

Fall Sports Frequently Asked Questions

When will I find out what team my child is on and when practices will be held?

Coaches will notify the players on their teams by August 20 either by a phone call or e-mail. Practice times are selected by the coaches. Most teams will practice one weekday in the late afternoon or evening, and the beginners will practice on Saturdays (pre-K–senior K). First graders and up also will receive Saturday practice time until the season begins. Once the season begins, all Saturday practice times will be dropped and only first graders and up will continue to practice on weekday afternoons. Any child attending the AOK program will be walked to practice by AOK staff if the practice is prior to parent pick up. You must notify the AOK staff in writing of the time of practice and the coach's name.

Can I request a coach?

You may add a coach request or a teammate request. However, all teams have to be divided equally by age and ability, so not all requests can be granted. Both players must request each other. Requests must be on the registration form in the box area marked: "Comments and Special Requests."

Schedules:

Schedules will be sent to coaches and participants via e-mail no later than September 1. Schedules also will be posted on this website and MCRAsports.org. Games will begin on the first Saturday after Labor Day and continue through the second week of November. Game times will be on Saturdays between 8:30 a.m. and 5 p.m. Occasionally there will be a game scheduled in the early evening, but this is only for rescheduled games and rainout games.

Game locations:

We play on fields at area churches and schools.

Uniforms:

Each player will receive a jersey and socks. It is the responsibility of the player to wear shin guards (no exception), and the shin guards must be worn under the socks. Uniforms will be passed out to the players the week before the first game. Your child will receive the size ordered on the registration form—any form without a size will be assigned the size most requested for that age team player.

Cleated shoes are not required; however, if you do purchase cleats they cannot have the toe spike on the cleat (baseball cleats).

Equipment:

It is suggested that each child have a soccer ball to bring to practices. Size 3 for pre- K–2nd grade and size 4 for 3rd–6th grade. All other equipment is provided by CUMC.

Rain policy:

Rainout days are posted on this website, and a message is recorded on the athletic desk phone. The number is 683-6887. The information is updated on weekdays at 2:30 p.m. and revised as the day goes on. Saturday postings are recorded after 8 a.m.

5th/6th grade football/soccer/volleyball/cross country and cheer special information:

Practices will be held after school and in the early evening; games will be weekdays in the afternoon and evening (soccer on Saturdays) depending on who registers and the time they can get to CUMC. Teams will practice 2 to 3 times per week depending on coaches' schedules. Once the season begins, most teams will continue to practice two times per week. Most teams will play one game a week, volleyball sometimes two.

Uniforms:

Each child will be loaned a uniform, and we will try to match the sizes requested on the registration form. The uniform is to be returned at the end of the sports season and in the same condition received. Any uniforms lost or ruined will have a charge of \$50 per piece. Soccer players will receive a jersey, shorts and socks. Cheer will receive a skirt and top. Football, volleyball and cross country will receive jerseys. Helmets, pads, shin guards and shoes are the responsibility of the player.

Can 5th and 6th graders participate on more than one team?

We encourage those athletes who want to run cross country and play football or soccer to register for more than one sport, and we will do all we can to prevent conflicts by scheduling around games and practices. They may also participate in outside sports programs, but we do ask these athletes to place Spirit teams as a priority—it is only fair to the coaches and teammates.

MCRA Spirit Club Soccer:

MCRA Spirit Club soccer is available for senior kindergarten-4th grade and 7th-12th grade. These teams will practice during the week and play on Saturdays at CUMC and area fields.

Kickers Club Soccer:

for pre-K-junior K and first year senior kindergarten participants if requested by parent

Teams will be divided by friendships, age and ability. Coaches will help with player drafts and team assignments. Each team will have six players.

Multiple games will be played at Cy's Field at CUMC on Friday evenings. All games will be played from 5:45-6:30 p.m. Number of fields will be determined by number of participants and teams.

Dinners and group activities for participating families and friends will be planned by the Athletic staff and Athletic committee to promote Christian fellowship and fun. These will be located on the field and playground after the games. If you would like to help in the activity planning, please let us know.

Teams will practice one time prior to the start of the scheduled games. Teams will play six games (six weeks). All players will receive a jersey, shorts and socks. Shin guards are mandatory, cleats are not. Cleats or athletic shoes with Velcro or laces are suggested. For your child's safety and that of others, no Crocs, sandals, Merrill's, Mary Janes, etc.

Team get together and skill stations will be held Friday, August 26. Games are scheduled for September 9, 16, 23, 30, October 7, 14. Picnic and awards night is October 14, 2011. Rain date is Friday, October 21.

Coaches' requirements (all CUMC coaches):

All CUMC Shepherd Coaches are selected by the Athletic committee and staff. The 5th/6th grade head coaches are usually non-parents with a few exceptions: someone who has been a dedicated coach for five years, coaching the 5th/6th graders before his/her child moved into that grade and someone who has a certification or coaches license for the sport.

All CUMC coaches have attended or participated online in the Protect Our Kids Program and have attended the Shepherd Coaches Training Program (included in this is *Legacy Builders: Coaching God's Way*). The emphasis is on "being and doing their best" not "the best" (Colossians 3:23). As part of the Shepherd Coaches Training all coaches agree:

1. to be committed to the sports ministry philosophy and leadership.
2. to be prayerfully led to serve in this ministry.
3. that Shepherd coaching is a ministry priority in their life.
4. to be a member of church/baptized believer.
5. to be an active member of the church as well as have personal devotions, Bible study and prayer.

Our program is not for everyone but is a program designed for a child to grow mentally, physically and spiritually. It is a program to transform lives and teach children and young adults how to be Christian athletes, to learn Christian values through sports and to reach the unchurched at a place they do not feel comfortable.