



U16/U19 Head and Asst. Coach Description

We need you now more than ever!!!

April-June Requirements:

- Register as a AYSO volunteer at www.eayso.org and file 2 copies of signed paperwork with AYSO board members
- Complete On-line Safe haven Certification at www.aysotraining.org (you will need your AYSO ID #; check with your coordinator if you need help finding this information) (Approx. 30 minutes in length)
- Complete Advanced coach training by taking the following classroom/field classes:

For ADVANCED training you must take **all FIVE** components (three class and two field)

Fri 5/21	ADV class	6-10pm	Foster City Rec (Mist room)
Sat 5/22	ADV field	9am-3pm	Bowditch (Foster City)
Sat 5/22	ADV class	5-9pm	Foster City Rec (Mist room)
Sun 5/23	ADV field	9am-2pm	Bowditch (Foster City)
Sun 5/23	ADV class	2pm-3:30pm	Foster City Rec (Gull room)

If the course dates are out of the question for you, talk to your coordinator about possible alternative dates.

July Requirements:

- Attend a mandatory Coach meeting at the end of the month where you will receive your team uniforms, sign up for your practice times and receive other useful information (Approx. 1 hour in length)

August- October Requirements:

- Contact your team and begin practices the week of 8/02 (a 1.5 hour practice, 1 day a week for approximately 14 weeks + more practice time for kids(see coordinator for details))
- Attend Opening Day parade (Saturday, Sept. 11 at 8:15 am at BHS stadium) **YOU WILL BE GLAD YOU DID!!!**
- Attend 10 games scheduled throughout the 2 1/2 month period (100 mins. in length) and 2- 4 post-season play games for championship title
- Provide player evaluation to the division coordinator at end of season coaches meeting
- **HAVE FUN!**