE ONE: ACTIVE START

(U-4/U-6 M/F)

Gives the youngest players the opportunity to develop basic movement skills like running, jumping, landing, kicking, throwing, and catching in a fun setting built around informal play and positive reinforcement.



2

### STAGE TWO: FUNDAMENTALS

(U-6/U-8 F, U-6/U-10 M)

Allows children to develop their movement ABCs—agility, balance, coordination, and speed—and learn the basics of the game while emphasizing fun, cooperation, and maximum time on the ball.



3

### STAGE THREE: LEARNING TO TRAIN

(U-8/U-11 F, U-8/U-12 M)

This "golden age of learning," when children become less self-centered and are more able to reflect on their actions and learn from mistakes, provides an optimal window for further development of skills. The focus is on learning by doing, building a larger repertoire of soccer movements and teaching the basic principles of play in a fun and challenging environment.



# NSGSC Development Centre

- Open to all players looking to improve their game
- Weekday evenings at the NSGIF, non-conflicting with your team schedules
- Focused on fundamentals: confidence, decision making, ball and foot skills through an age-appropriate curriculum
- U6-U13
- NEW privates + small-group training COMING SOON
- At U9-U12 players can be assessed for the NSGSC Prospects high-intensity weekly development program

# Communication Protocols



Our New Website Has A Ton Of Information, Please Browse To Find Your Answers.

- About your **YOUTH TEAM** (rosters, practices, games, etc.): FIRST reach out to your Team MANAGER; Can't find your team, THEN contact your AGE GROUP CO-ORDINATOR (AGC).
- About **COACHING** (sessions, support, training, etc.): Reach out to Lee-Ann Denham
- About your **CAMP or DEVELOPMENT PROGRAM DETAILS**: Reach out to our Programs & Registration Coordinator
- About issues with your **REGISTRATION** (profile, payments, refunds, etc.): Reach out to our Programs & Registration Coordinator
- About **RENTALS** at the NSGIF (Indoor Facility): Bookings can be made [HERE](#)
- About **HEALTH & SAFETY** concerns: Reach out to our Health & Safety Officer
- About our **WEBSITE or SOCIAL MEDIA**: Reach out to our Website & Digital Coordinator.
- About **FIELDS** for practices, pairings or games: Reach out to our Fields Coordinator



# Communication



Download the TeamSnap APP!

- Don't use your old one
- Don't add players manually they must be registered
- Once you add a schedule, it will be LIVE on our website

Do use the Website and Social Media

Do add @msgsc.com to your approved contacts

Do check your junk/ spam

Do use @DNVFields and @CNVFields to check field status

# Open Forum

Questions or Comments?

# Thank You.

Need more info? Please visit  
[www.nsgsc.com](http://www.nsgsc.com).