



CLEVELAND FUTBOL CLUB

Northeast Ohio's Premier Soccer Club

INFORMATIONAL GUIDE

www.clevelandfc.net

2010 - 2011



MISSION

The Cleveland Futbol Club (CFC) is a premier soccer club committed to developing the full potential of young soccer players. By emphasizing effective technical skill and superior tactical understanding in a competitive environment, CFC prepares its players for success at the highest levels, both nationally and internationally, while insisting on both skilled and fair play. This is what has set CFC apart from all the rest.

The Cleveland Futbol Club is affiliated with US Youth Soccer, US Club Soccer, Ohio Youth Soccer Association North (OYSAN), Midwest Regional League (MRL), and many other competitive soccer organizations.



ALUMNI



Cleveland Futbol Club not only develops today's players, but prepares athletes for tomorrow's competition. Many of our CFC players have gone on to play on State, Regional & National Olympic Development (ODP) Teams, plus the vast majority of our athletes have gone on to receive collegiate scholarships across all divisions from a wide variety of NCAA institutions. In addition, some players continue on to professional soccer organizations including Women's Professional Soccer (WPS) and Major League Soccer (MLS).

EXPECTATIONS

PLAYERS:

The players are selected by the coach. It is important that players observe the guidelines established by Cleveland Futbol Club, League, and State Associations.

The player will...

- Train and play to the best of their ability in or out of practice.
- Maintain sportsmanlike conduct, respect all players and officials, and accept a referee's decision without question.
- Only give positive encouragement to fellow teammates.
- Arrive prepared for all games and training sessions, i.e. proper mental attitude and equipment.
- Learn and obey the Laws of the Game, the team and the club.



The player will not...

- Allow their enthusiasm and commitment for soccer to override responsibilities to education.
- Use profane or vulgar language or a controlled substance unless prescribed by a physician.
- Leave the field or a session without the permission of the coach or disregard instructions of my coach.
- Forget that I represent Cleveland Futbol Club.

PARENTS:

The parents are an integral part of Cleveland Futbol Club. It is important that parents observe the guidelines established by Cleveland Futbol Club, Leagues, and State Associations.

The parents will...

- Be encouraging, supportive, and affirming in regard to my child’s play on the field.
- Support and respect the coach, manager, the team, and officials and respect their decisions.
- Familiarize myself with the Laws of the Game.
- Comply with the rules, policies, and procedures of the team and the club as they apply to me.
- Discuss my child:
 - a. Only with my coach at a time mutually agreed upon.
 - b. Not with the manager or any other person.
 - c. Never prior to, during, or directly after a match.

The parents will not...

- Engage in dissent directed to an official.
- Engage in any kind of unsportsmanlike conduct with any official, coach, manager, player, or parent.
- Interfere at any time with the duties and responsibilities of the coach or manager.
- Act in any way that is detrimental to the team or the Cleveland Futbol Club.

The Cleveland Futbol Club is proud to have a reputation of excellence. In order to preserve and respect our professional reputation, it is the strict policy of the Cleveland Futbol Club that no person challenge, protest, or file any complaint (written or verbal) against any soccer officials (coaches, the league, other soccer clubs, or referees) without express permission from the Cleveland Futbol Club. Any violation of this policy will be dealt with in an appropriate manner.

COACHES:

The coach is hired and approved by the Club. The coach has the sole responsibility for coaching the team.

The coach will...

- Selecting a team manager and approving any parental team support.
- Adding and removing players from the team.
- Determining tactics, formations, positions, and playing time.



- Implement times for training sessions as prescribed by club officials.
- Establish and implement training techniques.
- Recruit players within the State Association guidelines.
- Select tournaments in which the team will play with the recommendation of club officials.
- Secure a substitute coach if for any reason the coach is unable to attend a game/practice.
- Ensure that uniform policy is enforced for practice and games.
- Be available to parents to discuss a player's development.
- Be ultimately responsible for the team regarding the enforcement of all club and team policies, procedures, rules, regulations, including the philosophy of the Club.
- Attend all scheduled club coaches meeting

COACHING & STAFF

All Cleveland Futbol Club players are professionally coached. Our coaching staff offers years of competitive coaching and playing experience that directly benefit your child. CFC coaches have played as youth in premier clubs, high school & college across many divisions & conferences, professionally (NASL, MISL, & MLS) both within the United States and abroad (First Division A, National Teams), and everywhere in between. Through our proven training techniques, tactics, and experience, we can offer your child the most competition and athletic development in the area.

Many of our coaches maintain United States Soccer Federation (USSF) licenses, European certifications, and/or actively participate in a myriad of clinics throughout the area.

TRAINING SESSIONS (PRACTICE)

Practices are to be taken seriously. Any horseplay or disrespect to a coach or teammate is grounds for dismissal from practice. Players should arrive at the practice field at least ten (10) minutes ahead of the scheduled time. Player will arrive in their prescribed practice attire unless prior arrangements have been made. Player should arrive with proper shin guards, cleats or indoor footwear (season dependent), properly inflated soccer ball (sized aged appropriate), and enough liquid (water or sports drink) to keep them properly hydrated during training.

Should a player be required to leave the field early, please make prior arrangements with your team coach before doing so. Should a player be required to miss practice, the coach must be notified in advance. Not having all expected players on the field during training could impact such sessions and needs to be planned accordingly. Missing a practice can result in not starting the next match and/or reduced playing time.

Typically, training sessions are time spent between a coach and his/her team dedicated to player development. Time should be arranged prior to or after training. Unless prior arrangements have been made with the coach, please avoid these days to discuss club or player concerns, unless for an absolute emergency.

Any involvement of the parent during training must be designated by the coach (i.e. injuries, water breaks, etc.).



MATCH DAY (GAMES)

Players should arrive at the match field ahead of the scheduled time as prescribed by the coach (i.e., U12 is 40 minutes early). Player will arrive in their prescribed match day attire. Player should arrive with proper shin guards, cleats or indoor footwear (season dependent), properly inflated soccer ball (sized aged appropriate), alternative uniform(s), and enough liquid (water or sports drink) to keep them properly hydrated during the match.

Should a player be required to leave the field early, please make prior arrangements with your team coach before doing so. Should a player be required to miss a match, the coach must be notified in advance. Being late is grounds for not starting and/or reduced playing time.

Parents, match days typically are not the ideal time to discuss club matters with your team coach. Unless prior arrangements have been made with the coach, please avoid these days to discuss club or player concerns, unless for an absolute emergency.

During matches, please ensure only a Cleveland Futbol Club authorized coach is providing instructions to the team. Coaching from the sideline is strictly prohibited as it may counter plays or tactics the coach may be utilizing. Any involvement of the parent during matches must be designated by the coach (i.e. injuries, water breaks, etc.). During matches, parents should refrain from making any comments to the game officials. The referees and linesmen should always be dealt with in a professional and courteous manner. Good sportsmanship is expected at all time. Any incidents of swearing, fighting, etc. on the field could result in suspension from the club.

TOURNAMENTS

All previously mentioned "Match Day (Games)" regulations apply to tournaments and ALL league play. In a multiple match day scenario, proper nutrition is crucial. Food consumption can occur up to 1.5 hours before a match. Carbohydrates are preferred with a little protein.

SCHEDULING

The Cleveland Futbol Club has experienced a high degree of success, in large part to its commitment to seeking and playing the most talented clubs within and outside of Ohio. With the continued development of your child and our teams in mind, we will do our absolute best to provide you with an accurate and concise schedule with advanced notice to plan travel accordingly. There will be times, however, that advanced notice cannot be afforded when circumstances fall outside of our control. In these instances, we expect complete participation and cooperation from our athletes and families to ensure we are able to represent Cleveland Futbol Club the best way possible. In these cases we equally share your frustrations concerning scheduling, but in order to maintain our tough reputation in the highly competitive arena of premier club soccer, we will have to adapt from time to time.



GUEST PLAYING

At CFC, we realize that some athletes want to play as much soccer as possible. While we certainly do not prohibit this, please provide notice to your coach if you will be guest playing for another team in a match or tournament. This will ensure we avoid any conflicts of interest. Additionally, there may be times the coach believes you should rest rather than stepping on a pitch. In any case, please adhere to your coach's suggestions concerning guest playing. As players get older, their bodies are developing muscle mass and parents must be aware of increased risk of injury (pulls, sprains, etc.).

TRAVEL POLICY

The following conduct is required of all players:

- There will be no consumption or possession of alcoholic beverages or tobacco products.
- No player will have possession of or be under the influence of any drug, narcotic, or controlled substance that has not been legally prescribed to that player.
- Players will obey team curfews set by the coach.
- Players "get-togethers" should take place in approved hotel areas.
Approved areas include:
 - Game Rooms
 - Pool Areas
 - Exercise Rooms
 - Lobbies
 - Hotel Restaurants
- Joy riding in elevators and roaming the hallways is not acceptable.
- Running and playing soccer in the hotel areas is prohibited.
- A player, whose parents are not on the trip or at the hotel, will have an adult present on the trip to report to; the player must keep this adult informed of their whereabouts at all times.
- Prior to the trip, the parents not traveling (or not staying in the hotel with the player), are responsible for making arrangements with one of the other adults to chaperon their child.
- Swimming and other physical activities outside of the scope of soccer should only be done with the coach's approval.
- No team dinners after 7pm in a restaurant setting, at this point in the evening, hotel settings are the recommendation.

All parents and players realize that the ultimate responsibility for the conduct of that player lays with the player and his/her family. Further, it is understood that violation of the Travel Policy rules of conduct will result in discipline by the players coach, ranging from benching to suspension from the team.

NUTRITION

Soccer players are continuously looking for ways to improve his or her performance, increasing the body's maximum potential and forcing it to achieve championship form. Training, leading up to a tournament, is done with hard work and commitment on a daily basis. With the amount of effort and time spent in training comes an equally high energy consumption and that is where nutrition (fuel) will come in. This rings true more so in tournaments where multiple



games are played on the same day. Players must be careful when and what they eat.

High energy can be obtained through a diet which is rich in carbohydrates. Carbohydrates are the main fuel and energy source of the body and the soccer player needs loads of them. It is equally important to consume the proper carbohydrates. Protein is also very important to the soccer player diet as they help with recovery and muscle growth. Fats are important and essential to a healthy diet as long as they are consumed appropriately. A general rule is to consume 60% carbohydrates, 25% protein, and 15% fat in your diet. Fluid is very important and should be consumed before, during, and after every soccer event.

Pre-Game Meal

The pre-game meal should be consumed three to four hours prior to a soccer match. In the case where such time is unavailable (an 8am match for example), 600 calories may be consumed an hour and half before match. Plenty of fluids should be available at the meal. Carbohydrates with a low Glycemic Index (GI) should be consumed before the game to preserve energy stores and provide long lasting energy throughout the game. High GI foods should be consumed immediately before and during the game to provide for lost energy during the first half of games.

In-Game Hydration

Fluids should be available at all games. Players should ingest fluids prior, during, at half-time, and after a match. Water or sports drink should be available to all players at any time prior to, during, and after games.

Post-Game Snack

Immediately following the match, within thirty minutes, liquids should be available to players. It is critical that electrolytes are replenished within forty-five (45) minutes. A list of preferred beverages and foods will be provided. All nutritional guidelines stand for all matches throughout the day.

Please do not arrive to practice or matches eating from a bag of fast-food or potato chips. Nutrition is just as important as exercise, so CFC encourages the players to make the right decisions to the best of their ability.



CFC U11G 2010 Ohio Youth Soccer Association North State Cup Champions



CFC U12B Ohio Youth Soccer Association North State Cup Champions



CFC U15G 2009 & 2010 Ohio Youth Soccer Association North State Cup Champions



CFC U16B 2008 & 2010 Ohio Youth Soccer Association North State Cup Champions



CFC U17G 2010 Ohio Youth Soccer Association North State Cup Champions



CFC U17B 2010 Ohio Youth Soccer Association North State Cup Semifinalists



ACCOMPLISHMENTS

<u>U09G</u>		<u>U11B</u>	
Northern Ohio Cup Champions (2010)		OYSAN State Cup Semifinalist (2010)	
CASA Season Finale Finalist (2009)		OYSAN State Cup Champions (2009)	
<u>U10G</u>		<u>U12B</u>	
OYSAN State Cup Finalists (2010)		Northern Ohio Cup Champions (2010)	
Elite Invitational Finalists (2010)		All-Star Indoor Tournament Semifinalists (2010)	
National Indoor Championship Finalists (2010)		Memorial Day Shootout Champions (2010)	
Cleveland Indoor Cup Champions (2010)		Cleveland Indoor Cup Champions (2010)	
CASA Season Finale Champions (2009)		CASA Season Finale Finalist (2009)	
OYSAN State Cup Semifinalists (2009)		Cincinnati Cup Semifinalists (2009)	
Northern Ohio Cup Champions (2009)			
Elite Spring Thaw Champions (2009)		<u>U14B</u>	
		Northern Steel Cup Finalists (2010)	
<u>U11G</u>		Memorial Day Shootout Champions (2010)	
OYSAN State Cup Champions (2010)		Cincinnati Cup Champions (2009)	
Elite Invitational Champions (2010)			
National Indoor Championship Champions (2010)		<u>U15B</u>	
Cleveland Indoor Cup Finalists (2010)		Northern Ohio Cup Semifinalists (2010)	
CASA Season Finale Champions (2009)		Cleveland Indoor Cup Finalists (2010)	
MEAD CUSA Cup Finalists (2009)		OYSAN State Cup Finalists (2009)	
Cleveland Indoor Cup Champions (2009)		Northern Ohio Cup Finalists (2009)	
<u>U12G</u>		<u>U16B</u>	
OYSAN State Cup Finalists (2010)		OYSAN State Cup Champions (2010)	
		MRL First Division East Champions (2010)	
<u>U13G</u>		Northern Ohio Cup Champions (2010)	
OYSAN State Cup Semifinalist (2010)		Ohio Elite College Showcase Champions (2010)	
Northern Ohio Cup Finalists (2010)		Cleveland Indoor Cup Champions (2010)	
Kings Academy Turf Classic Champions (2010)		Select Germantown Invitational Champions (2010)	
CASA Season Finale Semifinalist (2009)		Memorial Day Shootout Champions (2010)	
Blast Cup Champions (2009)		OYSAN State Cup Finalists (2009)	
		Blast FC College Showcase Champions (2009)	
<u>U14G</u>		Fever 11v11 Indoor Challenge Champions (2010)	
OYSAN State Cup Champions (2009)		<u>U17B</u>	
2010 Memorial Day Shootout Champions (2010)		OYSAN State Cup Semifinalist (2010)	
<u>U15G</u>		Northern Ohio Cup Champions (2010)	
OYSAN State Cup Champions (2010)		2010 Memorial Day Shootout Champions (2010)	
<u>U16G</u>			
OYSAN State Cup Champions (2009)			
MRL Premier Division Champions (2009)			
US Youth Soccer Region II Champions (2009)			
<u>U17G</u>			
OYSAN State Cup Champions (2010)			
MRL Premier Division Champions (2010)			
OYSAN State Cup Semifinalists (2009)			



CLUB FEES

All team fees will be mailed to parents on a seasonal basis. These fees typically include:

- League & Training Fees
- Tournaments
- Necessary Adjustments

Please direct any questions concerning your invoice and payment to the contact displayed on the invoice or to your team manager.

It is crucial to remit any payments due by the listed date so that Cleveland Futbol Club can continue to seek out and participate in events that provide the level of competition we demand. Also, certain payments must be submitted by deadlines to ensure player eligibility for events.

Discounts are offered on fees if season is paid in full by the date listed on the invoice. Please note there are no refunds available with regards to the paid in full option. Any needed adjustments will be made to next season's fees. Additionally, a payment schedule is also provided that enables seasonal fees to be paid in installments.

SPIRIT WEAR

Please contact your team manager, team coach, or club official to inquire about spirit wear. Regular sources to obtain items are available.

CONTACTS

For general information concerning the Girls programs, please contact:

Benny Dargle	bendog71@gmail.com
Peg Bollinger	pegbol@aol.com

For general information concerning the Boys programs, please contact:

Ulf Ryberg	soccerswede1@aol.com
Vicente Suarez	the_v_max@hotmail.com

Please direct general club calls & faxes to **(440) 816-0839**