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Please tell your parents!!!



Fall



Basin Recreation

Parent Packet

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1388 Center Drive
435-655-0999
www.basinrecreation.org
Weather Hotline 435-649-1564 x5

Welcome to Basin Recreation and the World of Recreational Sports!!

We at Basin Recreation feel very fortunate to have the opportunity to provide a fun and exciting sport atmosphere for your child/children. Our goal as an organization is to instill the unique aspect of sport into the participants. The understanding of team play, sportsmanship of winning and losing, leadership, and following directions are just a few of the experiences your child/children will be exposed to by participating in organized sports. The lessons learned and how they are presented by coaches and parents can be carried through youth into adulthood. It is hard to imagine that an experience a 7 year old has playing soccer can help mold his or her adult life, but it is true.

There are few items we would like to cover to help with the season your player is enrolled:

1. Parking

- a. Please park in the designated area listed on the map include in this packet.
- b. Some schools will be towing vehicles parked in the wrong area
 - i. We were told that vehicles parked in the bus turn-a-round area at Ecker Hill will be towed. Please try to park in the lot at the front of the school.
- c. If you have questions on parking please feel free to contact me for the proper location.

2. Trash

- a. Please make sure we are cleaning up after our teams and players
- b. We are allowed to use the schools and parks for our activities as long as we keep them clean. Throwing away drink containers and food wrappers after the games are over will help in this problem.
- c. For programs held in the Field House, please remember to observe rules for using the field: No food of any kind, no drinks except water, and gum is strictly prohibited. We can also keep this valuable facility clean by checking shoes, especially cleats, for mud, and remember to pick up any trash.

3. Siblings

- a. We love having brothers and sisters come and watch the games. However they need to be supervised so we don't have balls rolling onto the court/field or kids running on to the playing surface. This could harm both the players in the game and/or the sibling.
 - i. When inside the schools, we have been asked to make sure kids are not running up and down the hallways. Please keep your children in the gym area.
 - ii. When playing at the Racquet Club the entryway needs to stay clear. Patrons of the facility use this area and they do not need worry about being hit by a ball or run into by kids playing.

4. Please Respect the neighborhoods

- a. A number of fields we use are in neighborhoods. Please make sure your players and brothers/sisters of the players are not wandering into the yards of homes by the playing field. It may be tempting to go swing on a private swing set, jump on a trampoline or take a burger off of the grill, but we ask that our kids stay close to you or use the public playgrounds. Out of respect and safety for your kids and the homeowners please abide by this request.

By following these guidelines will try to ensure a great experience for everyone, from the players to the facility providers. Furthermore, please read the remainder of this packet to help the season run smoothly. If we all pitch in a small ways, we can make a big difference. Thank you!



Go have some fun!
Brian Hanton

Recreation Fall Soccer 2008

We are looking for a fun and exciting fall. I will attempt to cover most items you may have questions on regarding our league.

Q. How do I know if a game is going to be cancelled?

A. Call 435-649-1564 x5 after 4pm. We try to play every game and wait as long as possible before making the call in hopes that we will play.

Q. Why isn't my son/daughter on the team I requested?

A. We do try to meet every request, however in the attempt to keep teams as even as possible in numbers and talent level, we are not able to meet all requests. They are just that...a request, not a guarantee.

Q. What will the first 10 people who call Brian Hanton @ Basin Recreation (655-0999 x13) receive for reading this packet?

A. They will receive a free coaches pass to the Fieldhouse @ Newpark. That is a pass good for 5 visits to workout, use the track or can play on the field if it is available.

Q. What days do we play on? What time?

A. Tentative Game and practice days are as follows:

Boys

Preschool – Mon & Thurs

Kindergarten – Tues & Sat

1st Grade – Tues & Thurs

2nd Grade – Wed & Sat

3&4 Grade – Tues & Sat

5&6 Grade – Thurs & Sat

Girls

Preschool – Wed & Sat

Kindergarten – Wed & Sat

1st Grade – Mon & Thurs

2nd Grade – Wed & Sat

3&4 Grade – Wed & Sat

5&6 Grade – Mon & Sat

Coed

7th-9th Grade – Tues & Sat



Games and practices will start at 5:00pm and 6:30pm.

These times are tentative; it all depends on how many kids sign up to play.

Q. Are the days listed the only days the leagues will play?

A. Unless the coach schedules practice on a different day, but we only schedule 2 days per week.

Q. What equipment does my player need?

A. Every player will need to bring their own shin guards & cleats or sneakers.

1. Players will receive a shirt, shorts and socks

Q. Where do we play?

A. All over town...Ecker Hill, N-40, Willow Creek, the PC Sports Complex (Quinns Junction), Trailside Park and others in town. Teams will typically have one session at a town field and one session at a Basin Field per week.

Any further questions, please contact the front desk of the fieldhouse 655-0999 x10 or x11 or Brian Hanton x13

PARENT “SELF” CHECKLIST

By registering my child in a Basin Recreation program, I pledge to follow the examples below and exercise my own good judgment regarding my personal conduct during youth games and practices.

Punctuality. I will be on time or early when dropping off my child for a practice or game. I understand that is embarrassing for my child to be late to a game or practice and that I am putting him/her at physical risk by not providing adequate time for warm up. I understand the importance of picking up my child on time for all games and practice. This shows respect for the volunteer coach, who has other time commitments, and it tells my child that he or she is my top priority.

Purpose of Sports. I understand that the top three reasons kids play sports are to have fun, make new friends and learn new skills. I understand that the game is for the kids, and that I will encourage my child to have fun and keep sport in its proper perspective. I understand that athletes do their best when they are emotionally healthy, so I will be positive and supportive.

Encouragement. I will redefine what it is to be a “Winner” in my conversations with my child. A winner is someone who makes maximum effort, continues to learn and improve, and does not let mistakes, or fear of making mistakes, stop them. I understand that mistakes are an inevitable part of any game and that people learn from their mistakes. I understand that all children are born with different abilities and that the true measure is not how my child compares to others but how he/she is doing in comparison to his/her best self.

Respect. I will “Honor the Game.” I understand the importance of setting a good example of sportsmanship to my child. No matter what others may do, I will show respect for all involved in the game including coaches, players, opponents, opposing fans, and referees. I understand that officials, coaches and players make mistakes. If the referee makes a “questionable” call, I will continue to respect the individual and be silent.

Cheering. I understand that games can be exciting times for my child who is trying to deal with the fast-paced action of the game, respond to opponents, referees, teammates and listen to coaches. I will not add confusion by yelling out instructions. During the game, I will limit my comments to encouraging my child and other players for both teams.

Attitude. I will not make negative comments about the game, coaches, referees or teammates in my child’s presence. I understand that this plants a seed, which can negatively influence my child’s motivation and overall experience. It may even make my kid a winner, or a wiener, but definitely not a winner.

Refereeing. I agree to help as an official for a future game if I am having a hard time cooperating (yelling at or display any type of unruly behavior) with the officials at a game I am watching.

Why Children Play Sports (IN ORDER!!!)

1. TO HAVE FUN
2. To learn and improve skills
3. To be with friends and make new ones
4. Excitement
5. To succeed or win
6. To exercise and become physically fit
7. To be part of a team

By reading this document you and your family will abide by the above statement.

Unfortunately we are not able to include all activity with our league on our schedules. Below will be a list of other activities that you can look forward to...

1. ***August 5th & 6th***- Coach meetings and training, 6-8pm at Trailside Park offices. Coaches will receive rosters, schedules, uniforms at the meeting and a coach training will follow.
2. ***The week of August 18th***-All leagues start this week on your scheduled days, coaches will have times and locations when they call
3. ***Wednesday August 22nd***-Salt Lake Real Player appearance and clinic from 6-7pm at Willow Creek Park at Trailside Park Lower Field
4. ***Labor Day Weekend***-No Games
5. ***Friday September 21st***- Dribble Pass and Shoot Competition for all rec players. 4-6pm at Willow Creek Park
6. ***TBA***- Photo Days for Players
7. ***TBA***- Players clinics

Field Listings

Unfortunately our schedules do not allow us to get to in-depth with our field locations. Below I will list the abbreviations listed on the schedules and a map to the fields will be listed at the end of this packet.

EH= Ecker Hill Middle School
N-40= North 40, Past the nature preserve behind TMIS
PCSC= Park City Sports Complex (Quinns Junction), by the ice rink
TMIS= Treasure Mountain International School
TSE= Trailside Elementary School
WC= Willow Creek Park

If you are listed on a field with a $\frac{1}{2}$ and "A" or a "B" that means you are sharing a field for a practice with another team. All fields will have numbers on the goals signifying the field number at the location.



Score a Goal at Loco Lizard

As with all youth sports, once again Loco Lizard Cantina is offering their “KIDS SPORTS SPECIAL!!” Kids in sports uniforms eat FREE off of the kids menu with each adult entree purchased.

***Kimball Plaza at Kimball Junction (Behind Chevron)
645-7000***

**Basin Recreation/Park City Recreation
Preschool & Kindergarten Soccer Rules**

***Weather Hotline 649-1564 x5**

The Preschool & Kindergarten division plays with modified rules to meet the needs and physical limitations of young players. Field size is 25 x 45.

Coaches/parents are the refs!!!

Players Equipment

1. Players should wear their complete uniforms to all games.
2. Footwear must be soft-cleated soccer shoes or tennis shoes.
3. **ALL PLAYERS MUST WEAR SHIN-GUARDS.** A child will not be allowed to participate without shin-guards.
5. A size 3 soccer ball will be used

Start of Play

1. Teams play with four (4) players per side
2. No goalies are used and the fullback players are not allowed to stand in the goalmouth.
3. All players must be on their own half of the field at the start of play.
4. Opponents must be five (5) yards from the center mark while the kick off is in progress.
5. The ball must move forward and must be played by another player, of either team, before the original kicker may play the ball again. Once the ball has been touched the opposing team may try to get the ball.
6. Games will consist of two (2), twenty (20) minute halves.
7. The team listed first will take the opening kickoff. The other team will have the choice of goal to defend
8. Teams switch ends and kick off to begin the second half

Playing Rules

1. Referees **will not** be supplied by Basin Recreation. *Coaches or parent volunteers referee the game.*
2. No direct free kicks will be awarded.
3. One coach per team is allowed to be on the field with the players. Due to the field size please limit to only one coach.
4. Player substitution is unlimited and may occur at the following times:
 - X After a goal by either team
 - X Either team's goal kick
 - X Your team's throw in
 - X Beginning of the second half
 - X After an injury
5. Hand balls will be coached against, reminding them not to use their hands intentionally. If they are using their hands to protect themselves or an unintentional touch that doesn't affect play, play on. Toward the end of the season a "hand ball" will be given to the other team for an indirect kick.
6. Any physical play (pushing, shoving, tripping, ect...) is **NOT PERMITTED** under any circumstance. All players must remain on their feet when trying to get the ball from an opponent. Any infringement will result in an indirect free kick.

Basin Recreation/Park City Recreation
1st & 2nd Grade Soccer Rules

Weather Hotline: 649-1564 x 5

The 1st & 2nd grade division plays with modified rules to meet the needs and physical limitations of young players. Field size is 40 x 60.

Players Equipment

1. Players should wear their complete uniforms to all games.
2. Footwear must be soft cleated soccer shoes or tennis shoes.
3. **ALL PLAYERS MUST WEAR SHIN-GUARDS.** A child will not be allowed to participate without shin-guards.
4. A size 3 soccer ball will be used.

Start of Play

1. Teams play with six (6) players per side of which one is the goalie.
2. Goalies must have a jersey that distinguishes them from all other players.
3. All players must be on their own half of the field at the start of play.
4. Opponents must be five (5) yards from the center mark while the kick off is in progress.
5. The ball must move forward and must be played by another player, of either team, before the original kicker may play the ball again. Once the ball has been touched the opposing team may try to get the ball.
6. Games will consist of two (2), twenty-five (25) minute halves.
7. The winner of the coin toss will have the choice to kick off or of which goal to defend.
8. Teams switch ends and kick off to begin the second half.

Playing Rules

1. No direct free kicks will be awarded.
2. One coach per team is allowed to be on the field with the players. Due to the field size please limit to only one coach. Although it is not a rule, our goal is that by mid season, coaches remain on the sideline allowing the team to make decisions on the field.
3. Player substitution is unlimited and may occur at the following times with *referee approval*:
 - X After a goal by either team
 - X Either team's goal kick
 - X Your team's throw in
 - X Beginning of the second half
 - X After an injury
4. Offside will be called and coached by the referee
5. Slide tackling is **NOT PERMITTED** under any circumstance. All players must remain on their feet when trying to get the ball from an opponent. Any infringement will result in an indirect free kick.

Players

1. Players must play at least half of the game regardless of previous participation. If a child misses practice they do not have to start but must still play at least half of the game.
2. Players are assigned to teams by Basin Recreation. **UNDER NO CIRCUMSTANCES** should players be added to a team without the recreation department's approval.
3. Each player should experience all positions on the field throughout the season

CANCELLATIONS / RAIN-OUTS

1. Games postponed by Basin Recreation will be rescheduled if time and field availability allows. No other games will be rescheduled.
2. Cancellations due to inclement weather will be based upon field and safety conditions and **not** player comfort. All teams should assume their games will be played. Official decisions regarding rain/snow-outs will be made by 4:00 pm and recorded on the **Weather Hotline (649-1564 ex 5)**. Coaches will be notified directly when possible and are responsible for notification of their players.

**Basin Recreation/Park City Recreation
3rd & 4th Grade Soccer Rules**

Weather Hotline 649-1564 x 5

The 3rd & 4th grade divisions play on a modified field (50 x 70)

Players Equipment

1. Players should wear their complete uniforms to all games.
2. Footwear must be soft cleated soccer shoes or tennis shoes.
3. **ALL PLAYERS MUST WEAR SHIN-GUARDS.** A child will not be allowed to participate without shin-guards.
4. A size 4 soccer ball will be used.

Start of Play

1. Teams play with nine (9) players per side which one is the goalie.
2. Goalies must have a jersey that distinguishes them from all other players.
3. All players must be on their own half of the field at the start of play.
4. Opponents must be outside the center circle while the kick off is in progress.
5. The ball must move forward and must be played by another player, of either team, before the original kicker may play the ball again. Once the ball has been touched, the opposing team may try to get the ball.
6. Games will consist of two, twenty-five (25) minute halves
7. The winner of the coin toss will have the choice to kick off or of which goal to defend. Teams switch ends and kick off to begin the second half.

Playing Rules

1. Direct and Indirect free kicks will be awarded along with penalty kicks.
2. Coaches are not permitted on the field of play.
3. Player substitution is unlimited and may occur at the following times with *referee approval*:
 - X After a goal by either team
 - X Either team's goal kick
 - X Your team's throw in
 - X Beginning of the second half
 - X After an injury
4. Offside will be enforced by the referee.

Players

4. Players must play at least half of the game regardless of previous participation. If a child misses practice they do not have to start but must still play at least half of the game.
5. Players are assigned to teams by Basin Recreation. **UNDER NO CIRCUMSTANCES** should players be added to a team without the recreation department's approval.
6. Each player should experience all positions on the field throughout the season

CANCELLATIONS / RAIN-OUTS

1. Games postponed by Basin Recreation will be rescheduled if time and field availability allows. No other games will be rescheduled.
2. Cancellations due to inclement weather will be based upon field and safety conditions and **not** player comfort. All teams should assume their games will be played. Official decisions regarding rain-outs will be made by 4:00 pm and recorded on the **Weather Hotline (649-1564 ex 5)**. Coaches will be notified directly when possible and are responsible for notification of their players.

**Basin Recreation/Park City Recreation
5th & 6th Grade Soccer Rules**

Weather Hotline 649-1564 x 5

Playing numbers may be modified if low enrollment in a league

Players Equipment

1. Players should wear their complete uniforms to all games.
2. Footwear must be soft cleated soccer shoes or tennis shoes.
3. **ALL PLAYERS MUST WEAR SHIN GUARDS.** A child will not be allowed to participate without shin guards.
4. A size 4 soccer ball will be used

Start of Play

1. Teams play with **eleven (11)** players per side of which one is the goalie.
2. Goalies must have a jersey that distinguishes them from all other players.
3. All players must be on their own half of the field at the start of play.
4. Opponents must be outside the center circle while the kick off is in progress.
5. The ball must move forward and must be played by another player, of either team, before the original kicker may play the ball again. Once the ball has been touched, the opposing team may try to get the ball.
6. Games will consist of two 30 minute halves.
7. The winner of the coin toss will have the choice to kick off or of which goal to defend. Teams switch ends and kick off to begin the second half.

Playing Rules

1. Direct and Indirect free kicks will be awarded along with penalty kicks.
2. Coaches are not permitted on the field and must coach from the sideline.
3. Player substitution is unlimited and may occur at the following times with **referee approval:**
 - o After a goal by either team
 - o Either team's goal kick
 - o Own team's throw in
 - o Beginning of the second half
 - o After an injury
4. Offside will be enforced by the referee

Players

7. Players must play at least half of the game regardless of previous participation. If a child misses practice they do not have to start but must still play at least half of the game.
8. Players are assigned to teams by Basin Recreation. **UNDER NO CIRCUMSTANCES** should players be added to a team without the recreation department's approval.
9. Each player should experience all positions on the field throughout the season

CANCELLATIONS / RAIN-OUTS

1. Games postponed by Basin Recreation will be rescheduled if time and field availability allows. No other games will be rescheduled.
2. Cancellations due to inclement weather will be based upon field and safety conditions and **not** player comfort. All teams should assume their games will be played. Official decisions regarding rain-outs will be made by 4:00 pm and recorded on the **Weather Hotline (649-1564 ex 5)**. Coaches will be notified directly when possible and are responsible for notification of their players.

**Basin Recreation/Park City Recreation
7th-9th Grade Soccer Rules**

Weather Hotline 649-1564 x 5

Players Equipment

1. Players should wear their complete uniforms to all games.
2. Footwear must be soft cleated soccer shoes or tennis shoes.
3. **ALL PLAYERS MUST WEAR SHIN GUARDS.** A child will not be allowed to participate without shinguards.
4. A size 5 soccer ball will be used

Start of Play

1. Teams play with **Eleven (11)** players per side of which one is the goalie.
2. Goalies must have a jersey that distinguishes them from all other players.
3. All players must be on their own half of the field at the start of play.
4. Opponents must be outside the center circle while the kick off is in progress.
5. The ball must move forward and must be played by another player, of either team, before the original kicker may play the ball again. Once the ball has been touched, the opposing team may try to get the ball.
6. Games will consist of two 35 minute halves.
7. The winner of the coin toss will have the choice to kick off or of which goal to defend. Teams switch ends and kick off to begin the second half.

Playing Rules

5. Direct and Indirect free kicks will be awarded along with penalty kicks.
6. Coaches are not permitted on the field and must coach from the sideline.
7. Player substitution is unlimited and may occur at the following times with *referee approval*:
 - o After a goal by either team
 - o Either team's goal kick
 - o Own team's throw in
 - o Beginning of the second half
 - o After an injury
8. Offside will be enforced by the referee

Players

10. Players must play at least half of the game regardless of previous participation. If a child misses practice they do not have to start but must still play at least half of the game.
11. Players are assigned to teams by Basin Recreation. **UNDER NO CIRCUMSTANCES** should players be added to a team without the recreation department's approval.
12. Each player should experience all positions on the field throughout the season

CANCELLATIONS / RAIN-OUTS

1. Games postponed by Basin Recreation will be rescheduled if time and field availability allows. No other games will be rescheduled.
2. Cancellations due to inclement weather will be based upon field and safety conditions and **not** player comfort. All teams should assume their games will be played. Official decisions regarding rain-outs will be made by 4:00 pm and recorded on the **Weather Hotline (649-1564 ex 5)**. Coaches will be notified directly when possible and are responsible for notification of their players.

Parents Behaving Badly on the Sidelines

People Who Suffer Road Rage More Likely to Be Angry on the Sidelines, Study Shows

By [Kelley Colihan](#)
WebMD Medical News

Reviewed by [Louise Chang, MD](#)

June 20, 2008 -- Have you ever felt like yelling at the referee at your child's soccer game? Researchers say those angry feelings on the sidelines are similar to road rage and can be tied to your ego.

A new study by Jay D. Goldstein at the University of Maryland looked at how angry or aggressive parents got while watching their children play soccer. It also looked at the root of what triggered those feelings. And keep reading; Goldstein offers tips on how to ease anger.

Most research on spectator rage has looked at crowds in professional sporting events, the researchers write. Goldstein and his team thought that parents watching their children play would be the perfect testing field.

The Players

Three hundred and forty parents of 8- to 15-year-old soccer players were evaluated on personality and ego characteristics, feelings of anger and pressure, and aggressive behavior.

The games took place in 2004, in the Washington, D.C. suburbs. Most of the parents were white, married, and college educated.

Parents were asked to fill out two questionnaires, one at the beginning, and another at the games' end. Researchers defined anger as anything from feeling "mild irritation," to being "fuming mad" or having the "hair on the back of your neck stand up."

The Results

- 47% of parents reported no anger-causing events while watching their kids play.
- 53% did get angry.

Of those who did feel anger, what made them flare up?

- 19% blamed the referee.
- 15% said they got angry at how their kid's team played.
- 7% said the opponents behaved badly.
- 5% reported hostile remarks set them off.
- 5% blamed coaches.

Researchers concluded that the effect of ego defensiveness and taking things personally was strongly linked to feelings of anger and aggressive actions. Those who were more "control-oriented" were more ego defensive. They viewed actions in the soccer game as attacks against them or their children.

"In general, control-oriented people are the kind who try to 'keep up with the Joneses,'" Goldstein said in a news release.

"They have a harder time controlling their reactions. They more quickly become one of 'those' parents than the parents who are able to separate their ego from their kids and events on the field."

Goldstein calls parents who are more even-keeled and able to regulate their emotions "autonomy-oriented parents." They get angry too, he says, and when they do it's because their ego gets in the way.

"While they're more able to control it, once they react to the psychological trigger, the train has already left the station."

To ease anger on the playing field, Goldstein suggests these tips:

- Take deep breaths (inhale for 4 seconds and exhale for 8 seconds).
- Suck on a lollipop. (Occupies your mouth and reminds you that you're there for your child.)
- Visualize a relaxing experience like floating on water.
- Repeat a calm word or phrase.
- Do yoga -like muscle stretches .
- Replace angry thoughts with rational ones, such as "This is my child's game, not mine," or "Mistakes are opportunities to learn."
- Don't say the first thing that comes into your head. Count to 10 and think about possible responses.
- If you did not see the game, first ask your child "How did you play?" rather than "Did you win?"
- Praise your child's effort, and then, maybe, comment on the results.
- Use humor, but avoid harsh or sarcastic humor. Picture the referee wearing Elton John glasses.

The study appears in the June issue of the *Journal of Applied Social Psychology*.

SOURCES: Goldstein, J. *Journal of Applied Social Psychology*, 2008; vol 38: pp 1442-1462. Newswise news release.

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Children and Sports Skills: A guide for Parents and Coaches

Remember mom, dad and coaches...I'm just 4, 5 or 6...

Here is what you can expect of me in playing sports:

1. I'll have the tendency to keep the ball once I get control of it. I'll likely run in a straight line, even if I am going the wrong way, and may not stop at the field boundaries.
2. I may be easily distracted by things around the athletic event, such as a neat frog, butterflies, airplanes or whatever gets my attention.
3. There will probably be a big difference in my attention span between ages 4 and 6. At age 4, I may be unable to understand games or keep up physically with the 6-year-olds. At age 6, I will be more likely to understand the game basics and control a ball with my hands and feet.
4. Generally I will enjoy the physical activity. I may be content to just stand in the field and occasionally reach out for the ball if it comes close to me.
5. Teamwork is a difficult concept for me to grasp; I generally will have a "me" or "mine" concept of the game. Passing the ball to my teammates will be limited.
6. Catching a ball is difficult for me but generally I am able to make a catch before it bounces twice.
7. I am able to kick a stationary ball but have difficulty kicking a rolling ball.
8. I have very little concern with winning or losing.
9. I may or may not appear to understand instructions from coaches. Remember to keep the instructions direct because I am unable to interpret vague statements.

Mom, Dad, Coaches...

Here's where I'm at in the sports field at 7 and 8 years old:

1. I am beginning to understand the team concept idea.
2. I am switching from the "me" and "mine" concept to realizing that teammates are present too.
3. I've developed the ability to catch a gently thrown ball.
4. Most of the time I am able to dribble a ball continuously with my hands or feet without losing control.
5. I am able to learn and understand the rules of the game.
6. From my point of view, playing the game is the major thing; winning is not a major concern.
7. I will accept instructions from my coaches, but I need them to be direct and not vague.
8. I may get overloaded by my parents or fans shouting instructions. Let coach give me instructions.
9. I can become easily embarrassed by intense, negative criticism by fans or parents.

Hey mom, dad, coaches...

I am getting more control in my ability to play sports but please realize I'm still 9 or 10 years old. Here is what you can expect of me:

1. I am able to maintain a dribble with my hands or feet.
2. I am able to control a ball using a variety of body parts such as a thigh or head in soccer, or a bump volley in volleyball.
3. I am able to consistently hit a thrown ball with a bat (in baseball) or racquet (in tennis or ping-pong).
4. Using my maturing motor skills, I am able to throw, catch or kick.
5. I am able to use my hands or feet with competency.
6. I now understand the team concept.
7. I may be easily embarrassed by intense, negative criticism and behaviors by adults.
8. I now can accept the instructions of coaches. To some degree I may be able to interpret ambiguous directions, but receiving parental instruction at the same time as coaching instruction can confuse me.

I'm 11 or 12 years old and watch me go. Parents, coaches...her is what you can expect of me now:

1. I am able to throw and kick a ball with accuracy and for distance.
2. I am able to hand or footdribble a ball while keeping an opponent from stealing it.
3. I am able to develop offensive and defensive tactics in team games.
4. I am able to combine individual physical skills in a competent manner, such as leaping, rolling, weight transfer, hand/foot dribble, running, throwing, etc.
5. While being guarded by an opponent, I am able to throw and catch.
6. I can accept decisions of game officials, even if I disagree with the call.
7. I understand that skill improvement requires input of practice time and effort.
8. I accept the instruction from coaches. I may even make my own modifications of coaching directions.

Parents, coaches: Now that I'm 13 or 14 years old, I have developed quite well and have an interest in the benefits of sports activities. But I'm still a young teenager and here is what you can expect:

1. I will combine different physical skills to a more competent level.
2. I have a tendency to practice skills learned in practice on my own.
3. My interest is growing in developing, improving and maintaining body composition.
4. I know, and can describe, proper conduct from participation in sporting activities including ethical and unethical behavior.
5. My taking part in physical activities helps me recognize the long-term physiological and psychological benefits.
6. I accept the instructions from coaches, but during games I may become angry at negative yelling or instructions shouted by fans or parents.

Ecker Hill Middle School

2465W. Kilby Rd.

East Field (EH East)

West Field (EH West)

#1

#3

#2

Rest Rooms

West Full Field

Pavilion

Football Area

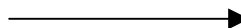
Warning this area has been redlined by the school district! If you park here or behind the school you may be towed!

Bus Turn-a-round

Fire Station

Kilby Road

I-80

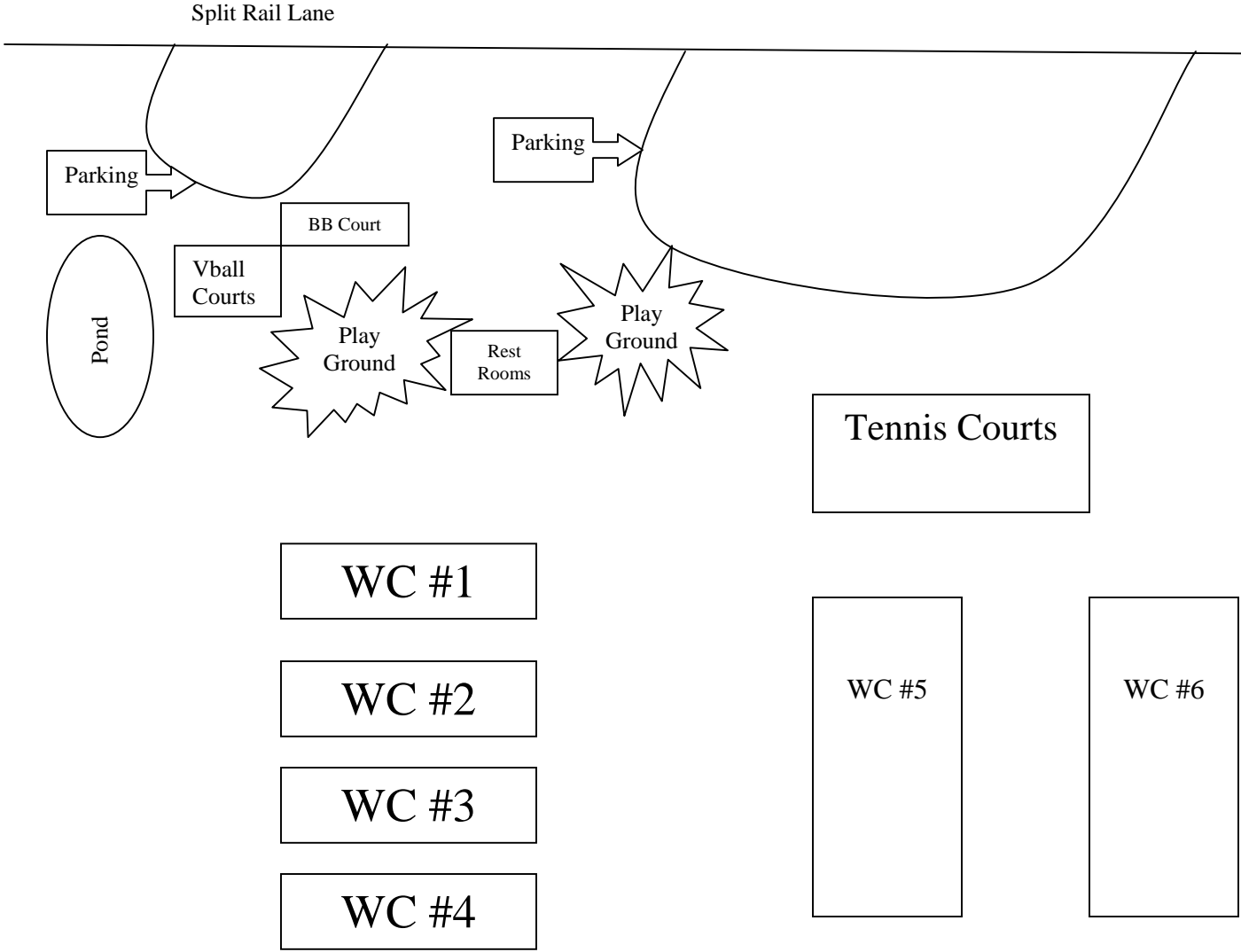


To SLC

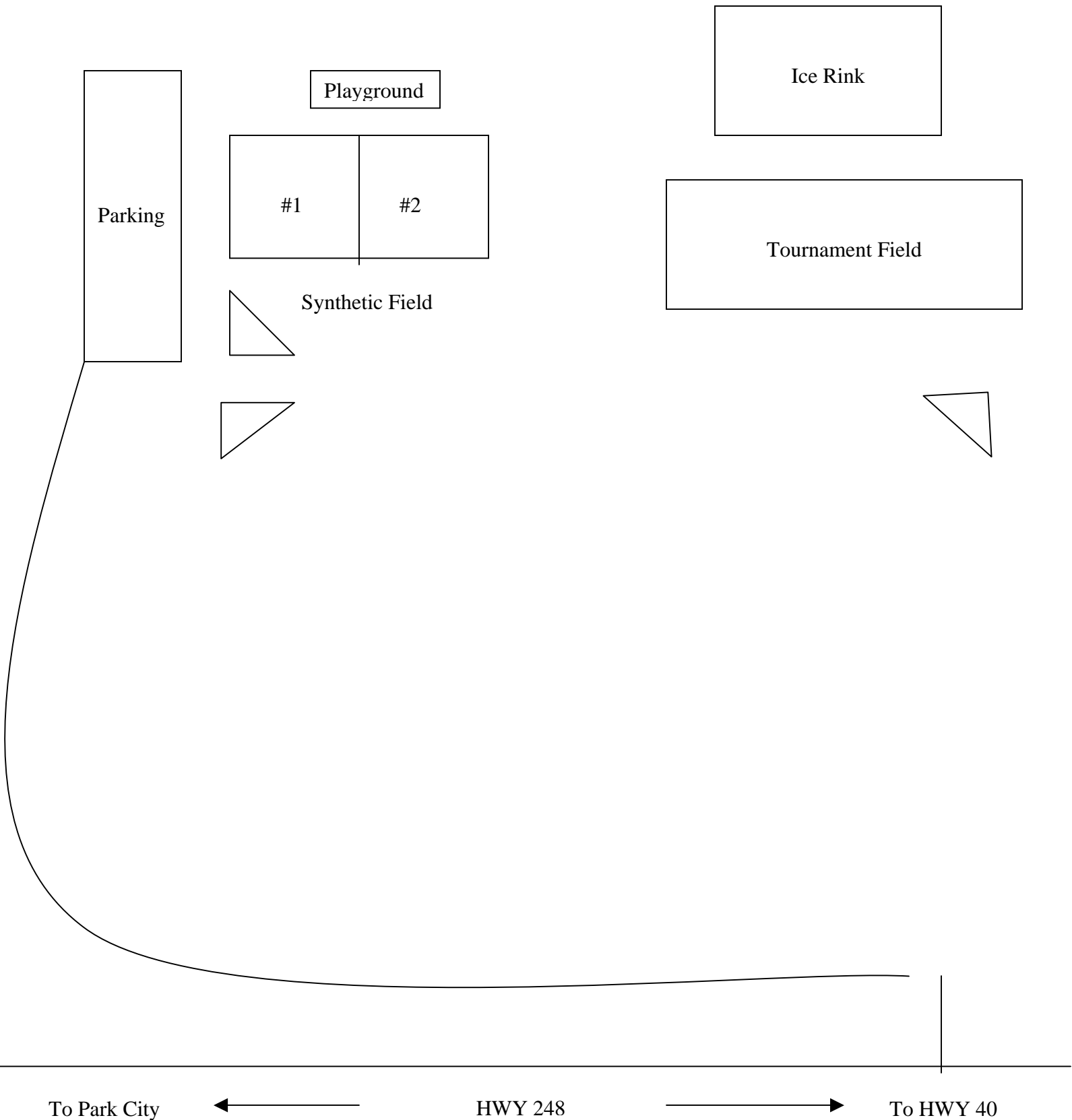
Willow Creek Park

4460 N. Split Rail

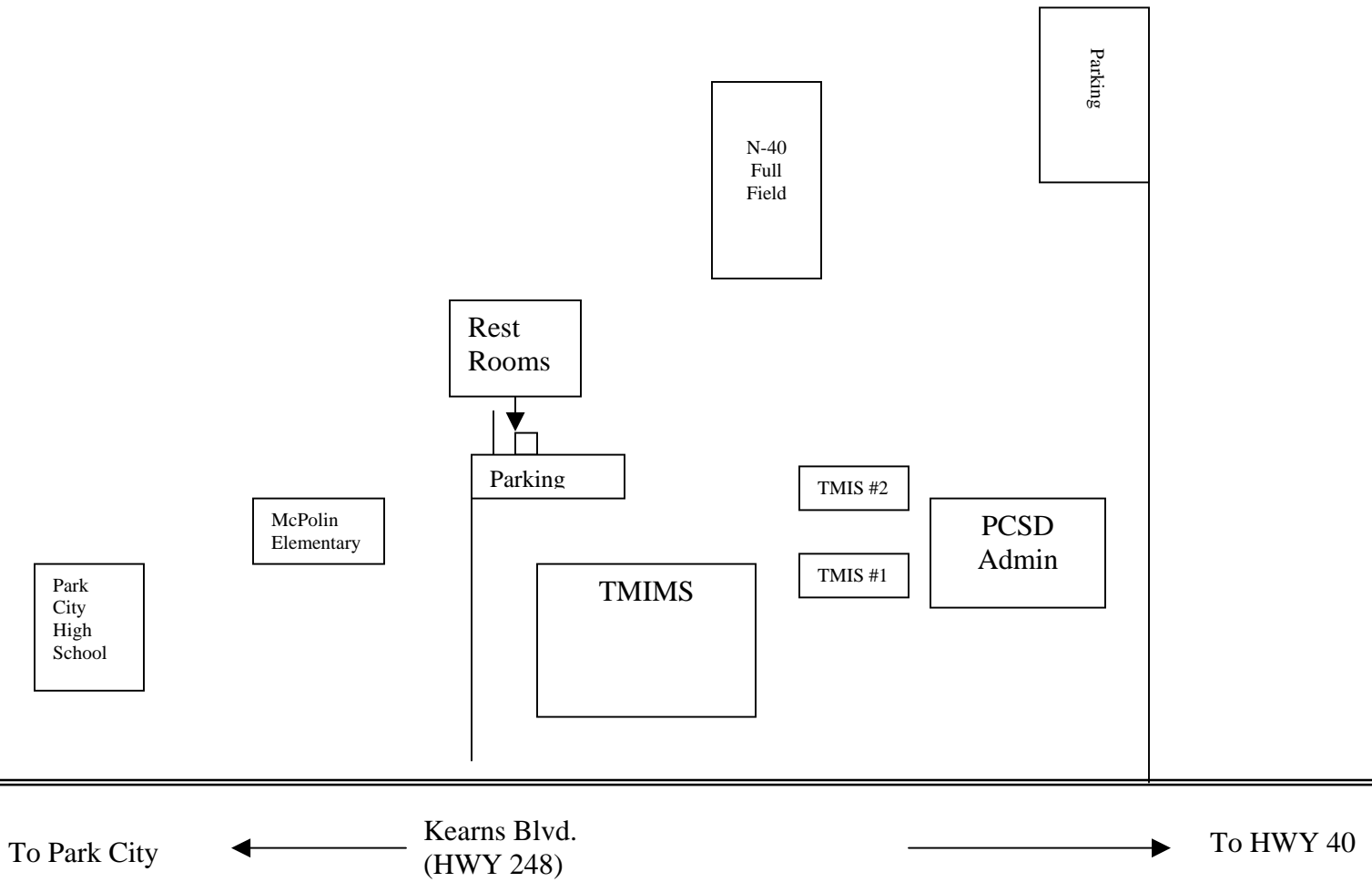
Old Ranch Road



Park City Sports Complex Fields (Quinns Junction)



N-40 & Treasure Mountain Fields



Trailside Elementary School Fields

