



ISC Player Commitment Expectations for our Advanced Level Program

2023-2024 Season

The expectations below apply only to the 11U-12U ISC Players in our Advanced Year- Round Program

Background:

The ISC supports and encourages our 11U-12U players to be active in other sports, activities, and organizations. We do our best to offer our year- round programs in such a way that our year- round players on the 11U-12U teams have the flexibility to pursue the other activities that they want to be involved with even as our program runs throughout most of the year. We strive to offer both an elite soccer experience for our year-round players and to maintain a child centered approach by respecting the kids as kids and appreciating the fact that they want to do lots of activities at this age. However, the advanced year-round level is our highest level of commitment and participation in the program is optional. Therefore, a certain level of commitment is required. We have expectations and rules that we require our year- round players to commit to for each child to maintain their position in the advanced year-round program. If, after reading these rules, you find this commitment to be more than your child is ready for, please consider one of our other program levels within the ISC.

The commitment rules outlined in this document serve 3 main purposes.

- 1) We must ensure that our 11U-12U teams will be able to field players for the events that the teams participate in throughout the year.
- 2) Second, it is imperative that the players in the 11U-12U age group meet some basic standards of commitment given the fact that the year-round competitive teams are our highest level of soccer commitment at this age of participation.

We need to make sure that we are grouping kids by interest level and matching kids together that have a high interest for the game of soccer in our advanced year- round program at 11U-12U. While we DO NOT select players by ability for our year-round program until the 13U season, we offer the year-round program as our highest level of commitment, and it is geared for kids that love soccer and want to be grouped with other kids who are highly enthusiastic about the sport.

We are driven by the belief that kids develop at vastly different times and that early selection by ability at 9U-12U does not account for the rapidly changing developmental growth of soccer players. We do not believe in tryouts that group kids into “A” and “B” teams for kids until the 13U season because our experience has proven to us that there is so much growth made in terms of development from 9U-12U that the process of trying to group kids into “A” and “B” is not an effective means to build a strong team or age group

for the long term. For the past 26 years, we have delayed the “tracking” of kids into “A” and “B” teams until the 13U season and we are confident that this process has been successful both in terms of keeping kids in competitive soccer longer and in terms of helping develop high level soccer players.

We welcome any 11U-12U player who wants to join the ISC Advanced Year- Round teams, but they need to be players who share the interest and desire to make a commitment that is comparable to their teammates.

While we do NOT select by athletic ability and soccer ability at 9U-12U, players MUST be willing to meet our commitment expectations, show a willingness to learn, a willingness to work hard, and a willingness to be a good teammate. Moreover, players in the year- round program must either meet our financial obligations or qualify for financial assistance. Finally, all players in the year- round program must comply with all provisions of our ISC Code of Conduct to remain in good standing in the ISC.

We believe that we are probably the strongest advocate for the “late developing” athlete in the Iowa City area. We want to give the kids who join a little later or those who might be considered to be a “late developer,” the opportunity to take part in our program, but all players must meet the same requirements so that we are grouping kids with a similar focus together on the same teams. **In sum, our priority is to group players by commitment level not by ability level at this age.**

- 3) Finally, in our expert opinion, we believe that the 9U-12U years are the most critical years for skill development. Our Director of Coaching and our main full-time staff coaches regularly work with all of the 9U-12U players each year because we believe that if you receive poor coaching at this age it is more of a setback to player development than at any other age. Therefore, we feel the need to set some practice requirements in place to make certain that the young soccer players in the 9U-12U age groups are committed to our comprehensive developmental program to build the proper foundation for growth and improvement.

THE ISC PHILOSOPHY OF PLAYER DEVELOPMENT

In the ISC , WE HAVE PROVEN FOR OVER 26 YEARS that it is possible to run a professionally coached and developmentally focused, competitive program without implementing tryout procedures that "cut" young kids or group players on "A" and "B" teams based on their ability during the 9U-12U years of competition.

Each year we help kids develop and grow into some of the top players in Eastern Iowa without turning away dedicated 9U-12U kids or “cutting” kids that seem to be further behind their peers. Our experience has proven to us that kids develop at vastly different rates and times. Therefore, rather than grouping kids by ability from 9U-12U, we group players based on their commitment and interest level during the 9U-12U years.

The kids are not selected or “tracked” by coaches at 9U-12U into an “A” team, or “B” team. The kids and parents decide how much time they are willing to commit and then if they choose the “year-round program,” we give the kids an opportunity to develop into competitive players from 9U-12U. This is what we call our “SELF-TRACKING” system.

However, we will speak candidly with parents if their kids do not demonstrate a willingness to learn, willingness to work hard, and a willingness to be a good teammate at the clinics. We will give all kids an opportunity to join our 9U-12U program if they make the time commitment outlined in this document and if they demonstrate their commitment to the 3 W’s mentioned above and outlined below.

3 W’s Required of ISC 9U-12U Players

- 1) Willingness to Learn
- 2) Willingness to Work Hard
- 3) Willingness to be a good teammate.

By delaying the “A” and “B” selections until the 13U season, more players have a longer period of time to improve, grow, and enjoy the game before they have to focus on tryouts for “A” and “B” teams.

SUMMARY

The ISC Advanced Level year-round program for 9U-12U soccer players is open to players of all ability levels who have a high interest and enthusiasm for competitive soccer. We will accept all kids in the 9U-12U program if they commit to the rules in this document, adhere to our code of conduct, work hard to commit to the 3 W’s outlined above, and agree to meet their financial obligations with their team and the club. (Please note that we may be able to provide financial assistance to those families who qualify.)

Please note that if your child is interested in joining after the clinics have passed, we may not have roster positions available and parents should inquire with our administrator at registrar@iowasoccerclub.com to check if there are still spots in the age group. All kids who join during the JUNE REGISTRATION period will be considered for the year- round program . Returning year-round players are always guaranteed a position in the age group for the next year if they continue to meet our practice and game requirements and they continue to work hard, learn, and be a good teammate.

ISC COMMITMENT REQUIREMENTS FOR 11U-12U PLAYERS

Summary of requirements:

- Tournament Game Attendance Requirements
 - League Game Attendance Requirements
 - Practice Attendance Requirements
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Summary of Tournament Attendance for all ISC 11U-12U Advanced Year- Round Players:

Fall 2023 Season - Must attend 1 of 2

Winter -Must make every effort to attend the ISC Indoor Bubble Blowout Event

Spring/Summer 2024 Season-Must attend 1 of 2

Total Required for 2023-2024 Season= 2 OUTDOOR TOURNAMENTS

(With the hope everyone plays in our own indoor tournament in January of 2024, the ISC Bubble Blowout.)

FREQUENTLY ASKED QUESTIONS:

What happens if a player does not meet the tournament commitment requirement for the Fall 2023 season?

If your child does not attend at least one tournament in the Fall 2023 season, they would not be allowed to register for the FIRST SESSION OF THE ISC INDOOR LEAGUE for their age group. In addition, if an 11U-12U player does not attend one full tournament in the Fall 2023 season, that player may not be guaranteed their roster position with the Advanced Year-Round program when the clinics are held for the next soccer year. The ISC Director of Coaching will determine whether the roster position will be offered based on the information provided by the player and their family regarding why the player did not meet the requirement.

What happens if a player does not meet the tournament commitment requirement for the Spring 2024 season?

If your child does not attend at least one tournament in the Spring 2024 season, they will not be allowed to register for the FIRST SESSION OF THE ISC INDOOR LEAGUE for their age group during the following seasonal year. In addition, if an 11U-12U player does not attend one full tournament in the Spring 2024 season, that player may not be guaranteed their roster position with the Advanced Year-Round program when the clinics are held for the next soccer year. The ISC Director of Coaching will determine whether the roster position will be offered based on the information provided by the player and their family regarding why the player did not meet the requirement.

What happens if a player is unable to meet the tournament commitment in both the fall and spring season during the same seasonal year?

If a player does not meet the expectations for tournaments in both the fall and spring season of the same year, the player would not be offered a roster position with the ISC for the following year.

Summary for League Game Requirements for All ISC 11U-12U Year- Round Players:

Fall - Must attend 50% of all Fall League Games.

Winter – All Advanced Year- Round Players must register for 1 of the 2 sessions of the ISC Indoor league known as the ISC BAGIL BITES 11U-12U league. Session options are the November-December option or the January-March option. The leagues are set up so that for each session the kids play 10 indoor games. All indoor games are played in the HTRC in Iowa City.

Players must attend 50% of all indoor league games.

Spring/Summer -Must attend 50% all Spring League Games.

(Please note that if an outdoor game is rained out and you committed your child to playing in that game, that commitment is counted toward your 50% requirement.)

FREQUENTLY ASKED QUESTIONS:

What happens if a player does not meet the league game commitment requirement for the Fall 2023 season?

If your child does not attend at least 50% of the league games for their assigned team during the Fall 2023 season, they will not be allowed to register for the FIRST SESSION OF THE ISC INDOOR LEAGUE for their age group. In addition, if a player does not meet the 50% attendance for the Fall league games, that player may not be guaranteed their roster position with the ISC Advanced Year-Round program when the clinics are held for the next soccer year. The ISC Director of Coaching will determine whether the roster position will be offered based on the information provided by the player and their family regarding why the player did not meet the requirement.

What happens if a player does not meet the league game commitment requirement for the Spring 2024 season?

If your child does not attend at least 50% of the league games for their assigned team during the Spring 2024 season, they would not be allowed to register for the FIRST SESSION OF THE ISC INDOOR LEAGUE for their age group during the following seasonal year. In addition, if a player does not meet the 50% attendance for the Spring league games, that player may not be guaranteed their roster position with the ISC Advanced Year-Round program when the clinics are held for the next soccer year. The ISC Director of Coaching will determine whether the roster position will be offered based on the information provided by the player and their family regarding why the player did not meet the requirement.

What happens if a player is unable to meet the league game commitment in both the fall and spring season during the same seasonal year?

If a player does not meet the expectations for league attendance in both the fall and spring season of the same year, the player would not be offered a roster position with the ISC for the following year.

Summary of Practice Attendance for all ISC 11U-12U Year- Round Players:

1 Per Week for what is about a 10 month Period

(There are a few months when we only practice part of the month.)

(Please note that if practice attendance is not met, your child will not play in the games on the weekend. For example, if your child does not attend at least one practice per week, they are NOT eligible to play in the games on the weekend. If a player is sick or injured and that prevents your child from attending at least one practice per week, they are not eligible to play in the games that weekend. Even if we do not

have scheduled games on the weekend, the players must attend 1 practice per week during the required practice months.)

(We highly encourage the 11U-12U kids to attend 2 practices per week during at least one of the three seasons per soccer year. We do not require this, but based on our experience, very few kids have success at club soccer if there is not some period during the year when the player attends 2 practices per week.)

DETAILS on Requirements

Tournament Requirement Details:

All players must commit to at least 1 full weekend tournament in both the fall and spring/summer seasons. This means that the player must be in attendance for all the games for 1 tournament in the fall season and 1 tournament in the spring/summer season. Tournaments usually last two days, but there are some tournaments that are only one day long. A complete schedule of fall and spring tournaments for 11U-12U teams can be found at the end of this document. This schedule may be subject to revision.

Winter Tournament Season:

All ISC 11U-12U Advanced year- round players must make every effort to commit to the ISC Bubble Blowout held in January at the HTRC.

League Game Requirement Details for all 11U-12U ISC Players:

Fall and Spring Season:

All ISC 11U-12U Advanced Year-Round Players play league games in both the fall and spring each year. Games are only played on the weekends. Games could be played on Saturdays or Sundays. Game sites may be in Iowa City/Coralville, Muscatine, Cedar Rapids/Marion, Bettendorf, Cedar Falls, or Dubuque. There are no games during the week during the outdoor seasons. All outdoor games are held on the weekends.

Each team will have 8 league games in the fall season and 8 league games in the spring season. Players **do not need to attend all of the league games** with their team in each season. We want players to have flexibility to play other sports or miss some weekend games due to other activities that arise.

However, each player must make at least 50% of all league games in the fall season and 50% of all games in the spring season. Most players will attend more than this, but our minimum requirement is to attend 50% of all league games with their assigned team. We require each family to complete the league game polls to notify the team manager if they intend to make or miss a league game so that we are aware of how many players will be in attendance for each game. There are 2 league games per day for each league

play date, so at a minimum, each player would have to play in both games for 2 league dates to meet their league requirement. To reiterate, the outdoor league games are only played on 4 dates with 2 games per day.

Winter Season:

Our website has more information on the ISC indoor leagues. Each player signs up on their own. Last year the fee was \$100 per session for 10 indoor games on indoor turf. Games are played on the weekends in Iowa City in the Hawkeye Tennis and Recreation Center, known as the HTRC. All kids need to play in 1 of the 2 indoor sessions each winter. The indoor league fees are not a part of your monthly club fees.

Once again, players must attend at least 50% of all indoor league games. As was mentioned above though, the kids only need to register for 1 of the 2 sessions. They are always welcome to play in both sessions, but they only need to play in 1 session and then play in 50% of those league games.

Practice Attendance Requirement Details for all 11U-12U ISC Players:

Our soccer season starts in the month of August. For the 2023-2024 season, practices will start the week of August 1, 2023. However, the required practices in August do not start until the week of August 22, 2023. All ISC teams in the age range from 11U-12U will receive 70 practices from our professional and licensed coaching staff. The practice sessions are normally completed for the soccer year by mid-June. We guarantee that all 70 sessions/practices are scheduled and completed for your team even for sessions rained out or cancelled due to bad weather. We assign the practice sessions in the format belows:

- Mid to early August through the end of October-Each 11U-12U team is offered 2 outdoor sessions per week.
- November through the first week of April –each 11U-12U team is offered 1 indoor session per week except for the week of Spring Break and during the 2 week period for winter break.
- 2nd week of April-Mid-June-each 11U-12U team is offered 3 outdoor sessions per week

Following the format above, all teams will receive their 70 practice sessions per year. To be clear, we ALWAYS make up sessions later in the year for anything cancelled due to weather. So even if a session was cancelled in early August, we may not make the practice up until some other time in the year, but your kids will receive all 70 sessions.

Players are required to attend 1 practice per week in the months listed below. Please note that the teams will receive more than 1 practice per week in the fall and spring, but players are required to attend only 1 practice per week.

Required Months when players must practice 1 time per week:

- August -Starting August 21, 2023
- September through November

- December-Only first two weeks of December are required.
- January and February
- March -except for the week of Spring Break when Practices are not offered.
- April and May
- June –Only first 2 weeks of June required. The first two weeks are the clinics for the next year.
- July –NONE REQUIRED-Usually practices are not held during this month unless we are making up practices.

In each of the required months listed above, each 11U-12U player is required to attend at least 1 practice per week. In the ISC, there is a lot of flexibility for players to attend other sessions within the club if your child's team session is scheduled for a time that your child has a conflict. Players can attend a "super skills" practice or they can attend a team practice with the team one age group older or one age group younger than their assigned team.

If any 11U-12U ISC Advanced Year-Round Player reaches a total of four weeks without meeting their practice requirements at any time from August 21, 2023-May 24, 2024, they will be removed from the ISC Advanced Year-Round Program from the roster unless they have communicated the following to the ISC's Director of coaching:

- Family Emergency
- Documented Injury-Medical Notes must be provided.
- Documented Illness-Medical Notes must be provided.

If you think that your son or daughter cannot meet this level of commitment, we have many other strong ISC soccer programs such as the ISC Academy, ISC Lightning, ISC POP program, or the ISC POPPI programs that are good options.

Our Playing Time Guarantee to our 11U-12U players:

All players are guaranteed to play in half of the minutes in each half for ALL league and tournament games provided that they make their practice commitments and meet the standards outlined in the ISC player code of conduct. We do not guarantee equal playing time, but we do guarantee that the kids will play half of each game regardless of whether the game is a league game or tournament game.

The minutes of guaranteed time per half is played in a block of time. For example, if the half- length is 30 minutes long, each player will receive 15 minutes of playing time. We make sure that the kids play those 15 minutes without interruption or substitution. In other words, we do not sub them in for five minutes in one part of the half and then later for 10 minutes. By playing 15 minutes in a row with no chance of being subbed off during that 15 minute period, the actual value of the playing time is far greater

than if we broke up that playing time in smaller segments each half. We aren't trying to "hide" kids on the field, we are trying to make sure all the kids are improving and enjoying the games. In addition, our focus in the ISC is always on the long- term success of our players, and we believe it is vital to teach young players to play in longer stretches of time without constant subbing. .

11U-12U Tournament Schedule for 2023-2024:

When you commit your child to the tournaments, he/she will be required to attend all games in the event. Some of the tournaments are played on only one day, but most have games on both Saturday and Sundays. Please note that if you are making the commitment to participate in the ISC Advanced Year- Round Program, tournament attendance for games on both Saturday and Sundays will be required unless you make it clear that you need a religious exemption on all Sundays. If you need to declare a religious exemption, you **MUST** notify the Director of Coaching, Jon Cook, prior to accepting your roster position with the ISC.

Listed Below is the proposed tournament schedule for the fall, winter, and spring/summer season for our ISC 11U-12U boys' and girls' teams for the 2023-2024 Season. This schedule is subject to revision but will likely not change much.

Fall 2023 Tournaments

- Mid-August 2023 - Tournament at TBK Complex-Bettendorf, Iowa
- Mid-September 2023 : FC United Fall Classic Tournament -Marion, Iowa-North of Cedar Rapids-At Tuma Soccer Complex

Winter Tournaments

- ISC Bubble Blowout-January 2024 -Iowa City, Iowa. Held in Iowa City at the Hawkeye Tennis and Recreation Center.

Spring/Summer 2024 Tournaments Boys and Girls

- Mid to late April-CRSA CHILLOUT- Hiawatha, Iowa-North of Cedar Rapids-At Tuma Soccer Complex
 - Mid-June-Cedar Valley Moonlight Classic-Cedar Falls, Iowa
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The information below is for 2 supplemental programs that the ISC offers only for the ISC Advanced Year-Round Players.

Participation in either the ISC 11U-12U Rewards OUTDOOR Program AND ISC 11U-12U INDOOR Program is NOT Required.

ISC REWARDS OUTDOOR PROGRAM

For any 11U-12U player that would like to compete more frequently and at the same time play in 3 tournament events with players that have committed to a higher practice requirement than the practice requirement outlined above, the ISC offers what we call our ISC Rewards Program for kids to join.

The players who choose to participate in the ISC Rewards program will be grouped for 3 events per year with the other players in the 11U-12U age groups who:

- 1) Meet all practice and league game requirements outlined above as required by all Advanced Year Round ISC players.

AND

- 2) Also meet an increased practice attendance requirement during any 4-month period that the player and family choose. During the 4 months of increased attendance, the players must exceed the normal requirements of 1 practice per week and attend 3 practices per week. One of the 3 practices per week **MUST** be an ISC Super Skills practice. Goalie practices can be included as a part of 1 of the practices per week.

REWARDS FREQUENTLY ASKED QUESTIONS;

- 1) **Can my child spread out the 3 practices per week over a greater time and simply practice 2 times per week?**

We do not allow the practices to be completed in this way.

We allow a lot of flexibility for the players to choose any 4 months in which the increased practice requirement must be met. For example, a player may choose August, September, October, and November or they may choose November, December, January, or February. Or they can even break up the months and do any combination of months except July cannot be a month that is included because we do not hold regular team practices in July. Obviously, there are many combinations of months that would work, but in the months that are included, players must practice 3 times per week.

What is the additional cost?

There are 3 additional costs:

- A) Travel and Accommodations to the 3 additional tournaments.
- B) Additional Rewards Uniform Fee- (Should not exceed \$80.) The Rewards Uniform will be added to the Soccer.com site and can be ordered directly.
- C) Additional Fee for Tournament Registration -Total Fee \$185. A link will be provided to pay the fee in July 2023.

2) Are the kids who participate in the Rewards program grouped together for normal league games with their age group team?

The Rewards is simply a supplemental program. Kids in the Rewards program play all league games with their age group teams. They are not grouped separately for regular league games or regular tournaments. The kids that participate in Rewards are both full members of the normal age group teams and also members of the Rewards program.

3) How likely is it that my 11U player will be grouped with 12U players for the Rewards event or that my 11U-12U girl will be grouped with boys? Very Likely

If you sign your son or daughter up for the Rewards program, you must be prepared for a mix of ages to play together. If you are not comfortable with this, please do not register for this program.

4) Will the Rewards Teams train together prior to the events they attend? NO

All of the ISC teams at this age play the same system of play, the same style, and are coached using the same developmental plan. Moreover, the kids on the 11U team are freely allowed to practice with the 12U team whenever they would like. Additional training for the players on Rewards will not be included on the training schedule.

5) What if my child cannot attend all 3 events, will they be allowed to participate, or will there be a discount included?

Your child must attend at least 2 of the 3 tournaments to be included in the Rewards program. We do not offer a price discount if they cannot participate in all events.

6) Who will register the team for the events?

Our club administrator will register the teams for the events. However, we will need parent volunteers to set up a hotel block if an overnight stay is needed.

7) What are the Rewards Events?

Fall 2023 Event: St. Louis Scott Gallagher Tournament. (Labor Day Weekend - September 2023)

Spring 2024 Event: First Weekend of April. April Fool's Day Tournament at TBK Sports Complex-Bettendorf, IA.

Summer 2024 Event: Mid-June 2024. PCYS Classic: Steven' Point Wisconsin

8) **Does my child need to tryout to make the Rewards team? No**

We do not select by ability for this program. The philosophy for this program is not different than the general philosophy of the club. We do not believe in selection by ability until the 13U year.

ISC REWARDS INDOOR PROGRAM

Players who participate in the Outdoor Rewards program are not required to participate in the INDOOR Rewards Program. In addition, if someone does not participate in the OUTDOOR REWARDS Program, they are still eligible to participate in the INDOOR Rewards Program.

The indoor Rewards program is a local based program that is held during the winter months from November-March. If a player chooses to participate in the INDOOR Rewards Program, they must meet the practice requirement outlined above. However, if an ISC player wants to play in the winter indoor program and they already met their practice requirement for the outdoor program they DO NOT have to do another 4 months of 3 practices per week. There is a separate league fee for participation in the ISC REWARDS INDOOR PROGRAM and players who participate in the INDOOR Rewards Program must also purchase the Rewards Uniform kit.