

# Virginia Legacy Soccer Club

Williamsburg – Yorktown – Poquoson – Newport News – Hampton -  
Smithfield



## Player Affiliation Manual

2018/2019

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## **I. Introduction**

Founded in 1976, the Virginia Legacy Soccer Club is a 501(c)(3) non-profit organization proudly serving the Peninsula. The Virginia Legacy is a full-service soccer club that is home to recreational, developmental and travel soccer teams providing opportunities for youth soccer players of all ages and abilities. The staff, coaches and volunteers aim to pioneer, develop, and continuously be on the cutting edge of youth soccer in the state of Virginia.

## **II. Club Mission and Philosophy**

The mission of the Virginia Legacy Soccer Club is to provide fun, dynamic, and inspiring soccer experiences for youth players of all ages and ability levels from diverse backgrounds and regardless of financial means. By providing the highest quality recreational, developmental, and competitive soccer programs that promote players' physical, social, and emotional growth, the Virginia Legacy Soccer Club aims to continuously:

- Advance a reputation of excellence
- Engender the character values of teamwork, sportsmanship, and commitment among all players and families
- Foster a genuine love of the sport and an affinity for the club among all players and families
- Ensure the opportunity for each player to reach his or her greatest potential within the sport
- Contribute proactively to the betterment of our community through partnership with schools, universities, and surrounding city and county governments.

## **III. Player Development Philosophy**

### **a. Develop the Player**

Individual player development is what makes the VLSC the most successful club on the Peninsula. Our professional staff is dedicated to maximizing your players full potential within the game. Our individualized approach to develop the whole person, not just the player, is what we pride ourselves on and why over 350 of our players have moved on to play collegiately at the highest levels.

### **b. Develop the Club**

We pride ourselves on creating a club culture where every player, no matter the level, are given the same opportunities to succeed if they choose to. It is important that our players are exposed to an array of information, which is why they are exposed to all of the VLSC Technical Staff throughout all the developmental STEPS while in the club.

### **c. Develop the Team**

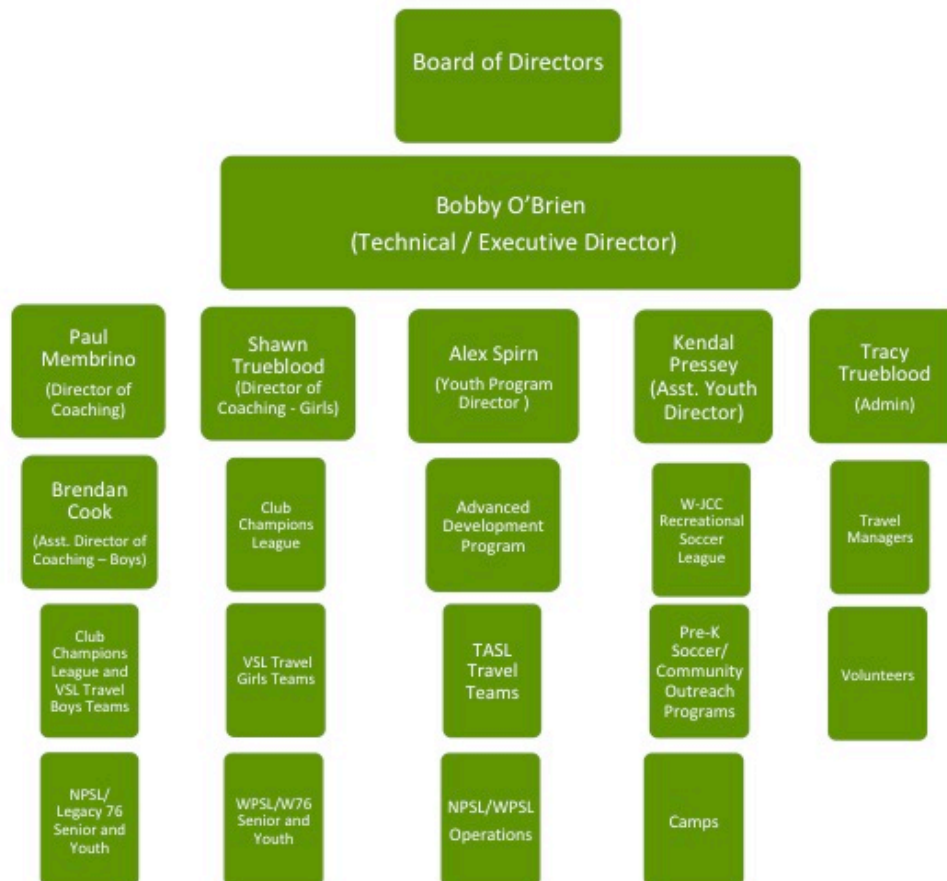
This third philosophy becomes a by-product of successful implementation of the previous two. As the players become better, through individual growth, by way of the developmental avenues provided by the club it is inevitable that the team becomes better as well. In order to have a successful team you must have successful players. Players that take ownership in their own development, and bring that enthusiasm to the training environment, are the players that make our club successful.

#### IV. Code of Conduct

As a member of the Virginia Legacy Soccer Club we demand the highest of expectations from our players as well as their families. We remind you that you are representing the VLSC at all times and to conduct yourself in a respectable manner. We pride ourselves on having the highest quality members associated with the Club. At all times we expect players to respect all the relative participants in and around our soccer community including but not limited to coaches, officials, referees, players and parents whether they are other VLSC members or from opposing clubs. Any violation of this code will be handled in a case-by-case basis.

#### V. Organizational Structure

Please see the organizational chart below to view our club structure and our line of



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##### a. Board of Directors

The Virginia Legacy Soccer Club is a 501(c)(3) non-profit organization. The club is governed by a Board of Directors and includes the following individuals:

- Stu Spirn, President
- Al Albert
- Scot Cooper
- Andy Jacobs
- Chris Norris
- Sam Brown
- Kim Lenz

**b. VLSC Technical Staff**

- Technical Director – Bobby O'Brien
- Director of Coaching – Paul Membrino
- Director of Coaching – Girls – Shawn Trueblood
- Asst. Director of Coaching – Boys – Brendan Cook
- Youth Program Director – Alex Spirn
- Asst. Youth Program Director – Kendal Pressey

**c. Staff Profiles**

**Bobby O'Brien: Technical Director – obrien@valegacysoccer.com**

- Former collegiate player at Virginia Tech (2000-2004)
- US Soccer "A" License
- NSCAA Premier Diploma
- Jamestown High School Boys Soccer Coach (3x State Champion)
- VYSA ODP Staff

**Paul Membrino: Director of Coaching – Paul@valegacysoccer.com**

- US Soccer "A" License
- VYSA ODP and Coaching Education Staff
- New England Futbol Club - Staff Coach
- Director - Walpole Youth Soccer
- U6-U12 Director of Coaching - Skyline Soccer - Denver, Colorado
- Former College Player - Worcester State College, Worcester MA

**Shawn Trueblood: Director of Coaching (Girls) – Strueblood@valegacysoccer.com**

- Former collegiate player at Christopher Newport University
- Assistant Men's Soccer Coach at Christopher Newport University Men and Women
- US Soccer "C" License
- NSCAA Director of Coaching License

**Brendan Cook: Asst Director of Coaching (Boys)– cook@valegacysoccer.com**

- Former College Player at UNC Pembroke and CNU
- Former Club Director for U6-U9 - TSA
- US Soccer "C" License
- Former High School Coach – Lafayette HS
- NSCAA Director of Coaching License

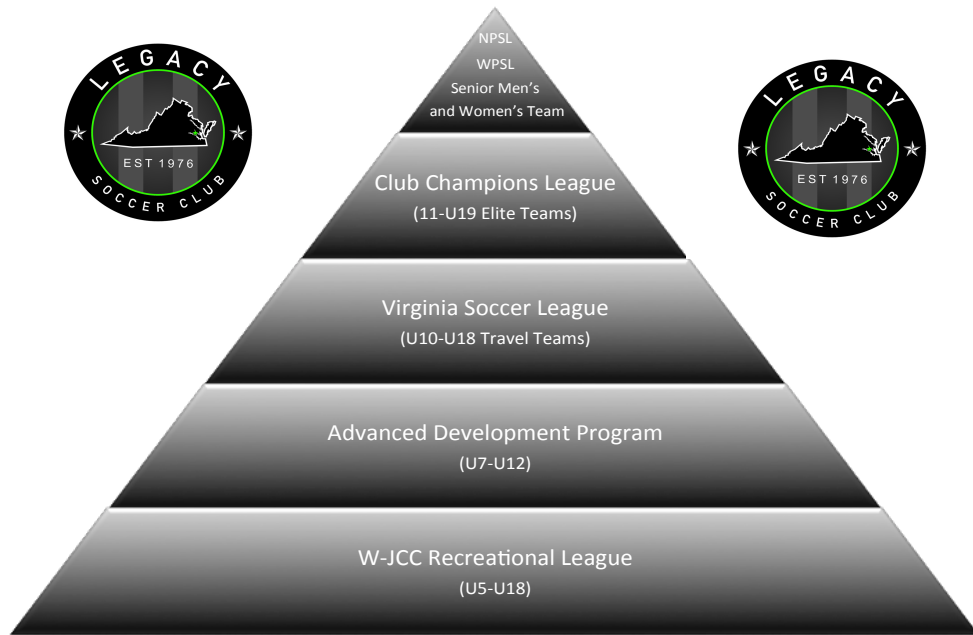
**Alex Spirn – Youth Program Director – aspirn@valegacysoccer.com**

- Former Coaching Director - Heart of Virginia Soccer Club
- Former Volunteer Asst Coach - Longwood University Mens Soccer
- USSF 'D' License
- USSF National Youth License
- Former Player at Longwood University

**Kendal Pressey – Asst. Youth Program Director – kendal@valegacysoccer.com**

- Former College Player – Chowan University
- Former Virginia Legacy Club Member
- Former Legacy 76 Player
- USSF 'F' License
- USSF National Youth License

## VI. Programs



**a. National Premier Soccer League / Women's Premier Soccer League (Ages 16+)**

- i.** Legacy 76 Pro will provide an elite environment for top-level players to compete and develop. All players that are selected to play on this team will be of the highest character and committed to the values and vision of the Virginia Legacy Soccer Club. Competing in the National Premier Soccer League, and Women's Premier Soccer League, Legacy 76 Pro, will be based in Williamsburg, Va., and comprised of players with amateur status who have strong ties to the Virginia Legacy Soccer Club, local community and/or local colleges and universities. Top soccer professionals, who are committed to player development, growing the game, and competing at the highest levels, will coach these teams.

**b. Travel Soccer**

**i. CCL Elite Travel Teams (All Communities combined) (Ages 11-19)**

The Elite Travel teams consist of the top players in a particular age group. The Boys and Girls CCL Elite Teams will play matches in the Club Champions League (CCL), which is the top league in Virginia/MD made up of 16 top clubs throughout the region, several prestigious tournaments along the east coast, and in Virginia Youth Soccer Association's annual State Cup. The CCL features the top teams from state of Virginia and Maryland. All Legacy Elite teams train 3 times per week with their team. The goal of the Virginia Legacy Soccer Club is to provide a meaningful competition environment for the Club's U10 - U19 travel players through a customized schedule of League, State Cup, Tournament and competitive Friendly matches.

**ii. VSL Elite Level Travel Teams (Williamsburg, Peninsula - Ages 10-19)**

VSL Elite Travel teams will play in a competitive environment between the CCL and Premier levels. The Boys Elite teams are called Wizards while the Girls teams are called Phoenix. All Legacy Wizards and Phoenix teams participate in the Virginia Soccer League Inc. (VSL). The VSL provides exceptional regionalized competition from Virginia Beach, Richmond and all areas in between. All Legacy Elite teams train at least three times per week, an training is often integrated between other teams to allow for constant observation and evaluation of all players in the age group pool. The goal of the

Virginia Legacy Soccer Club is to provide a meaningful competition environment for the Club's U10 – U19 travel players through a customized schedule of League, Tournament and competitive Friendly matches. These teams will be primarily community based and practice/game locations will be dictated by the rosters and coaching staff assigned to these teams. It is the goal that teams named Wizards or Phoenix are placed in the highest level of VSL possible.

**iii. VSL Premier Level Travel Teams (Williamsburg, Peninsula, ISA Ages 10-19)**

The Boys Premier teams are called Titans while the Girls teams are called Gryphons, and placement is based on the player's geographic location. All Legacy Titans and Gryphons teams participate in the Virginia Soccer League Inc. (U13-U19). The VSL provides regionalized competition from Virginia Beach, Richmond and all areas in between. All Legacy Premier teams train at least two times per week, and training is often integrated between the two teams to allow for constant observation and evaluation of all players in the age group pool. The goal of the Virginia Legacy Soccer Club is to provide a meaningful competition environment for the Club's U10 – U19 travel players through a customized schedule of League, Tournament and competitive Friendly matches. These teams will be primarily community based and practice/game locations will be based on those communities the teams are formed out of.

**c. Training Player Program**

The VLSC Training Player Program is designed for those players that are interested in travel but are not quite ready to make the commitment, whether it be developmental, or family commitment. Players will be exposed to our individual player development philosophy and have the capability improve their game with one of our professional licensed coaches. This program also allows players that may be interested in the club and have committed to another program but would a more professional, developmental approach to the training environment. These players have the ability to train up to 3 times a week with a designed VLSC team, and have the possibly to guest play with a VLSC team during the season.

**d. Advanced Development Program (ADP)**

Advanced Development Program (U6-U12 ADP) is the transition stage between the recreational side of the Virginia Legacy Soccer Club and the travel side. This player-centric program offers our younger players the opportunity to be exposed to a more focused soccer environment that will enhance their skills and approach to the game.

The objective of the Legacy's Advanced Development Program is to provide our youngest players with an environment that promotes learning, creative thinking, problem solving, skill development and love for the game in an age appropriate soccer environment.

Our age appropriate curriculum has been put in place to provide our players with the fundamental skills that they will need as they continue to develop. For this reason, our focus at these ages is to develop the individual and small group skills of our players

**e. Recreational Soccer**

The Virginia Legacy Soccer Club is the largest youth soccer club in Williamsburg and, in a partnership with James City County, started offering Recreational Youth Soccer in the Fall of 2012. Today, our recreational program is home to over 1300 players. Girls and boys, ages four to eighteen, of all skill levels participate in one or both seasons in the fall and spring.

The purpose of recreational soccer is to provide the best experience for all levels of players in a safe, non-competitive, progressive environment. Players often start at a young age and as they mature, the program is designed to offer more challenges and developmental opportunities. Some players may choose to move into one of our more skill-focused, competitive programs such as our Advanced Development Program (ADP) for U7 – U12, or our travel program for U10 and above, but the majority of our players continue in our recreational program and enjoy a long and rewarding soccer career.



## **f. Summer Programs**

### **i. Legacy 76 / W76 Junior Academy -- U18 Boys/Girls**

The Legacy 76 Academy program is designed to give our rising U17-19's a platform to continue to train in a highly competitive environment during the traditional "down" months of the summer. This program is geared towards those players who are looking to stay sharp technically, mentally, and physically over the summer. With an emphasis on improving the player's technical ability under time and pressure, the focus will be on the players' ability to solve game like situations at game speed.

### **Legacy 76 / W76 Junior Academy – U14/U16 (Boys and Girls)**

The Legacy 76 Academy program is designed to give our rising U13-16's a platform to continue to train in a highly competitive environment during the traditional "down" months of the summer. This program is geared towards those players who are looking to stay sharp technically, mentally, and physically over the summer. With an emphasis on improving the player's technical ability under time and pressure, the focus will be on the players' ability to solve game like situations at game speed.

The teams will train 2 times a week starting in June and continue through the July. The group will be comprised of a pool of 30 for the summer.

### **Legacy 76 / W76 Junior Training Academy – U12 (Boys and Girls)**

This new Legacy 76 Academy training program is designed to give our rising U11/12 boys and girls a platform to continue to train in a highly competitive environment during the traditional "down" months of the summer. This program is geared towards those players who are looking to stay sharp technically, mentally, and physically over the summer. With an emphasis on improving the player's technical ability under time and pressure, the focus will be on the players' ability to solve game like situations at game speed.

The teams will train 2 times a week starting in June and continue through the July and the group will be comprised of 25 Players.

## **g. College Placement Program**

The VLSC takes pride in its placement of players into college programs and allowing players to continue their careers at the next level. The clubs College Program director will meet individually with families and players to map out a timeline to help each player on their journey to college soccer. This is in addition to personal and team player profile books distributed at tournaments for U16-U19 players as well as the annual college night hosted by VLSC and attended by a panel of college coaches. The VLSC placement in the CCL also guarantees entrance into top college showcase events in the region. To date over 350 boys and girls in the past 17 years have gone on to play soccer at the next level.

## **h. Olympic Development Program (ODP)**

The Olympic Development Program (ODP) is a national identification and development program for elite players. The program identifies players to compete at the state, regional, and national levels. The function of ODP is the identification, selection, and opportunity for development of the state's top player's in a competitive and developmentally appropriate environment. Several members of the VLSC staff are on the VYSA ODP coaching staff at both the district and state levels. All inquires about ODP should be directed to the club Technical Director.

## VII. Facilities

Virginia Legacy Soccer Club currently has a partnership with James City County, specifically, its Parks & Recreation Department. Virginia Legacy utilizes numerous field sites provided by James City County to conduct tournaments, as well as, practices and games for both its recreational and travel programs. It also carries relationships with York County, Poquoson City and Newport News to utilize facilities all over the Peninsula.

### Williamsburg:

**Warhill Sports Complex** – 5700 Warhill Trail, Williamsburg Va

**Warhill Sports Complex Stadium** – 4615 Opportunity Way, Williamsburg

Va **James City County Rec Center** – 5301 Longhill Rd, Williamsburg Va

**Hornsby MS/ Blayton ES** – 850 Jolly Pond Rd, Williamsburg Va

### York County/ Newport News/Poquoson:

**Magruder ES** – 700 Penniman Rd, Williamsburg Va

**Premiere Sports Center Yorktown** - 106 N Constitution Dr, Yorktown, VA 23692

**Kiln Creek** - 2901 Kiln Creek Pkwy, Yorktown, VA 23693

**Hines Middle School** -- 561 McLawhorne Dr, Newport News VA

**Poquoson Elem School** – Poquoson, Va

**South Lawson Park** - 32 Lodge Rd Poquoson, VA 23662

## VIII. Communication

Communication, through the VLSC and staff, will be done primarily through email, the VLSC website and social media (Twitter, Instagram, Facebook). All major club announcements will be disseminated in this manner. All members are strongly encouraged to read their emails on a daily basis.

### **a. Email**

- i. Constant Contact/database** --- All major club announcements, newsletters, and special features will be sent through Constant Contact. We ask that, if you wish to continue to be informed on the latest VLSC news, that you do not unsubscribe from our mailing list.
- ii. Office** – Team managers are in important line of communication between our technical staff and our families. Our office administrator, Tracy Trueblood, will keep close communication with all team managers through email. All general inquiries should be directed to her. She can be reached at [admin@valegacysoccer.com](mailto:admin@valegacysoccer.com), or at 757-253-8572.

### **b. Website**

- i.** All information on the VLSC can be found on our club website ([www.valegacysoccer.com](http://www.valegacysoccer.com)).

### **c. Social Media**

- i. Twitter** – follow us at --- @valegacy for game, tournament and club updates
- ii. Facebook** – like us at [www.facebook.com/valegacy](http://www.facebook.com/valegacy) --- for updates, pictures from games, tournaments and club events
- iii. Instagram** - @valegacysoccer for updates and pictures!
- iv. See Social Media Policy (Section XVIII)**

### **d. Team APP**

- i.** Individual Team information and notifications



## IX. Seasonal Overview

### Team Meetings

The VLSC coach, will have a preseason meeting with their VLSC teams. In this meeting material from this manual as well as club expectations and goals for each team will be discussed. It is highly encouraged that a member from every player's family is present at this meeting (July/August).

#### i. Mini Camp

Each year the VLSC will hold a FREE preseason team camp for all U10 – U19 players. This camp will consist of 15 hours of training during the week from the coaches, technical staff and guest coaches brought in to train the teams that week.

This year the camp will be held the week of August 13<sup>h</sup> – 17<sup>th</sup> at the Warhill Sports Complex. More details will be released in your team meeting prior to the season.

#### b. Schedules

##### i. League Schedules

1. **VSL (Virginia Soccer League)** – All teams that participate in the VSL will receive their respective game schedules via the VSL website ([www.vasoccerleague.com](http://www.vasoccerleague.com)). All schedule changes or conflicts will be communicated through the VSL administration staff through each teams team manager and posted to the VSL website. The VLSC is not responsible for any schedule changes or conflicts but will assist any team in trying to communicate with VSL administrative staff.
2. **CCL (Club Champions League)** – All teams that participate in the CCL will be given their schedules by the VLSC technical staff once it has been released. The VLSC works closely with other CCL clubs to provide a schedule that is suitable for both clubs. Any schedule conflicts or rescheduled matches will be handled by the VLSC technical staff and will be passed down to team managers to be distributed to their respective teams. The CCL schedule can also be found on the VLSC club website.

##### ii. Training Schedules

1. **Fall** – schedules are released in July for the Fall Season: August – November practice times/locations
2. **Spring** – schedules are released in January for Spring Season: March-May practice times/locations
3. **Winter** – Winter training schedules are released in November
  - a. **CCL / VSL U10 – U12 Teams** – Will train 1-2 times a week during the winter and will utilize school gyms.
  - b. **U13-U19 Teams** – Will train 1-2 times a week during the winter and will mainly utilize the outdoor turf fields
  - c. **CCL / VSL U10 – U12 teams will have a winter futsal schedule as well for weekend game play**
  - d. **U13 – U19 teams will play club friendlies or tournaments during this time (Jan-Feb)**

## **X. Player Standards**

### **a. Dress Code**

The VLSC strives to create a professional training environment and hold our players to a high standard. All VLSC players are to wear the correct training and game attire, designed by the club, in coordination with the rest of the team.

### **b. Cancelations/Inclement Weather**

All cancelations of training sessions or games come through the VLSC technical staff. VLSC coaches may not cancel training with out consent of the technical staff. Our primary means of communication is via email. For confirmation of training on days with bad weather please pay close attention to your emails or Team App Notifications

### **c. Attendance/Tardiness**

We understand that everyone will at sometime have conflicts with training and or games. It is our expectations that each player will do their best to commit to all sessions, however, if it is not possible you will need to contact your coach via email or phone at least 24 hours prior to the session. This is also extremely important for games. Attendance at training is a factor in playing time during games.

## **XI. Game Day Procedures**

### **a. Home Games**

All VLSC home games are played at the Warhill Sports Complex. Directions to the field can be found on the club website and also listed above. Players and coaches should arrive to each game 45 minutes prior to the start of the match. This will allow for a warm up time of 30 minutes.

### **b. Away Games**

Directions to all VLSC away games can be found on the club website and listed above. After the game players are to help pick up any trash left behind by the team.

### **c. Arrival Time**

All players should arrive at the field 45 minutes prior to the start of the match.

### **d. Dress Code – All uniform selections are listed below unless otherwise specified.**

#### **1. CCL**

**a.** Uniforms designated by club technical staff

**b.** All players must arrive in same training/warm up tops (designated by technical staff)

#### **2. VSL**

**a.** Uniforms designated by team managers

**b.** All players must arrive in same training/warm up tops (designated by technical staff)

3. Home Games – White jerseys, Green shorts, White socks.
4. Away Games – All black.
5. Tournament Games
  - a. Saturday Games
    - i. White jersey, Green shorts, White socks.
  - b. Sunday Games
    - i. All Black

**e. Sideline Etiquette**

1. No coaching from the sidelines
2. No arguing with referees, home team parents, or away team parents
3. No interacting with the other teams players

**XII. Role of Coaches**

A list of all VLSC staff coaches can be found on our club website ([www.valegacysoccer.com](http://www.valegacysoccer.com)).

**a. Qualifications**

All VLSC coaches are USSF or NSCAA licensed coaches, or are currently working on obtaining their licenses. We pride ourselves on having the most qualified staff of any club in the peninsula area. Whether it is through the VYSA coaching education program or through our technical staff conducting seasonal coaching education sessions, we highly encourage our staff members to continue to further their education each year. All VLSC coaches are encouraged to attend the training sessions of other teams to help coach and interact with all VLSC players.

**XIII. Role of Parents**

**a. During Training** – We ask that the parents respect that the players and coaches are in a focused, competitive and learning environment and stay a respective distance from the fields during training. We request that the parents stay on or around the bleachers on the opposite side of the players. Please do not coach from the sidelines. Our coaches are highly qualified to coach and educate our players.

**b. Code of Conduct** – See Signed Form

**c. During Games** – There is **NO COACHING FROM THE SIDELINE**. This includes telling players where to go or what to do. As a parent you are there to support your child in a positive and constructive manner to them as well as their teammates, teammates parents, coaches, referees and anyone of the opposing team. Referees are not to be abused in any way. Please do not berate or shout at referees, parents, coaches or players. Coaches are not to be approached by parents either before or after games concerning issues with any players. This is a time when coach and players are to be focused on the task at hand and should not be disturbed. If there is a coaching or players concern please adhere to the **24-hour** rule. All questions or concerns should be addressed with the coach 24-hours after the game has ended.

**XIV. Role of Team Manager**

The role of the manager for each team is important. Communication from the VLSC staff flows through each team manager to their respective families. Managers will use email, text messages, and phone calls to keep everyone informed with game and practice information on a timely basis.

## **XV. Guest Player Protocol**

VLSC players are encouraged and permitted to guest play for other VLSC teams, or other clubs, at the discretion of the VLSC technical staff. ***Team managers are not permitted to release a player's player card without approval from the VLSC technical staff. If a player would like to guest player with another team they must first contact the VLSC office.*** Once approval is given the age group director will notify the team manager and the player pass may then be released to the player or other teams team manager.

## **XVI. Player Fees**

The cost to participate in the VLSC varies depending on the age of the player and the level of the team. All fees can be found online at [www.valegacysoccer.com](http://www.valegacysoccer.com) --- All fees include:

- INCLUSIONS: -
- TOURNAMENT FEES (2-6 depending on age and league and level of play)
- PLAYER INSURANCE FEES
- FALL AND SPRING LEAGUE FEES
- WINTER TRAINING/GAMES (CCL / VSL)
- COACHING FEES AND TRAVEL
- FALL/WINTER/SPRING TRAINING (2-3 Times/Week depending on level of play)
- PRE-SEASON MINI-CAMP -
- ADMINISTRATIVE FEES
- COLLEGE PREP/GUIDANCE PROGRAM (U16-U19) WITH DIRECTOR
- TRAINING JERSEYS x 2
- COUNTY FACILITY USE FEES
- COUNTY OR SUBCONTRACTED FIELD LIGHTING FEES
- ONLINE PLAYER REGISTRATION
- BACKGROUND CHECKS ON COACHES AND VOLUNTEERS THROUGH VYSA

## **XVII. Social Media Policy**

This policy provides guidance for all VLSC members use of social media, which should be broadly understood for purposes of this policy to include blogs, wikis, micro blogs, message boards, chat rooms, electronic newsletters, online forums, social networking sites, and other sites and services that permit users to share information with others in a contemporaneous manner.

- The following principles apply to professional use of social media on behalf of The Virginia Legacy Soccer Club as well as personal use of social media when referencing the Virginia Legacy Soccer Club
- Employees, and VLSC members, need to know and adhere to the Virginia Legacy's Code of Conduct, when using social media in reference to the Virginia Legacy Soccer Club.
- Employees, and VLSC members should be aware of the effect their actions may have on their images, as well as the Virginia Legacy Soccer Club's image. The information that employees post or publish may be public information for a long time.
- Employees, and VLSC members, should be aware that the Virginia Legacy Soccer Club may observe content and information made available by employees through social media. Employees should use their best judgment in posting material that is neither inappropriate nor harmful to the Virginia Legacy Soccer Club, its employees, or members.
- Although not an exclusive list, some specific examples of prohibited social media conduct include posting commentary, content, or images that are defamatory, pornographic, proprietary, harassing, libelous, or that can create a hostile work environment.
- Employees, and VLSC families, should get appropriate permission before you refer to or post images of current or former employees, members, vendors or suppliers.
- Subject to applicable law, after-hours online activity that violates Virginia Legacy Soccer Club's Code of Conduct, or any other company policy may subject an employee, or VLSC member to disciplinary action, termination, or dismissal from the club.
- It is highly recommended that employees keep Virginia Legacy Soccer club related social media accounts separate from personal accounts, if practical