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**I signed up to be a REC Team Head Coach, Now What?**

**Communicating with your team:**

PMSC will give you the names and contact information for each player. It is a good idea to send an email to the team soon after you get your team list. As part of that email mention there will be a meeting and that you will provide more information as it come to you. We strongly recommend setting up a Text chain with your team this is the easiest way to communicate in our opinion. This will require that you confirm Cell Phone numbers of all the people that should be on the chain. (Note: Registration only asks for one parents/guardian’s information).

See Sample email, copy it and make edits as you see fit…

**Coaches Meeting:**

PMSC will schedule a coach meeting to go over details of the upcoming season. This is where you will pick up equipment, uniforms, picture forms, fundraising info and sign up for your practice time and fields. These meetings are a great time to ask questions of other coaches or any of the board members. If there is an issue with any of your equipment, please let us know and we will get you replacements.

**Lancaster Area Rec Soccer League:**

**League Website:** https://lars-league.weebly.com/  
Coaches are responsible to contact the other teams coach the week of the game to confirm and to report the game score on the website. The Game score reporting is used to group teams into competitive groups if you should choose to participate in the end of season tournament (it is super fun for the teams, do it if you can)

Review the Lars website for rules and details about the league, if you have any questions email the REC coordinator, there email address can be found in the contact section of the Clubs Website ([www.pennmanorsoccerclub.org](http://www.pennmanorsoccerclub.org))

**GAME Schedules:**

The game schedule will come out about a week or so before the first game. Is will also be posted on the LARS website.

NOTE: Make sure that you use the game time associated with the HOME TEAM!

The LARS Site will provide all coach contact information and directions to all the game fields for each club. We have found that taking Picture of the directions to the field and sending out a Game reminder via text is a super simple way to keep everyone on the same page.

**Game Day:**

Do your best to get each player equal playing time, does not have to be down to the minute but we really want to see as close to 50/50 as possible.

You will be given referee money to pay the referee directly. You are only responsible for paying when you are at HOME. If a referee does not show, we suggest you work it out with a parent or the other coach. Our referee coordinator does everything in their power to get referees and will try to alert you if there is likely a know issue in advance. If you do not have a referee, please email [ref@pennmanorsoccerclub.org](mailto:ref@pennmanorsoccerclub.org) so we are aware.

Reminder: report the score on the LARS WEBSITE after the game. The PMSC REC coordinator will provide you with the password each season as it does change. Super easy takes about 5mins at most.

**Practices:**

All our Rec teams are to have 2 practices between 1-1.5 hours in length two nights a week. We will provide a field and time signup sheet at the Coach meeting. Depending on the number of teams we many have to share practice fields with two teams each getting a half field. This can work out well as you can scrimmage one of the other teams to get real game like action. Helps some to learn while doing. Please reach out to us if you need ideas for practices.

**End of season tournament:**

This is a super fun event that all or REC teams can play in at the conclusion of the season, typically the weekend following the last game. We will send out details as we receive them. It is a bit difficult for the league to plan the schedule quickly. They need to get all the games scores in to be able to group teams in a competitive way. The schedule will typically be delivered with about a 4-5 days’ notice.