



## **2022 & 2023 KCSA Information and Calendar**

Aloha Kona Crush Soccer Academy members,

This document is to outline club information and the calendar of events for the coming year 2022/2023 and the level of commitment expected from both the Club and it's members throughout the year in each of our programs:

- Recreational: U8 age group.
- Developmental: U10 age group.
- Pre-Academy: U12 age groups.
- Academy: U14, U16, U19 age groups.

The following dates you see are not set in stone, but will be kept as close to as possible as we navigate the year ahead (exact dates will be provided later). If you have any questions in regards to the calendar and level of commitment required, please reach out to the Director of Coaching - Coach Thomas Croke : [coachthomasc@konacrushacademy.org](mailto:coachthomasc@konacrushacademy.org)



## **KCSA Yearly Calendar**

### **Fall Season:**

The beginning of KCSA's new year starts with the Fall Season. We start the first training sessions on Tuesday, August 9, with Big Island HYSAs games starting in late August and ending in October for the High School age players, and in mid November for all the other age groups.

Training sessions are three times per week. Training sessions are between 75 and 90 minutes.

Training locations are Pualani (the Blue Park) and Old Airport Recreation complex.

Games can be expected to be in Kona, Waimea, or Hilo. U10 through U14 groups play on Saturdays. U16 and older, play on Sundays

### **Winter Season:**

In between our two competitive Seasons (Fall & Spring), our Winter Season, which generally runs from December until the middle of January, is a time for kids to take some time off. Most of our Academy players will be playing High School Soccer and Kona Futsal will be available for all others.

### **Spring Season:**

Spring Season begins late January for all age groups except the High School age players. These older players begin once High School ends, usually the middle of February. The Spring Season is the most competitive HYSAs Season and games begin in late February and usually end with the Big Island HYSAs Championship occurring in the middle of May.

### **Summer Season:**

The Summer Season is our travel season for our Academy age groups. The U14 through U19 Age groups will be looking to travel to College ID Camps, Tournaments, and/or showcases in the summer months.

## **KCSA Age group Breakdown**

### **U8 - Recreation**

**Yearly Cost: \$800 + training gear**

**Required Training gear:**

- Light Kit - black training shorts, black training socks, 2 x shirts (2 colors)

**Commitment:**

- Fall season (August through November) and Spring season (January through May).
- Training - 2 x 45 min-1 hour sessions per week.
- Games - In house jamborees/scrimmages twice a month.

**Additional:**

- Suggestion: Participate weekly in Kona Futsal, which is on non-training or game days

**Philosophy:**

- Introduction to soccer.
- Fun with the ball.
- Introduction to the structure of the game and rules.
- Fun, light, in-house competition.
- No travel, No HYSAL league , No tournaments, No camps.

### **U10 - U12: Developmental and Pre-Academy**

**Yearly Cost: \$1000 + uniform**

**Required Uniform: (approx \$150 - free shipping)**

- Full - 2 x game kits, training kit (not included in fees)

**Commitment:**

- Fall season (August through November) and Spring season (January through May).
- Training - 3 sessions per week (2 team sessions, one group session).
- Games - BIHYSAL League play, Fall and Spring Seasons (on island - Kona, Waimea, Hilo)
- \*Travel off island only as an exception.

**Additional:**

- Strong Suggestion: Participate weekly in Kona Futsal, which is on non-training or game days.
- Suggestion: Participate in ODP/PDP events as they come up.

**Philosophy:**

- Concentration on individual technical development.
- Team concepts introduced - very basic tactical ideas.
- Introduction and refining game day: pre-game, travel, game time, post game.

## **Academy (U14)**

**Yearly Cost: \$1,250 + uniform**

**Required Uniform: (approx \$150 - free shipping)**

- Full - 2 x game kits, training kit

**Commitment:**

- Fall season (August through November), Spring season (January through April) Summer Season (June and July)
- Training - 3 sessions per week (2 team sessions, one group session).
- Games - BIHYSA League play, Fall and Spring Seasons (on island - Kona, Waimea, Hilo)
- Team travel - State Cup tournaments, off island. Summer travel for Tournaments will require training to continue off season (summer).

**Additional**

- Strong Suggestion: Participate weekly in Kona Futsal, which is on non-training or game days.
- Suggestion: Participate in ODP/PDP events as they come up.
- Trace ID offered - highlight videos/statistic/profile for prospective coaches to view and start college ID process

**Philosophy:**

- Concentration on tactical and conceptual development.
- Continued individual technical development.
- Introduction to strength and conditioning, speed and agility.
- Introduction to the mental side of the game: assessments and critique(classroom sessions).
- Introduction to goal setting and work plans.
- Introduction and refining team travel: budget, fundraising, chaperones, expectations, etc

## **Academy (U16&U19)**

**Cost: \$1,250 + uniform**

**Uniform: (approx \$150 - free shipping)**

- Full - 2 x game kits, training kit

**Commitment:**

- Fall (August through October), Spring (February to mid May), Summer travel (June/July).
- Training - 3 sessions per week (2 team sessions, one group session).
- Games - BIHYSA League play, Fall and Spring Seasons (on island - Kona, Waimea, Hilo)
- Team travel - State Cup tournaments, off island. Summer travel for College Showcase/Tournaments will require training to continue off season (summer).

**Additional:**

- Strong Suggestion: Participate weekly in Advanced Training, which are on non-training or game days.
- Suggestion: Participate in ODP/PDP events as they come up.

**Philosophy:**

- Concentration on high level tactical and conceptual development.
- Focus on individual soccer IQ growth.
- Focus on the mental side of the game (classroom sessions)
- Individual assessments and one on one meetings with coaches.

### **College Prep:**

- ID events - KCSA sponsored events, mainland opportunities (camps, showcase tournaments)
- Individual assessments, goal setting, work outlines.
- Network advantage - highlight videos, resume' building, coaching contacts, alumni contacts.
- Trace ID offered- highlight videos/statistics/profile for prospective coaches to view in the college ID process.
- Parent education at U16.

## **KCSA PLAYER AND PARENT CODE OF CONDUCT**

Kona Crush's primary goal is to provide children the opportunity to develop superior life skills through team play, sportsmanship, competition, and hard work. We believe that the opportunities for personal growth within the skill set of soccer promote character development as well as a love and knowledge of the sport. An emphasis on fair play and respect for all participants is a key element of our club's mission. To better achieve that mission, we have created the following Codes of Conduct for all KCSA players, parents, and coaches.

These Codes of Conduct are a covenant between KCSA players, parents, and coaches to abide by the rules and regulations of the game, as well as to maintain a cooperative attitude and uphold the ideals of fair play and sportsmanship.

These Codes express our core values and goals. **It is essential they be honored and followed.**

The Codes of Conduct can be summarized in the following three principles: (1) Demonstrating a positive attitude; (2) Setting a good example; and (3) Maintaining good relationships with all youth soccer participants - including officials, opponents, and our own team's players, parents, and coaches.

### **1. Demonstrating a positive attitude**

Players, parents, and coaches are expected to show a positive, respectful attitude for everyone involved in the sport. Criticism and disrespect for officials, opponents, coaches, or fans undermine the purpose of sport and encourage behavior contrary to the spirit of the game and the mission of KCSA.

### **2. Setting a good example**

Each person associated with KCSA is always accountable for his/her own behavior on or off the field of play. Parents, coaches, and other adults should remember that children learn by example - it is up to the adults to set good examples. KCSA will not tolerate conduct that is detrimental to the sport, the participants, or the community. Such conduct includes: Vulgarity by coaches, players or parents; harassment or belittling of officials, coaches or players; verbal abuse, threats or physical violence toward anyone before, during or after a match; and the taunting of opposing players, coaches and parents. We require thorough self-restraint by all participants - both players and adults. Teams must exercise appropriate control over those who fail to control themselves.

### **3. Maintaining good relationships**

**Officials** - The referee's job is a difficult one. All referees are human, and they do make mistakes. Parents or players who believe their team has been treated unfairly or has been assigned an unqualified referee should speak to their coach after the game. Coaches should inform the appropriate league or tournament officials about blatant officiating problems. In accordance with FIFA laws, verbal abuse toward a referee can result in a red card and ejection for the player, coach, or parent. Referees have the authority to suspend play if a coach does not control his players and parents/supporters.

**Opponents** - Players and coaches are required to maintain a sense of fair play and be respectful of opposing players, coaches, and fans at all times. Sportsmanship begins with respect. Without it, the positive competitive environment, which should be a perfect classroom for learning the values of soccer, is completely undermined. Occasionally we will encounter opponents who do not share our values and high standards. If we allow ourselves to be drawn down to their level, we will have lost regardless of the final score.

**Our Own Team** - In an environment where our children are competing not only against other teams but also frequently against each other, it can be difficult to control jealousies and rivalries. A successful team resembles a family in that members put their own needs second, behind the greater good of the team. Great care must be taken not to undermine the coach's authority. As in most cases, the parental example is all-important.

## **Player Code of Conduct**

It is a privilege to play soccer for KCSA. As an KCSA player, I will:

- Play the game for the game's sake, and not just to please my parents or coach.
- Be modest and generous when I win and gracious when I lose.
- Respect the game of soccer and its laws, learn these laws, and try to follow them, and play the game fairly.
- Work for the good of my team and always give my best effort.
- Show respect for the authority of the referee, even though I will sometimes disagree with his/her calls.
- Show good sportsmanship before, during, and after games. I understand that soccer is a game, and that the players on the other team are my opponents, not my enemies.
- Conduct myself with honor and dignity and treat other players as I would like to be treated.
- Help my parents and fans understand the laws of the game so they can watch and enjoy the game better. I will be sure they understand that dissent is not appropriate or permitted at league or tournament games.
- Control my temper and not retaliate, even if I believe I have been wronged.
- Not use or possess tobacco, alcohol, or illegal or performance-enhancing drugs.

*Player consequences will be determined by the team coach, Director of Coaching and/or Board of Directors for violations of the player Code of Conduct.*

## **Parent Code of Conduct**

As a parent, you play a special role in the development of your daughter or son, and of his/her teammates. Your encouragement and good example will do more to ensure good sportsmanship and self-discipline than any other influence. The other team is the opponent, not the enemy, and should be treated with respect. While winning is important, playing well and fairly is the essence of the game.

### **SUPPORT YOUR CHILD**

Support your child by giving encouragement and showing interest in his/her team. Help your child work toward skill improvement and good sportsmanship in every game. Teach your child that hard work and an honest effort are often more important than victory. Make sure that your child is at practice on time and any issues are communicated with the coach at least 12 hours prior to the game/practice.

### **BE SUPPORTIVE AND YOUR CHILD'S BIGGEST CHEERLEADER**

Children learn more by example than by criticism. Work to be a positive role model and reinforce positive behavior in others. Applaud good plays by others on your child's team as well as good plays by the opposing team. Do not criticize any child's performance from the sidelines. Accept the results of each

game. Teach your child to be gracious in victory and to turn defeat into victory by learning and working toward improvement.

### **DON'T BE A SIDELINE COACH OR REF**

Refrain from coaching or refereeing from the sidelines. Parents who shout or scream from the sidelines often give inappropriate advice at the wrong time. The coach should be the only sideline voice and has practiced with the team during the week in preparation for the upcoming game. The players know their responsibilities and gameplan so please do not confuse the kids by shouting information that might affect the way they play. Remain well back from the sidelines and within the spectator area. You and your child will both enjoy the game more if you put some emotional distance between yourself and the field or play. Officials are symbols of fair play, integrity, and sportsmanship - Do not openly question their judgment or honesty.

### **DEMONSTRATE A POSITIVE ATTITUDE TOWARD YOUR OPPONENTS AND THEIR FAMILIES**

Opponents are not enemies. Take care to show good hospitality at home and to represent KCSA in a positive way when playing other clubs. Never allow yourself to be drawn into a verbal disagreement with opposing parents or coaches. No one has ever regretted letting "cooler heads prevail."

### **REMEMBER THAT YOUR CHILD WANTS TO HAVE FUN**

Your child is the one playing soccer, not you. Children must establish their own goals - to play the game for themselves. Take care not to impose unreasonable demands on your child. Let your children experience the fun of playing as well as the challenge of excelling.

## **General Expectations of KCSA Parents**

**They will set a good example for their child in his/her soccer development by adhering at all times to the following. I/We will:**

- Not criticize the referee openly or directly, during or after games. Any criticism shall be done in writing, sent to my coach and/or my club representative, not verbally.
- Give only positive feedback to players.
- Cheer at all games within the spirit of fair play and shall do our best to cheer the effort regardless of the outcome. We will be mindful in "lopsided" games where cheering our own "winning" team might be misunderstood.
- Do our best to teach our players to become students of the game.
- Show the quality of our sportsmanship during and after each game and help our child remember to thank the referee after the match without regard to the result.
- Do our very best to have our child prepared for every game.
- Support the learning efforts of the players, the coaches, and the referees by demonstrating our patience.
- Understand that improper behavior at a game may result in a parent being asked to leave the field by the referee, the KCSA, or a club official so the coach does not receive a yellow card caution or a red card ejection due to the action of the parent spectator.
- Leave the coaching to the coach during the game. We shall not give our child instructions during the game.
- Understand that the leagues can, and will if necessary, suspend our individual privilege to watch our child play should we behave in a manner that is rude or otherwise offensive.
- Agree to do our best to have as much fun watching the game as the players should have playing the game.

**(cont'd)**

## **Twenty-Four Hour rule**

The 24hr rule is in place to help facilitate effective communication between the coach and parents. The rule is simple. Parents are asked to wait for 24 hours after a game before they contact the coach regarding any issues, concerns or comments he or she may have regarding the game day match.

Reasons for the rule:

- To allow the parents to calm down after the issue has developed
- Allow the coach to calm down after the competition
- Give parents and coaches time to think about the problem
- To prevent any unnecessary acts or scenes in front of players and other parent's
- Calmer heads will prevail
- To stop any embarrassing moments in front of the Players or child
- The hope that time to think about the issues will help to solve the problem in a positive manner and the right resolution.

Sometimes in the heat of the moment parents and coaches say things that they really don't mean. This can hurt the player or team because things were not handled correctly. The parent & Coach relationship is important, but the overall decisions should be based on what is best for the team and players. The rule is in place to help protect the players and team.

***Do not call or text any coach without emailing the club first.***

Any issue that you might have should be emailed to [Coachthomasc@konacrushacademy.org](mailto:Coachthomasc@konacrushacademy.org)

You should include your name & number within the email.

Coach Thomas will address the matter and follow up with a call.

## **Violations of the Parent Code of Conduct**

Violations of the Parent Code of Conduct may result in:

- A Parent being suspended and/or removed from a game/tournament by a referee for misconduct.
- A Coach being suspended and/or removed from a game/tournament by a referee for misconduct.
- A Player being benched by the team's coach for parent misconduct before, during, or after a game.
- A Member or Family could be released from the Club.

