



ROCHESTER SOCCER CLUB

RECREATION FALL 2026 COACH ORIENTATION





ROCHESTER SOCCER CLUB



WELCOME AND THANK YOU!

Thank you for volunteering to help coach this season! Our organization could not run without the dedication of our amazing volunteers.

MISSION STATEMENT:

Rochester Soccer Club (RSC) is a non-profit organization established for the purpose of fostering physical, mental and emotional development for our players through the game of soccer.

REQUIRED COACHING CERTIFICATIONS

- ***Risk Management***
- ***SafeSport***
- ***Heads Up Concussion***

You will be given a badge when you have completed **all three** requirements.

All of these are housed under Got Sport and are **required** for insurance purposes before coaching in practices or games, *including assistant coaches.*

The office will contact you regarding any renewals.
Certification(s) may show 'fulfilled' but may be expiring.





GAME AND PRACTICE FIELDS

- We are not allowed to go into the schools
- Playgrounds cannot be used if School-Age Care is using them
- Respect the fields
- Be aware of blackout dates



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ROSTERS



Available on Teamsnap ONE



24 hours to review



Request any changes **ASAP** to
mjheinzmann@rscsoccer.org



Communicate to your team
ASAP. Introduce yourself and
inform them of your practice
schedule.



Use Teamsnap ONE to
communicate. Tutorials at
rscsoccer.org/coaching-resources



ROCHESTER SOCCER CLUB



**U7-U19 AVAILABLE
AT SOCCER WORLD**

UNIFORMS

- **U7-U19** purchased through Soccer World, **\$30**
- **Micros** receive shirts at first practice
- **U6** shirts distributed by coaches at first game
- Families can check out **RSC Uniform Buy & Sell** page on Facebook



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SCHEDULING

- We will only accommodate requests for game changes due to **school** or **church** events and the ***majority*** of the team must be missing due to the event.
- Please communicate by **THIS FRIDAY** with your team to determine any scheduling issues for the season.





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SPORTSMANSHIP

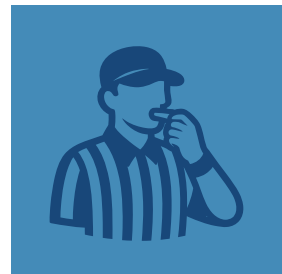
- Things to do when the score gets lopsided:
 - 1) Allow losing team to add an extra player
 - 2) Take a player off the field
 - 3) Implement rules prior to scoring, example: get a # of passes, score with weak foot, etc.
- Switch sides of the field at halftime
- Sharing the field! You may have to warm up on the side of the field until the current game finishes. If there are weather delays then you may not get on the field at the scheduled time.

REFEREES



Zero Tolerance

There is a zero tolerance policy for referee abuse or disrespect.



No Shows

There is a chance you may not have a referee. **U6 does not have referees.**



Coach & Parent Behavior

- Be mindful of their age - could be a young kid.
- Speak to them like they are your son/daughter or niece/nephew.
- It is your responsibility as a coach to help these referees and set an example of how to treat them.





GAMEDAY TROUBLESHOOTING

- Referees/opponent are no-show
- Travel players
- Lack of players
- Spectator/coach behavior



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WEATHER POLICY

- Games are cancelled only by RSC or the park where game is to be played.
- One-Call will be sent out to affected teams if a park closes.
- Utilize your TeamSnap Chat to inform your families if a game is cancelled.
- Practices are cancelled for inclement weather at coach's discretion.





ALL-STAR GAMES

- Date: Sunday, November 1, 2026
- Ages: U7-U14
- Location: RSC Complex
- Nominations: form will be sent to coaches by the beginning of October

ADDITIONAL PLAYING OPPORTUNITIES

Stars Developmental Academy (SDA)

NEED U7-U8 GIRLS

Practice Thursdays

U7-U8 Girls: 6:30-7:30pm

Games Saturdays

U7-U8 Girls: 9:45-10:45am

@Borden Park

Technical Training

U6-U8 BOYS & GIRLS

Thursdays: 5:15-6:15pm

@Borden Park

U9-U14 BOYS & GIRLS

Thursdays: 6:30-7:30pm

@Borden Park





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TRAINING RESOURCES

- New Teamsnap One App
- MSYSA Curriculum
- US Youth Soccer Lesson Plans
- RSC Rec Coaches Resources Page
rscsoccer.org/coaching-resources
- Rules by Age Group
rscsoccer.org/coaching-resources



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SOCIAL MEDIA

- Send in pictures and videos for social media to **callen@rscsoccer.org** and/or tag us **@Rochester Soccer Club**
- Be sure to follow Rochester Soccer Club on **Facebook** and **Instagram** to stay updated and engaged.



CONTACTS



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Maya Bellomo, Micros Director

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Melissa Heinzmann, Roster Issues

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General Questions

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248.650.0113





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THANK YOU!

ANY
QUESTIONS?

A copy of this presentation can be found on our website at rscsoccer.org/coaching-resources.

