



Penfield Strikers Girls Soccer Club

**Where Girls Have Fun While Developing Self-Confidence, Physical Talents
and Interpersonal Skills**

Parent Handbook

Website: www.penfieldstrikers.org

Email: strikers@penfieldstrikers.org

Penfield Strikers Soccer Club

PO Box 12

Penfield, NY 14526

Penfield Strikers Soccer Club Vision and Mission and Value Proposition

The Strikers Board adopted the following Vision, Mission, and Value Proposition in 2012 to guide all of our efforts, before, during, and after each season.

Vision

Penfield Strikers players develop character, achieve an appreciation for fitness, and attain higher levels of success throughout their lives as a result of their dedication to the team sport of soccer.

Mission

Offer female youth players and coaches in the Penfield Community the opportunity to develop the soccer skills, teamwork, and sportsmanship necessary to be competitive at their highest level.

“Be the best place for coaches to coach and players to play.”

Value Proposition

Penfield Strikers offers:

- A positive team experience that builds character and dedication through the pursuit of excellence
- A complete range of development opportunities for players tailored to each age group
- Education and support for coaches
- Opportunities for parents to participate in and support their daughter’s soccer experience
- Opportunities for parents to help build a stronger organization to serve the Penfield community now and in the future
- A better understanding and love of the game

Delivered in a respectful environment for players, coaches, parents, referees, and opposing teams at a competitive cost compared to similar area clubs.

Consistent with the above:

- Strikers field as many as 3 teams at each age level, from Rochester District Youth Soccer League (RYDSL) (www.rdysl.com) Division I to IV. Over 300 girls play in our Club making us one of the largest girls’ soccer clubs in the league.
- The Club promotes training and development for adults who are interested in coaching soccer at an advanced level.
- The Club also sponsors local adult women’s teams who assist in achieving our goals.

Club Officers and Leadership Positions

The Club is managed by an all-parent, all-volunteer Board that ensures that the resources, expertise and related procedures and policies are in place to support our

coaches and players. The Board meets monthly with subcommittees and work groups meeting throughout the year. Each of our board members commits to doing their best to enhance the experience for each and every player and coach. The Penfield Strikers Board believes the 300 athletes who wear a Penfield Strikers uniform and their coaches deserve the effort to be the best place to play soccer!

The Club officers and Board members are all volunteers who generously donate their time for the betterment of the club.

What does it mean to be the best place for girls to play soccer?

In order to be the best place for 300 girls (ranging in age from 7-19) to play soccer, the Club provides a continuum of competitive options. We field as many as three (3) teams at various age levels, from RDYSL Division I to IV. In 2011, only one club in the 34-club RDYSL fielded more girls' teams than the Penfield Strikers.

While many of the players in our club are premier caliber players, the Penfield Strikers Soccer Club is an RDYSL Club and not a premier soccer organization. Conversely, the Penfield Strikers club is not a viable option for players not ready to commit to a travel club and seeking recreational play only. Parents are encouraged to understand the commitment of travel soccer determine if their daughter is best suited for travel soccer or recreational soccer. TheTown of Penfield has a highly successful and well organized recreation soccer league.

The Penfield Strikers Soccer Club takes great pride in offering girls who want to compete and develop at a higher level of competition and coaching an opportunity to do so without the financial and out of state travel commitment of a premier soccer club. Each year, Penfield Strikers players continue their soccer careers in both high school and college.

When tryouts are completed (September of each year), every effort is made to find a playing option for every girl who commits to playing soccer at this level. Tryouts are held each year in September with two sessions for each age group. A similar format and approach is used at each age level to evaluate a player's current skill level with the intent of placing the player on a team that will be a solid fit for her – a place where she can grow and learn.

All girls who will have turned 8 by July 31 of the season year are welcome to attend tryouts.

Our annual registration cost provides weekly indoor practice from December to August, a full RDYSL league game schedule, home and away uniforms purchased bi-annually, team monies that may be used to support two (2) tournaments, club-subsidized opportunities to enhance individual and tactical skills, and opportunities to engage in community service and/or serve as volunteer coaches and referees for our *All Girls All Soccer* program (7th grade and up).

The Penfield Strikers have an established scholarship program. A small portion of every collected club fee is allocated to this fund. We also receive contributions through our United Way affiliation and from Club sponsors. The Club is committed to making certain that any child who wants to play competitive soccer is able to regardless of her financial circumstances.

A Club-wide Conditioning Camp is held each spring to physically prepare the athletes for the outdoor season and to remind them that they are a part of something bigger than just their own Penfield Strikers team. Typically, more than 150 girls show up for this two-week camp each May! That's an impressive number

when many of the older players cannot attend because they play scholastic sports during the spring season.

As a club, the Penfield Strikers march in the Town's 4th of July parade. This might seem like a small thing but the intent is to make our athletes feel a part of our larger community and to know that they are a part of something significant right here in Penfield.

What does it mean to be the best place to coach?

Our coaching committee was formed to ensure coaches receive the support, training, and assistance throughout the season. This means that when someone becomes a coach in this organization, they aren't just given a clipboard, bag of balls and sent off to coach a team. They receive direct instruction and ongoing support in a specific scope and sequence of learning. They are taught how to structure practices so that key concepts are understood and the girls' skills build over time.

Penfield Strikers' coaches are supported from day one of the season through the final game – helping them consider what's working and not working and how they can improve their team's performance. The Club also reimburses coaches for training provided by New York West Youth Soccer Association (NYSWYSA), our local affiliate of the national governing body for youth soccer.

The Penfield Strikers organization: a) ensures that coaches have the equipment that they need including inventories, maintaining storage facilities at Rothfuss Park and the Town Hall; b) manages game schedules and acquires fields for games through coordination with the Town and Penfield Rangers; c) maintains a quality website with personalized team pages and calendars, access to all critical forms, club policies, parent and other resources; d) produces a monthly newsletter that highlights team accomplishments and reiterates key messages to families and their player(s); e) negotiates with the Town, indoor turf facilities and uniform and equipment providers on the teams' behalf; and f) provides access to practice time/facilities across age levels.

Governing Organizations

The national governing body for youth soccer is United States Youth Soccer (USYS). Regionally, our governing body is the New York State West Youth Soccer Association (NYSWYSA), which governs youth soccer for the Rochester, Syracuse, Buffalo, Binghamton, and Southern Tier regions. Locally, we are part of the Rochester District Youth Soccer League (RDYSL).

Rules of Conduct / Policies

The club, in accordance with RDYSL guidance, has adopted a **Zero Tolerance Policy** for unsportsmanlike behavior. All players, parents, coaches and other adults associated with our club are required to sign this form each season. A copy is available at our website under the DOCUMENTS tab. For example, no parent or other spectator shall persistently address the referee or assistant referees at any time. This includes but is not limited to:

- Spectators shall not make derogatory comments to players of either team.
- Spectators shall not dispute calls during or after the game.
- Spectators shall not advise the referee to watch certain players or attend to rough play.
- Spectators shall not yell at the referee, EVER, including criticism, sarcasm, harassment, intimidation, discriminatory comments or feedback of any kind before, during, or after the game.

The only allowable exceptions to the above are:

- Spectators may respond to a referee who has initiated a conversation with a parent or spectator.
- Spectators may point out an emergency or safety issues, such as a player down on the field or observed lightning.

We are guests at all fields. The following rules apply to all fields used by the Club.

- NO un-sportsmanlike language or conduct;
- A 'field' includes any adjoining playgrounds, parking areas, or buildings.
- No alcoholic beverages.
- No smoking.
- No parking on grass areas.
- Parents are responsible for non-playing children. These children must be supervised on playground areas and should not be playing around, in or on any goals, cars, dumpsters, wooded areas, or adjacent backyards.
- Please help keep the areas free of trash and other litter. Consider our fields "carry in/carry out" facilities.

Annual Tryout & Team Selection Process

Each age group from U8-U17 conducts an annual tryout for spots on their respective rosters. The dates, times and locations for these are listed well in advance on the calendar page of our web site. Penfield Strikers makes every effort to conduct tryouts in September. Players must be registered using the Penfield Strikers website. Registration questions should be sent to the Club Registrar at registrar@penfieldstrikers.org.

Understanding Age Groups

As part of the RDYSL and NYSWYSA organizations, Penfield Strikers adhere to the age matrix and policies of these organizations. The age groups are based on birth dates from an August 1st to July 31st calendar range. For ease of understanding, an age matrix is provided. When registering, select the age group that most closely aligns with your player's birthday. If you are considering having your daughter "play-up" (play in an older group than the matrix indicates), please refer to the section: PLAYER PLAY-UPS. The age matrix is based on US Youth Soccer and can be found on the Penfield Strikers website or on the RDYSL website, www.rdysl.com.

Player Evaluation and Team Assignment

The club assigns an age group tryout coordinator for each age group. This coordinator is usually the head coach of the top level team in that age group from the previous season.

For U8-12, the age group tryout coordinator is responsible to execute a standard tryout plan that is in use across all of these age groups. The tryout will consist of mini-games, timed sprints and full sized field games appropriate to that age group.

For U13 and older teams, the tryout coordinator is responsible to create a tryout plan that is approved by the Coaching Committee.

The Penfield Strikers utilize independent evaluators to help conduct the actual tryout. Objective scores (such as timed runs) as well as subjective evaluations of the players are completed. The assigned evaluators utilize various techniques to evaluate all players that are trying out for the team. Various evaluation criteria are applied and the girls are then ranked based on their performance. A major effort is being made to have tryout evaluators that are in no way linked to the teams. The Try-out Committee selects the teams based primarily on the rankings from the independent evaluators.

Team Assignment Notifications

Every effort is made to notify the players as quickly as possible upon completion of tryouts. Each player will receive a personal notification of their status as soon as it is available and approved, typically within 3 weeks after

tryouts. Placements for all teams must be confirmed by the Tryout Committee before teams are announced.

The Club strives to field multiple teams whenever there are an adequate number of players and coaches to support their formation. During tryouts, players are evaluated for their skills and capabilities. The Club recognizes that no tryouts are ever perfect but our coaches and volunteer evaluators use the latest in techniques and their best efforts to properly make unbiased decisions about each player. Penfield Strikers' policy is to provide the most competitive teams possible so the top players in a tryout are assigned to our top division team, the next group to the next lower division team and so on. As the age group progresses, experience has shown that there is change each and every season on the various age level teams as individual players improve their skills

Team Rosters & Size

U8-U10 rosters usually consist of thirteen – fourteen (13-14) players with fourteen (14) players being the maximum allowed. U11 rosters usually have fourteen – seventeen (14-17) players with a maximum of eighteen (18) allowed. U12 and up rosters usually have sixteen – eighteen (16-18) players with a maximum of twenty two (22) allowed. The Penfield Strikers Board is responsible to review rosters and ensure that a fair and unbiased approach was used for team placements. A minimum roster size is considered to be the number of players on the field PLUS five. Exceptions are made in order to field a team in a particular age level, but that is the desired roster.

Travel Soccer & Building Competitive Teams

The Penfield Strikers strive to field competitive teams at all age groups. Penfield Strikers teams regularly win tournament championships and place well in their league standings. While Penfield Strikers teams strive to win, the focus of the club is on learning, development, teamwork, and sportsmanship.

Competitive Teams versus Balanced Teams

RDYSL is the league in which our teams compete. Beginning in 2004, RDYSL began the formation of Division I, II, III, & IV teams with the best teams being placed in the highest division. RDYSL has implemented a promotion/relegation system to maximize competitiveness within a given division. Better competition in games is the best way to develop the girls' skills and maximize the enjoyment. The Penfield Strikers' approach identified in the question above supports RDYSL's approach to find a developmentally appropriate place for groups of girls to play allowing the coach to work on skills and tactical development that will be of greatest relevance to all the girls. The RDYSL promotion/relegation system has proven highly effective in matching teams with similar skills leading to more competitive games and enhanced competition.

Soccer's governing bodies, USYS, NYSWYSA, and RDYSL determine the age cut-off dates. Penfield Strikers are obligated to abide by those rules to ensure that teams

from all areas operate consistently. The club evaluates players according to demonstrated skill levels at the tryouts and players are placed on teams according to those evaluations. If your child is not placed on a team with her friends, encourage her that this will be a great chance to make a whole new group of friends.

Player Play-ups

The Penfield Strikers Soccer Club allows playing up. However, playing up is not a right. Prior approval to try out for the older or play-up team is required. If you are new to the club and interested in having your daughter “play-up”, please read our “play-up” policy: [Penfield Strikers Play-Up Policy](#) located on our website under Club Policies. Prior to the annual tryouts in September, you will need to submit a “**Play-up**” **Request** form to tryoutcoordinators@penfieldstrikers.org. This form is located on our website under the Documents tab. The form should be sent before tryouts begin and state the reason(s) behind your request, your daughter’s current placement and requested level of play.

Play-ups are granted for two reasons:

1. Exceptional Player (which should be considered carefully by parents and coaches)

A player trying out for an older team under the “exceptional athlete” clause **must be determined to be in the top six (6) players in the stack ranking** in order to be offered a spot on that older team’s roster. In this situation, it is required that the player tryout with her age-appropriate group in addition to the older team.

This is a very serious decision, the dynamics of which should be carefully considered. It is important to appreciate that in this circumstance, an age-appropriate player may be cut from a team. As such, the guideline for play-ups must be carefully followed. The “exceptional” athlete option should be reserved for truly exceptional circumstances.

The exceptional player will need to qualify for a play-up each subsequent year the player chooses to play up. An exceptional player does not fall under a ‘grandfather clause’.

2. Grade Appropriate Play-up – To provide an athlete the opportunity to participate with her grade-appropriate peers.

If a player has been granted a grade-appropriate play-up (if they are born, for example between August 1 and November 20), they are grandfathered each year to the older age group as long as they are able to make a roster at that age level.

Financial

Annual Registration Fee

The fee structure is re-evaluated every year and can vary. The fee is posted on the website. The club accepts payments by cash, check or online credit card. The annual fee covers the cost of uniforms, league registration, tournament registrations, team social funds, indoor practice turf time, referee fees, insurance, and club operating expenses.

In instances where a parent coach is not available, a non-parent coach may be identified and a stipend for that individual negotiated among the team's parents. To date, this has only occurred on teams U11-U16.

Some teams choose to purchase team warm up suits or related gear (ball bags, for example). In addition, a few teams have made the commitment to purchase indoor field time above and beyond that provided by the club (to hold an additional weekly practice, for example). Teams may conduct fundraisers or utilize the club's sponsorship program (donations from local businesses that are formally recognized by the Club for their support) to offset such expenses.

The Club encourages coaches and teams generally to be thoughtful about incurring additional costs – to ensure that such expenses are value added and reasonable. The Club strives, however, to ensure that our registration fee provides a quality soccer experience while being fiscally prudent.

Refunds

Once a player has accepted a roster spot following tryouts the annual fee is due no later than November 1st. The Club does not provide refunds. This policy is not intended to be punitive, but to reflect the fact that the bulk of our expenses (uniform, training of coaches and indoor turf time) are incurred early in the season.

Fundraisers

The club has NO mandatory sales activities though individual teams may choose to pursue sales types of activities to support soccer related team expenses.

Financial Assistance

The Penfield Strikers Board of Directors is committed to ensuring any girl with the skills to play travel soccer is afforded that opportunity regardless of their ability to pay the annual dues. A scholarship/financial aid program is available. A parent payment plan is also an option. All information is kept strictly confidential. To inquire about this program simply send an email to the club President at president@penfieldstrikers.org.

Tournaments

Competitive Tournaments are held for U11 and older teams. These consist of age group specific competitions completed over the course of a single weekend. Our

club allocates funds to each team based on roster size, age group and budgetary constraints for the season. This is used for either indoor training or outdoor tournament entry fees. If additional funds are needed by a team to enter tournaments, the cost will be at the team's expense.

Festivals are identical to tournaments except that all players will receive a participation award from the sponsoring organization.

Team Sponsors

The Penfield Strikers started a sponsorship program in 2004 which has been very successful for many of our teams. To aligning with IRS regulations for charitable contributions, 10% of each sponsorship is allocated to the Club's scholarship fund, while the remaining 90% goes to the team that solicited the sponsorship. Finding sponsors is a great way to expand the opportunities for your players without overtaxing team parents. Information about how to solicit sponsors for your team is available on the Club website.

Adult Volunteers

US Youth Soccer adopted the *Kidsafe Program* in order to foster safe circumstances for every player who participates in any activity associated with USYS. The purpose is simple: to promote the health, safety and protection of players in the game of soccer. The Penfield Strikers fully support and adheres to all requirements of this program as administered by the RDYSL. No action of any organization can ensure the complete safety of your child. The Penfield Strikers expect every coach and parent to be ever vigilant in support of this goal. The Penfield Strikers have established a reporting method to support anyone who identifies any activity that may violate this policy. The forms are readily available on the club website and at the Town of Penfield Recreation Office.

Coaches

Head Coaches

Penfield Strikers has a Coaching Committee that is responsible for overseeing the selection of the head coaches for the teams. For the U8-U10 and U16 and older teams, the head coaches are usually unpaid parent volunteers all of whom go through a thorough background check by way of NYSWYSA. For U11-U15, coaches may be volunteer parents (with a good knowledge of soccer), paid coaches (with soccer expertise) or a non-parent volunteer with considerable soccer expertise. All coaches are interviewed by the DOC and at least one other member of the Coaching Committee before beyond appointed. Assistant coaches are generally parent/guardian volunteers who offer to assist the head coach. Their selection and how they assist is left to the discretion of the head coach.

Qualifications

Penfield Strikers head coaches are trained and supported by the Club's Coaching Committee. In recent years, coaches with college coaching and professional playing experience have volunteered to work with the Penfield Strikers. Penfield Strikers head coaches are trained and licensed by the United States Soccer Federation. Penfield Strikers fund the course fees for all of our coaches to obtain their "E", "D" and any higher level licenses. While encouraged to do so, first year coaches at the youngest age groups are not required to complete this training.

Team Managers

The team manager is a key person for the team. Simply put the team can't exist without them! Our managers strive to take the paperwork burden off our coaches, so that they can focus on coaching.

Our team managers handle the many "off field" details involved in fielding a team in the RDYSL: player registrations including birth certificates' coordinating paperwork for player passes; arranging tournament details like hotels and registration; paying the referees and doing game reports.

Like the DOC's role to support coaches, managers are supported by a Head Team Manager who trains and guides them while making sure they have someone to turn to with questions or concerns. In large part due to the managers' efforts, the Penfield Strikers are one of the least-fined RDYSL Clubs.

Parent/Coach Interaction

Penfield Strikers head coaches are accessible to all parents. Each coach has their own policy regarding parental suggestions and feedback. Parents should not provide feedback or suggestions before or during a game or practice. If parents feel they need to go further than the coach, they should contact the Director of Coaching, a member of the Coaching Committee or a Penfield Strikers Board member.

Parents are encouraged to provide open and honest feedback on the coaches' performances in the annual Parent Survey conducted near season's end. Please ensure you submit your evaluation when requested. Be open and honest. Again, this input is strictly confidential with the sources of comments or grades NEVER revealed to the coaches.

GAME SEASON

Playing Time

Game time varies by age group. Youngest age levels (U8-9-10) play 25-minute halves. The game time increases five minutes per half for every odd year after that. For example: U11's play thirty (30) minute halves and U13's play thirty-five (35) minute halves. The Club has established a policy that players "in good standing" may expect to play at least ½ of the average game over the course of the season. Each coach defines what "in good standing" means to their team, but generally this includes coming to practices and games on time, working hard, being respectful of self and others. The 50% playing time for players "in good standing" policy was adopted to reinforce the Club's commitment to ensuring that each girl who is dedicated to playing soccer at this level will have ample opportunities to develop her skills in practices and games. We ask parents to appreciate, however, that other issues may come to bear on this intent: substitution rules, injuries and position needs of the team. The spirit of the policy is to ensure that girls get to play the game of soccer, not watch the game.

Game Days

Final outdoor schedules become available from the RDYSL in late April. These schedules are set by RDYSL and all games are originally scheduled for weekday evenings. Coaches and teams have a two-week window to reschedule any games where there may be team conflicts. For example, when there is a school event on a prescheduled game night, the game can be moved to a different evening, eliminating this conflict.

Fans

RDYSL rules require that the team and its associated parents/fans be on one side of the field, while the opposing team and their parents/fans are on the opposite side of the field. This rule is designed to keep the opposing parents separated. During the game, please do not sit right next to your player's team. Also please refrain from speaking to your player during the game or play stoppage. This distracts the players and makes it difficult for the coach to work with the team. Neither parents nor coaches can be stationed at numerous points around the field to coach their players.

Weather

Soccer is an all weather sport. Referees determine if games are cancelled. If a game is stopped at halftime or later it is considered final and is not re-scheduled. If thunder and/or lightning are observed, the game will be immediately suspended, allowing people to seek safe shelter. Games may be re-started if thunder/lightning has not been seen for 30 minutes. Parents, of course, may withdraw their child from play if they are uncomfortable with safety issues. Soccer is traditionally played under fairly poor conditions including rain, cold, snow, and wind so be prepared to wait it out in the car!

Practices in bad weather are up the discretion of the head coaches. In the event of severe weather, coaches have the responsibility to ensure the safety of each player by establishing a meeting spot at their regular field. Parents have the right to keep their child home if they feel the weather conditions are not suitable for practice but please communicate that choice with the coach.

Facilities

Portable toilets are provided at some but not all sites where Penfield Strikers teams play and practice. Plan accordingly!

Home Field Maintenance

Field cleanliness and maintenance is everyone's responsibility. Please pick up trash on your way off the fields. Consider all fields "carry in/carry out" locations and treat accordingly, this goes for the pieces of rubber from water balloons and wrappers from after practice/game snacks!

Field maintenance at the Penfield Town Hall and Rothfuss Park is done by the Town Grounds and Facilities staff. Beginning in 2005, the Town agreed to mow up to two times per week. The Club pays an additional weekly fee for the second mowing when it can be accomplished. All the field lining is done by the Town Grounds and Facilities staff. Lining is normally done once per week unless it's very dry and the grass has not grown allowing the lines to remain visible.

Mowing is usually not done in the rain and lining is definitely not done in the rain. In addition, rain makes the grass grow and the lines fade. It follows that when you have a week of consistent rain, it is likely that the fields are not going to look their best at the end of the week. School and town maintenance crews have multiple facility responsibilities within the District and Town so even when the weather allows for outdoor field work, there are multiple areas that need attention and not all can be completed at the same time.

Player Equipment

- **Soccer shoes/turf shoes** provide safe traction on damp grass. Cleats should be molded plastic or rubber. Metal or hard plastic cleats are not permitted. The proper soccer shoe provides an additional measure of safety for your player.
 - For indoor practices, sneakers are acceptable. Many players prefer indoor turf shoes but they are not mandatory.
- **Shin guards. All children MUST have SHINGUARDS** or they will NOT be permitted to play or practice. There are **no** exceptions. Serious injuries may result.
- **Soccer Ball** - The ball should not be made of rubber. Any stitched ball is generally acceptable
 - Age 8-12: Size 4
 - Age 13+: Size 5
- **Water bottle** – This is essential. Ensure your child comes to every practice with enough water to keep herself hydrated.
- **Athletic glasses** - It is recommended that your child should have plastic lenses or 'sport' high-impact glasses with retaining straps.
- **Mouth guards** - not required but recommended for all children. Many area dentists provide custom mouth guards for free or at cost in a variety of bright colors. Off-the-shelf mouth guards may also be used.
- **Headgear** - This equipment is relatively new to the soccer scene. While use of protective soccer headgear is not mandatory, it is allowed to be worn by your player.

Please be sure to label all gear with player's name.

Can my child wear jewelry?

Jewelry (including earrings) is not permitted at practices or games for safety reasons. If Medic Alert or religious necklaces must be worn, they must be taped down to the skin before the practice or games. No exceptions.

Can my child wear a hat?

Only knit caps are permissible. Baseball caps are not permitted at any time.

Uniforms

The Club purchases new uniforms every other year so please plan accordingly. New uniform socks are provided every year. In the off-year, parents may purchase uniforms at their own expense. New Players joining the club during a non-uniform year are charged 50% of the uniform cost. The club does NOT recycle uniforms due do difficulty of sizing and ensuring unique uniform numbers per in each age group.

Strikers Scheduling & Time Commitments

September and October:

- Penfield Strikers sponsor our "All Girls All Soccer (AGAS)" fall soccer event, for players entering second through sixth grades. The program is held on Saturday afternoons and consists of two skills building/practice sessions in September followed by six games. Participation is optional, but recommended. Players in this program do not have to plan on trying out for a Penfield Strikers team to be eligible to participate. Our U13 and older players can participate as Assistant Coaches and receive community service credit as appropriate. Older players can also volunteer to referee these games.
- The Club holds tryouts during September. Each age group is assigned two tryout dates. It is important anyone seriously committed to soccer makes at least one and preferably both of these dates.
 - Prior to Tryouts, parents must register online (www.penfieldstrikers.com).
 - A medical release form must be completed as part of the registration process.
- In October, team placements are announced and accepted.
- In late October, the Club holds an annual meeting. Detailed information will be posted on the Club website. At this meeting, a "State of the Club" address is given, Board elections are held as necessary and parents are required to complete payment of Club dues for the year.

November through early April:

- Indoor turf time starts at Brighton Sports Zone. Teams will be scheduled on Saturdays between 12pm and 4pm, often with two hour block for practice and skill development sessions. Participation is expected although sessions may be missed due to illness or early discussion with the team's head coach.
- Some teams will choose to participate in indoor leagues or other optional events.
- Some teams will choose to hold fundraisers to assist in team related expenses beyond what is paid for with dues.

April through mid-May:

- The outdoor season begins. The Penfield Strikers have working arrangements with local organizations to utilize outdoor practice fields. Each team's coach sets the team schedule but expect two to four (2-4) evenings a week will be soccer related for practices, scrimmages or games. Participation is expected although sessions may be missed due to illness or early discussion with the team's head coach.
- Tournaments and festivals begin with team participation in the events of their choice.
- Indoor events are wrapping up.
- Conditioning Camp is held over two weeks following the school vacation. Participation is optional but highly recommended to aid in your player's conditioning.

Mid- May through End of Season, by early August:

- It is expected that each player will commit to three (3) to five (5) days per week for league games and practice. RDYSL generally schedules one or two games per week during the regular season which starts around the middle of May. During the outdoor season, players are expected to be available for games and practices FOR THE FULL SEASON (April through July). ***If a player expects to have conflicting sports or other activities that may cause her to miss a significant number of games and practices, then travel soccer may not be appropriate for her.***
- For tournament/festival weekends, the commitment will be higher. Often, these weekends find the teams playing 4-5 games between Friday and Sunday. Typically teams play at least 2-3 weekend tournaments or festivals during the outdoor season some of them outside of the Rochester area.
- Please be at games and practices on time as defined by the coach. It is not unusual to be requested to arrive at game sites at least 30 minutes prior to the game's scheduled start time. It's not fair to the rest of the team if someone is consistently late. Consistent tardiness or absence will likely result in lost playing time

August:

Generally, August is a month of rest. The Penfield Strikers Club tries to schedule no activities of any kind. An individual team may choose to participate in a tournament and there is a small chance that a final league game may be scheduled for a very early August day.

Other Commitments

The Penfield Strikers encourage a well-rounded athlete and support participation in other sports. That said, team members are expected to participate in Penfield Strikers practices and games whenever possible during the other activity's primary season. The coach should be notified whenever a scheduled team activity does not fit your schedule.

The primary soccer season is from May through the first week of August. However, it is recommended that open communication with the coach is also maintained throughout the indoor season so that practice plans can be adjusted accordingly to the number of expected players. If the other activity is also in primary season, we expect a 50/50 split of time with games for either activity having priority.

Club & Board of Director Involvement

The Penfield Strikers' Board is ALWAYS looking for more help. All of the club's team managers, board members, board representatives, etc. are volunteers. The club has many opportunities for additional volunteers which can be found on our website under "Volunteer Opportunities".

Simply send an email to the Club President at president@penfieldstrikers.org or attend any of our regularly scheduled board meetings. These are generally held at the Penfield Presbyterian Church at 6:30 PM on the second Sunday of every month with specific information available on the club calendar tab of our website. (Note: Some board meetings are moved to avoid holidays and other dates like Mother's Day.) Assistance is needed with tryout registrations as well as registrations at the annual meeting. Parents are also need to help organize and run individual team activities including fundraisers.

Role as a Parent

In addition to providing taxi service to practices and games ALL Penfield Strikers parents are expected to donate a small amount of time to support club activities. Each parent agrees to donate at least one hour per season when they complete registration. There are many Club needs that interested volunteers are always welcome to assist with. The Club's needs are discussed at each annual meeting and the President will e-mail families periodically during each season to highlight additional ways that families may help.

Team Photos

The Club sponsors "Picture Day" when all players are offered the opportunity to have pictures taken. Team photographs are also taken at this time. No one is required to purchase pictures but please come to the photo session so that a complete team picture can be taken. Picture day will be announced and is usually held in April just prior to the beginning of league play. Parents are encouraged to take action photographs during practices and games. Of course, please use care so as not to disrupt the team or the game. Each player is required to sign a model release form indicating their approval/disapproval of the use of their picture for club purposes. If any member of a team disapproves of such usage NO pictures of the team will be posted on the Penfield Strikers web site.

Community Service Events

The club sponsors some form of community service annually. This is an effort to help the girls and families realize that soccer extends beyond the soccer field!

- In 2007, the girls themselves were polled and decided to conduct a book drive. Each team worked to collect children's book and the 257 club members on 16 teams collected over 7,000 books that were donated to a number of local schools and not-for-profits. The club received recognition in the Democrat and Chronicle's Editorial page with a "thumbs up" for this achievement.
- In 2008, the girls raised money to buy new underwear and socks for Matthew's Closet, a Catholic charity that provides items to those in need. Enough money was raised to purchase over 4,000 pairs of socks and underwear!
- In 2009, the girls collected art supplies, toys & books that were donated to a program for supervised visitations through the Department of Children and Family Services. The teams also donated gently used soccer balls that were sent to children in Iraq.
- In 2010, the club sponsored a used soccer equipment to donate collected shoes, socks, shin guards to a fledgling girls soccer league in Costa Rica as well as a youth league in Rochester.
- In 2011, donations were collected to assist the Red Cross in Japanese tsunami relief.
- In 2012, we collected a variety of donations and performed fundraising for Shepard Home, a hospice for the terminally ill.
- In 2013, we collected cans and bottles in support of Cans for Cancer.