



Verona United Soccer Club Team Manager Manual

Introduction

The Verona United Soccer Club Board of Directors would like to welcome you as a Team Manager. This packet has been put together as a resource for you. We have covered major topics that should answer a majority of your questions. If you are in need of any additional information please feel free to reach out to our Team Administrator, or any Verona United Board member for assistance. We are a volunteer organization and appreciate all of your dedication and time.

This manual is intended to be a living document that will continue to evolve as we incorporate best practices and adjust to changing times.

www.veronaunitedsc.com

VERONA UNITED SOCCER CLUB

MISSION STATEMENT

Our Mission: Verona United Soccer Club is a volunteer driven, non-profit organization located in Verona, New Jersey, focused on youth player development by providing a professional, safe, and positive soccer environment. Verona United focuses on growing committed players within a competitive environment that develops a player’s skills, knowledge, and appreciation for the game of soccer by providing high quality training, structure and development through positive training and coaching. Verona United thrives on building a love for the game within our players, so that they continue to participate in the game of soccer.

The Verona United Philosophy includes:

- Providing a challenging soccer program that will offer opportunities for players to compete at their highest potential, with a focus on quality instruction and high-level competition.
- Help players mature as people and encourage the development of important life skills such as good sportsmanship, teamwork, communication, respect, goal setting and fair play.
- Provide an opportunity to play with teammates who have similar skills, athleticism, and commitment to the game of soccer.
- Enhance players opportunities to further develop as student athletes.
- Providing appropriate facilities and infrastructure to ensure training and games occur in a soccer appropriate safe environment.
- Assure that the club provides a coaching staff, inclusive of volunteers, that is focused on the development of all players on each team, regardless of the level of soccer skill.

Ultimately, we are a competitive soccer club and will strive to be competitive and win, but we always aim to do so in a manner that is consistent with our philosophy outlined above.

VERONA UNITED SOCCER CLUB

SEASON APPROXIMATE TIMELINE

<i>What</i>	<i>When (Spring / Fall)</i>	<i>Who to work with</i>
Review Game Policies & Guidelines	Fall Preseason TM Meeting August open board meeting Spring preseason TM Meeting Feb open board meeting	Team Administrator & Player Advocate
Advertise Tryouts	April	VUSC Board
Create Tryout Information	Mid April	Team Administrator / RB Club Coordinator

Create Tryout Session Schedule	End of April	Team Administrator / RB Club Coordinator, Field Manager
Gather necessary equipment for Tryouts	Take inventory one week prior to tryouts	Field Manager
Set up fields for Tryouts		Field Manager
Team Selections/Finalize Roster	1st week of June	Team Administrator / RB Club Coordinator
Email parents with roster spot offer	Monday after season ends or 10th week of official games	Team Manager
Schedule Team Manager meeting	For Fall end of August board meeting for Spring end of Feb board meeting	Team Administrator
Schedule parent/TM Board meeting	Same as Team Manager meeting just different times	Team Administrator
Plan items for parent/TM meeting Suggested ideas: <ul style="list-style-type: none"> • Coaching Philosophy • Player/Parent/Coaches Expectations • Red Bulls 	Mid August	Team Administrator & Player Advocate
Submit Finalized Roster <ul style="list-style-type: none"> • Any players who did not make team - rec offer 		Team Administrator & Registrar
Submit request for web access for team site		Team Administrator & Registrar
Set up field usage for Fall outdoor practice and preference for Indoor Winter Futsal		Field Manager
Email Parents for practice schedule		Team Manager
Items obtained prior to first meeting: <ul style="list-style-type: none"> • Players birth certificates • Executed Zero Tolerance Policy • Completed player Medical Release Forms • Finalize Team Name • Player Uniform numbers selected • Team Contact List finalized 		Team Manager & Registrar

TRYOUT PROCESS & TEAM FORMATION

Contact - Team Administrator & RB Club Coordinator

Tryouts are held outdoors at a Verona facility around May. Teams are formed by using a formal tryout process that will be communicated to all teams and parents of Verona United SC prospects. In addition, we strongly recommend that parents attend the Red Bull RedPrint meeting for more in depth information.

Tryouts are held for U8-U15 boys and girls teams. All players must be pre-registered to tryout to be considered for a Verona United SC team.

PLAYER REGISTRATION

Contact - Registrar

- What is needed for registration - birth certificates and headshots will need to be uploaded for each player, by parents, via registration website..
- Registration Deadlines - All players need to be pre-registered for tryouts. Once teams are selected, an invitation will be sent to all players inviting them to formally register for their prospective team. Please use the link included in the invitation email to register. The invitation will be sent out in mid-late June.
- Payment Schedule for registration - First payment is due at the time of registration. Payment can be made in full at the time of registration or split into a payment plan. A player will not be able to practice if he/she has not registered and made the initial payment.
- **A player cannot register for the upcoming season if they still have a balance remaining to be paid from the prior season.**

UNIFORMS

Contact - Uniform Coordinator

Verona United SC assigns a volunteer board member who is in charge of uniforms prior to each season. An email containing ordering instructions and information, along with a link where the uniform kit is ordered from, will be sent to all teams prior to each season. Uniforms must be ordered as soon as possible, in order to allow the uniform vendor enough time, so that all

players receive their uniforms prior to the first game of the season. Player numbers are assigned as they become available.

DEVELOPMENTAL PLAYERS POLICY

Contact - Team Administrator & Player Advocate

Verona United SC's philosophy for our soccer program is to field the strongest, most competitive teams feasible. Teams will be composed of players within Verona and surrounding areas. VUSC will attempt to furnish as many teams at all age levels (U8-U15) for both boys and girls.

In the event that there are enough players to field two teams at the same age level, these teams will be formed with the names "Maroon", and "White". The higher ranked players will play on the Maroon Team which typically would be a higher "flighted" team, and the White Team would be lower flighted so that the players would have a better opportunity for growth and success.

TEAM MANAGER MEETING

Contact - Team Administrator & Player Advocate

Verona United SC will host a Team Manager meeting leading up to each season. Team Managers are required to attend the "Team Manager Meeting" prior to each season. If the Team Manager cannot attend, they must have an Assistant Team Manager or other representative of the team attend.

During this meeting, the VUSC Board members, as well as a representative of Red Bulls will try to share as much information with the Team Managers, as well as answer as many questions as possible, to assure a successful season.

This communication does not end with this Team Manager meeting. To promote a successful playing season, VUSC encourages communication throughout the year.

TEAM COMMUNICATION

Contact - Registrar & Team Administrator

It is recommended for Team Manager to use mobile apps to allow seamless communication with the parents regarding game scheduling, practice scheduling, procedures, etc. Even If VUSC utilizes another platform (i.e.: GotSport, SportConnect), Team Manager could use any other similar app (i.e.: TeamSnap, Gamechanger etc..)

PRESEASON

Contact - Registrar, Team Administrator & RB Coordinator

1. Make certain that you have the correct email addresses and telephone numbers for all players, and then set up an email distribution list.
2. Request TBS (To Be Scheduled) dates for game schedule (Contact VUSC Field Manager). Ask your players (parents) for any conflicts that they know of for the season. In the Fall, boys' games are played on Saturdays and girls' games are played on Sundays, there are conditional exceptions to the schedule. In the Spring, both boys' and girls' games are on Sundays, again sometimes with conditional exceptions.. Each team is permitted to request one TBS game and charged \$25 for each additional TBS. If you are scheduled for a TBS(H) as posted by NCSA, you must contact the visiting coach to schedule an agreeable game date. You will need to contact the Field Manager to get date and field options to present to the visiting coach. Once it is agreed upon, notify the Field Manager.
3. Ensure that each player has a uniform. A designated VUSC Board Member will share a link and order instructions through the specific uniform vendor.
4. Complete the carding requirements and governing club background check (if outdated). No TMs are permitted on the field until they have completed the background check.
5. Become familiar with the NCSA rules. These can be found at <http://www.ncsanj.com> under LEAGUE GAME INFO then Rules Of Competitions.

PRACTICE SESSIONS

Contact - Field Manager

Team Managers may hold preseason practices and are required to lead them. Contact the Field Manager to verify fields and times are available. TMs in the same or similar age groups should work together. Scrimmages and practices with other teams are encouraged. **Only carded TMs are allowed in the field with the kids during practices and scrimmages (with or without RB trainers)**

Red Bulls trainers lead practices during the season. However, it is recommended that a TM or ATM should be present at all times to support the Red Bulls trainer in the event of an emergency. Any issues with the trainers should be reported early. It is important to develop a good relationship with the Red Bulls trainer. The TM will be the link between the parents and players and the trainer. Make sure that you keep the trainer focused on what is necessary for the players to work on, not just the 10 week lesson plan that is used.

Dismissal from practice is overseen by TMs and/or RB Trainers. Players should not be left alone at the fields. TMs and/or Red Bulls Trainers should have contact information for each player for emergencies.

An early or unexpected dismissal for any stoppage of Practice or Game whether it is for weather, light, casualty or hazard is exactly the same as a regular dismissal: TMs and/or trainers are to remain with the players until they are picked up by a parent or guardian.

Specifically for lightning, the community center fields have posted signs with instructions. The VUSC website under CODE OF CONDUCT has a lightning protocol post, please share with the parents. TMs should have established a direct method of communication with their parents beforehand in case of emergencies.

FIELD INFORMATION AND SCHEDULING

Contact: Field Manager

The Verona United SC Field Manager will create a practice schedule with Red Bulls trainers prior to the start of each season. The Field Manager does his/her best to accommodate Team Managers requests as far as days and times, please understand that there are a lot of pieces that go into creating this schedule. Game format, RB trainer availability, field availability, etc. all must be taken into consideration when creating this schedule. No requests are guaranteed and schedules may change within the first weeks of the season.

If a change in schedule is needed, please contact the Field Manager as soon as possible, so accommodations can be considered.

Verona Fields:

Centennial Field, 880 Bloomfield Avenue, VCC

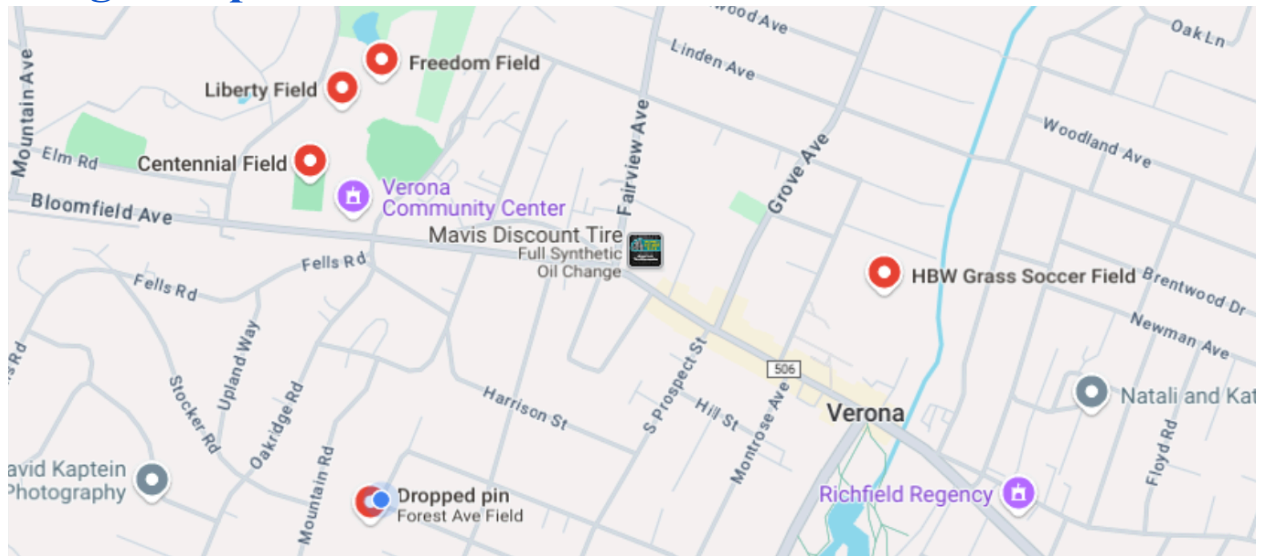
Freedom Field, 10 White Rock Road

Forest Ave Field, Halsted Street

HBW Field, Gould Street

Liberty Field, White Rock Road

Google Maps to Verona Fields



Only Carded TMs, ATMs, Red Bulls Trainers, Referees and Players are allowed on the Playing Field (Turf) during Training and Games. On grass fields please allow a 3+ft buffer to the touchline before placing any form of seating on the spectators side. No seating is allowed behind the goals. Please follow all posted signs.

PLAYER COMMITMENT GUIDELINES

Verona United Soccer Club (VUSC) has set forth the below guidelines for its Trainers and Team Managers regarding playing time and team commitment levels. We understand that players are often juggling multiple sports and other commitments outside of the club, but we believe, as one of the largest and most competitive clubs in Northern Counties, that a high level of commitment from a player to his/her team and teammates (both at practice as well as on game days) is key to the success of an individual player, team and the club. As a result, VUSC has instituted the following guidelines for Team Managers and our professional Trainers, to help shape the overall culture of soccer that the club hopes to promote amongst its players.

In order to understand the guidelines regarding “Player Commitment”, we need to first understand “Overall Game Playing Time”:

Overall Game Playing Time

U8 to U11:

Equal playing time across all players over the course of a season (not necessarily within the span of a game) is our target for this age group. However, playing time may be adjusted and reduced at the discretion of the Trainers under certain circumstances, such as frequent absences from practice or games, or other disruptive behavior that a Trainer feels reflects the player’s overall commitment and contribution to the team and club.

U12+:

The following are expected minimum targets for playing time, but again this minimum time can be adjusted down at the Trainer’s discretion and due to criteria set forth above and level of play.

- U12 - 60%
- U13 - 50%
- U14 - 40%
- U15+ - 30%

Impact of Player's Commitment

Verona United SC strongly believes that a player's commitment level through regular practice and game attendance, as well as the proper level of respect for fellow teammates, coaches, opponents, and referees, is critical to both his/her development and also the development of the player's teammates as well as the team's overall success. As a result, the Club's guidelines for minimum game playing time as detailed above are subject to a player's ongoing commitment level and level of play. If a player regularly misses practices and/or games due to other commitments or is disrespectful or disruptive during games and/or practices, a Trainer may, at their discretion, adjust down a player's minimum playing time because of this diminished commitment level. This diminished playing time may include, amongst other results, not starting for a game/s, playing less than the minimum playing time for their age group, not being eligible to play up onto older or higher-level teams, or in extreme behavioral or disruptive situations - not playing an entire game. These remedies, and any others related to playing time, are solely at the discretion of the Trainers and will be communicated clearly to the player and parents at the time.

PLAYER PLAY UP OPPORTUNITIES

This section was developed to provide clarity regarding the criteria for a play up and the logistics and protocol for activating a play up.

Definition, Play Up

Playing Up: Teams are allowed to have as many players engage in temporary play "playing up", from a lower age team or lower flight team or a team within the same flight from a different groups (for example 10CB – playing on 10CW), subject to an overall player limitation in accordance with 4.1a. There is no limit on the number of times a player can play up for a team or teams. Playing Down: Teams are limited to a maximum of 2 players from a higher flight level or 2 age eligible players from a higher age group per game. The maximum of either combination is 2 such players at any game. For example, 2 players from a U12A flight can play on a U12B flight team or 1 player from the U12 A team and one age eligible player from a U13 team can play with the U12B. Players can play down 2 times per season to a specific team.

Important: A girl can play up on a boys team, but a boy cannot play up on a girls team.

League Rules:

Play ups should be entered on your Match Day Form (you need their player pass # from their "home roster" or lending Team Manager and jersey number).

You have 24 hours to enter them into the NCSA system

IMPORTANT: Please refer to the Rules of Competitions for more details www.ncsanj.com

Objectives:

1. Reward good performing players (attitude, attendance, and behavior) by playing up on a higher flighted &/or older team.
2. Assist “numbers challenged” rosters.

Logistics and Protocol – Team Managers:

1. Each Team Manager should track the attendance and availability of all the players within their roster. This should be kept up to date throughout the season. Team Managers with “numbers challenged” rosters should stress the need for commitment from their players and parents, as noncommittal players can unintentionally put additional strain on players from other teams, and scheduling.
2. Known absences and a need for play ups should be communicated by the Team Manager in need, to the lending Team Manager by Tuesday, for the following weekend. **The Team Administrator MUST be copied on the communication (either via email or text), as well as the response.**
3. The lending Team Manager informs the parents of the guest player, and the details of the opportunity.
4. Team Managers arrange to get the guest players card and medical release from one Team Manager to the other (this includes concrete plans to arrange return of said items before the next game).
5. Team Managers enter and record accurate play ups onto their match day form.
6. Play up Players must attend their own game of the week. Team Managers should expect their lended players to participate in the rostered team game. Do not substitute one game for the other. In need Team Managers should not proposition the lended players to miss their own games.

Last minute situations will always occur, like player illness or family emergencies, therefore it is understood that these protocols will have to be deviated from somewhat from time-to-time, but still consider making the best decisions possible, not only from your team, but also the player or players playing up. (Example: don't call a U8 player up to a U13 game, just because he's the brother of one of your current roster and will be attending the game.)

Logistics and Protocol – Red Bull Trainers

Each Red Bulls trainer will identify and share with their Team Manager approximately 3-5 players who are capable of a play up opportunity, making sure to take into consideration not only performance, but attitude, attendance, and behavior.

These players identified can obviously vary from week-to-week, as their attitudes and skill may change throughout any given season. Play up opportunities should be distributed between all capable players from all eligible teams.

IMPORTANT:

- We encourage lending Team Managers to be flexible and understanding.
- We expect needing Team Managers to be timely, and respectful with their requests.
- A lending Team Manager has the right to reject a request.
- Understand the differences between a home play up and an away play up, and the different demands that that places on parents and guest players.
- **The play up Player's primary (rostered team) game is the priority game. A Play up Player must attend their primary game/s of the week. The Play up Player cannot substitute their rostered team game for the in need team. This action can be grounds for suspension.**
- Team Managers are **NOT to approach ANY parent directly to arrange a guest player.** It is a request to be made to the Team Manager, in partnership with the Team Administrator and/or the Red Bull trainer.
- Be respectful with a player's playing time...DO NOT exhaust them, especially if they still have their primary game to follow that day; by giving them disproportionate playing time, it takes from your existing roster's players (not right or fair); do NOT sacrifice playing time from your roster to give the guest player more time on the field.

INCIDENT REPORT

Contact - Player Advocate, Team Administrator, or President

This report can be filed for any incident that you may feel that VUSC needs to be aware of. Verona United SC maintains a zero-tolerance policy of verbal or physical abuse, serious breaches of unsportsmanlike conduct, fighting, or drug/alcohol use by players or spectators. Serious incidents must be reported within 24 hours. Designate a responsible adult to gather information if the incident occurs during a game, so that the coach may continue with their duties. Please note the name of the person who has been designated to gather the pertinent information in the incident description.



Verona United Soccer Club Internal Incident Report

To be completed within 24 hours of incident/accident by Team Manager

Incident Date: _____ Incident Time: _____
Person #1: _____ Phone: _____
Person #2 _____ Phone: _____
Field Location: _____
Male/Female: ___ Age (if injury): _____ Parent Name: _____

Injury/Incident Type: _____
Details of Incident: _____

Additional pages may be added as needed. Continued Y or N?

Does Injury require Hospital/Physician? Yes: ___ No: ___ Taken by: _____
Hospital Name: _____ Taken to Dr. by private car?: Y or N
Name of person transporting injured person _____

Witnesses Name/Phone: _____ / _____
_____ / _____
_____ / _____

Team Name: _____ Coach: _____
Date: _____ Signature: _____
Phone: _____ Email: _____

Verona United Soccer Club maintains a zero tolerance policy of verbal or physical abuse, serious breaches of unsportsmanlike conduct, fighting, or drug/alcohol use by players or spectators. Please report serious incidents same day. Designate a responsible adult to gather information if it occurs during a game so that the coach may continue with their duties. Please note name of person who gathers pertinent information in the incident description.

Return form in non-urgent incidents or of minor injuries not requiring a doctor's care to:

Verona United Soccer Club, 880 Bloomfield Avenue, Verona, NJ 07044 or you may also email this form to veronaunitedsc@gmail.com.

Please email serious incidents or issues requiring immediate attention to the VUSC Player Advocate, or Team Administrator, with a copy to the club president.

Board of Directors Tree: <http://www.veronaunited.com/contact-us>

GAME DAY PROCEDURE

Contact - Field Manager

The home team is required to contact the visiting team prior to the scheduled game to confirm. Usually this is done a few days before the game. If a field is unplayable, there is a 3 hour window to move the field without penalty. See NCSA rules.

Each TM must complete the Match Day Form located on the NCSA website (www.ncsanj.com) within a 24 hr prior to the start of the game. You will receive a login and password for the NCSA website from the club registrar prior to the start of the season.

The TM must have available the roster (digital or hard copy) for the referee at the game. These roster will be given to the TMs by the registrar. They must have current pictures of the coaches and players with player pass numbers and jersey numbers and coach #s . NCSA has moved to e-cards or digital rosters. E-cards or digital rosters should be readily available on your smartphone.

TMs are responsible for paying the referees. The costs are listed on the Match Day Form for each age group. The cost is half of the head referee and one assistant referee (if there are assistant referees). Each TM is issued a check from the club to cover these fees. Teams are required to pay referees at home games only. VUSC will print a check payable to the Team Manager of each team that will cover the referee fees for all home and away games throughout the season. Team Managers should familiarize themselves with game fees so that they will be prepared to pay the referee the exact amount at each game. Do not expect the referee to be able to make change at the field, so you must make sure to have the correct denomination of currency with you at each game. Sometimes it may be easier to prepare an envelope prior to the weekend's game, with the exact amount.

If there are not enough players able to play, a TM may call up younger players or players from a lower flighted team. For example, a U12 B flighted team may call up players from either a U12 C flight or U11A flight as long as they are from the same club. A player may only play up for a specific team twice if coming from an older division but age eligible or is a cross play-up or unlimited if coming from a younger division in a lower flight during a season. If a player is called up, it is the in need coach's responsibility to get the digital roster of the helping team from that team's TM for referee inspection.

If The TM hosts the first game of the day, it is recommended to arrive 45 minutes prior to the start of the game in case there is a need to move the goals, set the corner flags and line cones (U8 especially). All Players should be asked to arrive at least 30min prior to the game to warm-up.

BALL SIZE and GAME LENGTH :

Division	Game Length	Ball Size
1 (U17-U19)	90 minutes (two 45 minute halves)	No. 5 ball
2 (U15 & U16)	80 minutes (two 40 minute halves)	No. 5 ball
3 (U13-U14)	80 minutes (two 40 minute halves)	No.5 ball
4 (U11-U12)	70 minutes (two 35 minute halves)	No. 4 ball
5 (U9-U10)	60 minutes (two 30 minute halves)	No. 4 ball
6 (U8)	48 minutes (four 12 minute quarters)	No. 3 ball

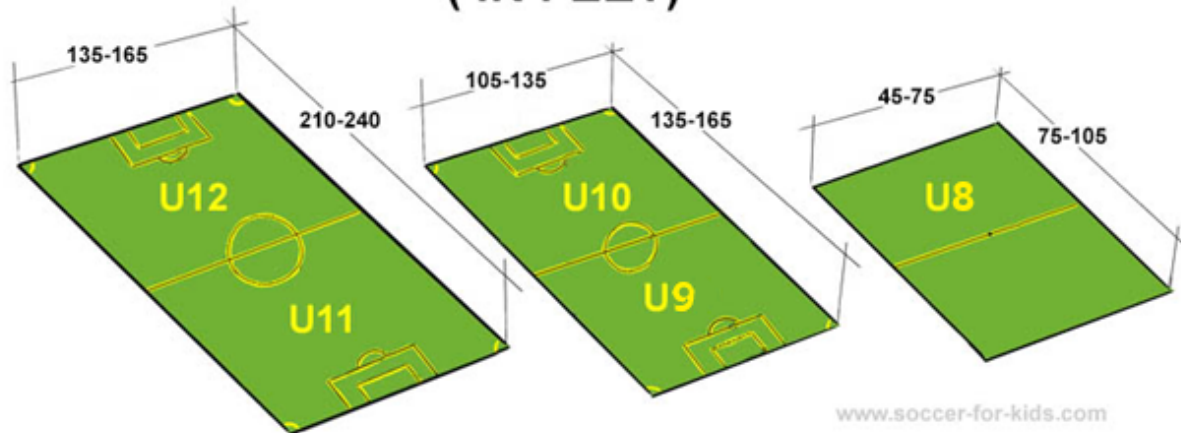
FIELD / GOAL / TEAM SIZE :

Small-Sided Games Chart



	U8 8 years old and younger	U9 9 years old and younger	U10 10 years old and younger	U11 11 years old and younger	U12 12 years old and younger
Field Size Ranges (yards)	Length 25-35 Width 15-25	Length 55-65 Width 35-45	Length 55-65 Width 35-45	Length 70-80 Width 45-55	Length 70-80 Width 45-55
Maximum Goal Size (feet)	Height 4 Width 6	Height 6.5 Width 18.5	Height 6.5 Width 18.5	Height 7 Width 21	Height 7 Width 21
Players	4v4 No GK	7v7 GK	7v7 GK	9v9 GK	9v9 GK
Offside	No	Yes	Yes	Yes	Yes

YOUTH SOCCER FIELD SIZE (IN FEET)



POST GAME PROCEDURE Contact - Registrars

The winning team or the home team in case of a tie is responsible for entering the score within 4 hours of the game. This is done on the NCSA website (can be done from your phone). Failure to enter the score within 4 hours results in a fine.

The Red Bulls trainers will send out game analyses after the game. TMs might be asked to send out the Red Bulls trainer report to the team. Also, seasonal evaluations will be performed by the trainers and will be available to the parents on the Red Bulls website.

ADDITIONAL HELPFUL GAME INFORMATION

Contact - Team Administrators

There is a code of conduct that is enforced by NCSA www.ncscnj.com and Verona United SC www.veronaunitedsc.com. Please make yourself familiar with both codes of conduct. The TMs are held accountable for not only their behavior, but that of their players and parents. Remember, the TMs are role models and need to set a good example for the players. There are monetary fines and game suspensions for misconduct that may be imposed on the coaches, trainers, players, spectators and VUSC.

TMs should form a cohesive relationship not only with their team, but with the ones below and above their flight. Players develop at different rates and so it helps them to play and train with various levels. Also, this communication with other TMs will help when needing players to play up on game day.

Remember, this is youth soccer!

The players are here to play, have fun, and love the game.

GOALKEEPER TRAINING

Verona United SC provides specific training sessions throughout the year focused on goalkeeping for U9 and above. These sessions are typically once a week, and each team is encouraged to have their goalkeepers, or interested players attend each week.

TOURNAMENTS

Tournaments are an excellent opportunity for Verona United SC teams to compete within their age groups across non league towns and clubs. There are tournament opportunities in the Fall, Winter and Spring.. There are several different formats for all ages as well as the option for either indoor or outdoor play. Some teams have even entered Summer beach (sand) tournaments.

Each team will receive a stipend to offset the cost of tournament fees. Any additional cost would be the responsibility of the parents. Choose your tournaments early and wisely. Fees are normally non refundable.

PLAYER/TEAM & GAME PHOTOS

Verona United SC may hire a photographer, who will attend a training session to take individual and team photos. More information available during the season.

We encourage TMs to take action pictures and Team pictures during Games to share with your team and Verona United SC's Website and social media. Ideally each team should try to contribute 2 to 3 updates throughout the season.

Not all submitted posts will be posted.

Please check with the Registrar if any of your players have opted out of photography.



SOCIAL MEDIA STANDARDS

Purpose - The purpose of this document is to create a guideline of standards of social media standards to give our club members, coaches, and Team Managers an opportunity to set the tone of social media a simple guide to forming a social media post.

Subject - The main goal of these postings is to give a quick and positive summary of the game from the previous week, while shaping the public's perception of our organization as well as promoting the club.

Picture - Each posting should include a picture of the players playing the game, the game itself, or a group photo of the team. It will create a unique quality to each posting that will make the information, location, and result interesting.

Voice - Each post should be authentic, positive and energetic - regardless of win or loss. We are trying to build up the marketing for a U8-U19 soccer program. We should focus on our program and on how to inform the other club members of great things happening with other teams.

Avoid - We want to avoid mentioning another program other than the fact they were the opponent. We do not have their permission and it isn't worth drawing attention on social media to another program. Our goal is to focus on **The Verona United SC** program.

Hashtags - Each post will be posted on the Verona United Facebook account, and should include a hashtag for #VeronaUnitedSC.

Tagging - Once VU has created the post, the parent has the option to tag themselves if they choose to do so.

Pattern Guide - Each post should follow the same / similar pattern

- Include a Picture or Video
- Quick summary about the game
- Positive Mention regarding play and team spirit
- Anecdote about the current season
- Music
- Hashtag #veronanj #veronaunitedsc #soccer #youthsoccer ,etc.

Sample Post -



Verona United Soccer Club

January 30 · 🌐



The Verona United U12 Girls were victorious in a close 3-2 game this weekend v. Hoboken. Two great goals by Jane Doe and three amazing saves by Shelly Diamond. The girls are now 4-2 on the season and looking forward to their next game in Verona at Centennial field. **#VeronaUnitedSC**

Prohibited:

- profanity
- racist content
- political views
- alcohol or drug use
- derogatory remarks
- hate speech or bullying
- any unethical or illegal activities
- spam and off-topic remarks

Verona United Soccer Club reserves the right not to publish any content that violates any portion of the above-mentioned policies.

Verona United Soccer Club reserves the right to edit any submitted post to adhere to the standards.

RED BULLS CURRICULUM-TRAINING RESOURCES

<https://www.newyorkredbulls.com/youth/red-print/approach-to-development>

<https://www.newyorkredbulls.com/youth/red-print/online-curriculum>

<https://www.newyorkredbulls.com/youth/red-print/coaching-guide>

<https://www.newyorkredbulls.com/youth/red-print/technical-videos>

<https://www.newyorkredbulls.com/youth/red-print/homework>

2025/2026 BOARD MEMBERS

If you have any questions, email any of the following board members. We're all here to help!

<i>Position</i>	<i>Name</i>	<i>Email</i>
President	Heather Hemmer	veronaunitedsc@gmail.com
Team Administrator	Christine Ferrer	veronaunitedsc@gmail.com
Team Administrator	open	
Registrar	Andrew Santamaria	veronaunitedsc@gmail.com
Registrar	open	
Recording Secretary	Marylou Menville	veronaunitedsc@gmail.com
Player Advocate	Trevor Foley	veronaunitedsc@gmail.com
Treasurer	open	
Field Manager	Jason Nigro	veronaunitedsc@gmail.com
At-Large	open	
At-Large	open	