

BASC Practice Guidelines

As you begin your practices, please remember the following items. It is always a good idea to have a 15 minute meeting with your parents to review the below practice guidelines:

1. Every player should always come prepared. This is the most difficult guideline.
 - a. Ball (Correct size with air)
 - b. Water
 - c. Proper clothes for warm/cold days
 - d. Soccer shoes
2. Entry/Exit at practice locations should be done at the right speed
 - a. Many practice locations have a goal that backs up to entry driveway, so kids will be running across the road to chase cars
 - b. Make sure you also instruct your players about chasing their balls across the driveways
 - c. Do NOT penalize any player for being late to practice. Many parents have multiple kids at multiple locations, and as such they will be late from time-to-time. You will learn the players that will be late, and as coaches we must always be ready for these situations and adjust.
3. Remember the WITNESS rule for practice.
 - a. Do NOT be caught alone with any player, regardless of age.
 - b. You, +1 additional parent, should remain with the last child.
 - c. This is for your protection, as well as the player.
4. **NO HANGING ON GOALS.**
 - a. **All goals should be anchored with stakes.**
 - b. **Please do NOT move the goals!**
 - c. Kids have been injured and killed in the Tulsa area because of this. THIS IS A SERIOUS ISSUE to cover with the younger players.
 - d. Every goal should have 2 stakes, if you are missing any, please let the 3rd VP know.
5. Parking areas have been provided at all locations.
 - a. NO ONE is to park within 15 feet of any sideline of any practice field. Move your parents back!
 - b. If you have any questions about where your practice field parking is, please contact the 3rd VP.
6. Do NOT drive across any field! It might look like a shortcut....but it is NOT. We don't need tire ruts, or players at risk, just because someone wants to take the shortcut.
7. ALL CHURCH PRACTICE FIELDS ARE CLOSED ON SUNDAY AND WEDNESDAY. DO NOT PRACTICE AT ANY CHURCH LOCATION ON THESE DAYS!!!

Special Rules for certain practice fields:

Health Department:

1. Do NOT park on Grass anywhere at this complex. If any team is found to park on the grass, your team will be removed from these fields as your practice location.
 - a. This is NOT a BASC policy; it is a Tulsa Health Department policy, as we receive these fields with a very, very minimal usage fee.
 - b. Tulsa Health Department has threatened to terminate the agreement, and if they do, we will be without your practice field, and teams assigned will need to find their own location.
 - c. ***Tattle-tales welcome!*** Please send a note via email about the coach who is not obeying, and the 3rd VP will handle.

2. **Do NOT move the goals.** They are to remain where they are staked down.
 - a. If a goal is moved, please notify me immediately.
 - b. If a goal becomes unsecured, and you can locate the stake and stake it down, please do so immediately for player safety.
 - i. If a goal is unsecured, you are not allowed to practice at the goal.
 - c. For all unsecured goals, please notify the 3rd VP.

Core (Family) Church:

1. Do NOT park on Grass for any field assignment.
 - a. You will have your team removed from these fields as your practice location, if found in violation.

2. Do NOT allow any parent to park on the touch line by the large goals
 - a. I have seen several parents parking on the South gravel road right next to the goals and along the touch line.
 - b. You will have your team removed from these fields as your practice location, if found in violation.

3. **Do NOT move the goals.** They are to remain where they are staked down.
 - a. If a goal is moved, please notify me immediately.
 - b. If you a goal becomes unsecured, and you can locate the stake and stake it down, please do so immediately for player safety.
 - i. If a goal is unsecured, you are not allowed to practice at the goal.
 - c. For all unsecured goals, please notify the 3rd VP.