

CARLISLE AREA YOUTH SOCCER
A Program of the Carlisle Family YMCA

POLICIES AND PROCEDURES

MISSION: The purpose of Carlisle Area Youth Soccer is to provide the youth of the Carlisle Area with a comprehensive soccer program designed to help these children develop as individuals and as players and to teach them sufficient soccer skills so that those interested can compete at the interscholastic level and beyond.

VISION: To accomplish its mission, Carlisle Area Youth Soccer will operate both recreational and travel soccer programs for as many age groups as possible. Through both the recreational and travel programs, the Association will endeavor to:

- Promote physical fitness;
- Teach age-appropriate soccer skills and tactics; and
- Encourage the participants to compete at the highest level appropriate.

The purpose of this document is to provide a general framework for the operation of the recreational and travel programs in a way that is consistent with the YMCA's mission and vision. It is impossible to anticipate every issue that may arise. The CAYS Advisory Committee has the authority to resolve issues not addressed in these policies and procedures, using its best judgment, and to change this document as appropriate. CAYS encourages parents and coaches to read more about the YMCA's mission and vision, which can be found on the YMCA's website at www.carlislefamilyymca.org.

Policies and Procedures Applicable to the Travel Program

PROGRAM GOALS

1. To field as many teams as practical competing at the highest appropriate level of play within the Eastern Pennsylvania Youth Soccer League (EPYSA) structure.
2. To prepare youth for interscholastic play by:
 - a. Using knowledgeable coaches and providing ongoing training opportunities for the coaches.
 - b. Ensuring that the players develop a high level of technical skills, tactical understanding, and sportsmanship.

LEAGUE AFFILIATION AND ADVANCEMENT

CAYS Travel Soccer operates under EPYSA through its affiliate leagues. All travel teams are initially rostered in CPYSL, which serves as the foundational competitive league for our program.

As teams develop, CPYSL may not always offer the highest level of competition or appropriate age-group structure for certain teams. In these cases, participation in the EDP league play may be considered as a development pathway.

Teams seeking to compete in EDP must submit an application to the CAYS Advisory Committee. The Committee will evaluate the request based on team readiness, competitive performance, and player development needs. To participate in EDP is not automatic and is intended only for teams whose level of play exceeds CPYSL offerings.

CPYSL remains the appropriate and primary competitive league for the majority of CAYS travel teams.

TRYOUTS AND TEAM SELECTION

This document has been amended to incorporate the changes made by US Youth Soccer to age group criteria to be implemented starting in the fall of 2026. This change will group players by ages that more closely reflect their grades in school, rather than their birth year. The new age eligibility dates are August 1st- July 31st, instead of January 1st-December 31st. The CAYS Advisory Committee decided to continue with the natural progression for our current teams to move up an age group with their current rosters, provided the players on their rosters make the

team during tryouts. For the new U9 teams and for players new to CAYS travel soccer to be added in the fall, CAYS will implement the new age group criteria.

WHAT DOES THIS MEAN FOR RETURNING TRAVEL SOCCER PLAYERS?

Returning players can register to try out for the team they are currently playing with by choosing their team name in the dropdown menu during the registration process. If our transition to the new grade based guidelines has your child “playing up a year” and you prefer for them to play with their true age and try out for a different team than their current one, that also requires you to communicate that to our Sports Director and requires your child to attend that tryout and make that team.

WHAT DOES THIS MEAN FOR NEW PLAYERS

Players new to CAYS should use the new age group guidelines during the registration process and register for the appropriate age group. (The new age requirements will be explained in greater detail when you register your child).

COMMUNICATING TRYOUT INFORMATION

Prior to tryouts for fall travel soccer, CAYS will hold a mandatory meeting for all travel coaches and Advisory Committee members. The goal of this meeting is to encourage communication between coaches and to clearly define our clubs’ goals for the upcoming season. This will be an opportunity for each coach to share insight about their team and their goals for the upcoming season.

Prior to tryouts for fall travel soccer, all coaches will hold a mandatory parent’s meeting where they will review the Policies and Procedures for Fall Travel Soccer Tryouts and answer any questions that the parents may have about the process.

The YMCA Sports Department will also hold annual Zoom Meeting in the spring prior to tryouts for parents and coaches where they can ask questions about the travel soccer tryout process.

PLAYER PLACEMENT (SPECIAL CIRCUMSTANCES)

To best serve our players who are participating in travel soccer, we most often place the players on teams of the appropriate age groups. We believe this approach is optimal for their development and success as players. It enables them to practice and play on age-appropriate sized fields and to compete against opponents of the same age and comparable skill levels. It also helps our teams to be successful both on and off the field. There are two occasions when players may be placed on an older team.

- We may move a player with the hopes of a more challenging and competitive level to continue their specific progress.
- In the second scenario, a player may be moved when we are looking to create or combine a second team in a particular age group.
- All player placements must be reviewed and approved by the CAYS Advisory Committee.

TRYOUT PROCESS

1. All players, returning and new, must earn a roster spot on a CAYS team by attending the mandatory club tryouts held annually in May (actual month may vary depending on schedule). Players who were rostered with a CAYS team in the spring are not guaranteed a CAYS team without a tryout.
2. Tryouts and team selection will be organized and managed by YMCA staff, with the support of the Advisory Committee.
3. Tryouts for the upcoming fall and spring seasons will be conducted during the spring. If vacancies arise after the fall season, the Program Director, after consulting a team's coach, may organize tryouts for players who want to join a travel team roster for the spring season.
4. The Advisory Committee will decide, based on pre-season signups, the age groups for which tryouts will be held.
5. The Advisory Committee will establish the dates and times for the tryouts, which will last 1-1.5 hours for each age group. There will be a tryout on Sunday for all age groups, and two subsequent tryouts during the following week. Each participant is expected to attend the Sunday tryout, except in extraordinary circumstances as determined by the Advisory Committee. Each participant must attend two of the three tryouts.
6. The Program Director will coordinate the drills and games for the tryouts with input from the Advisory Committee.
7. Volunteer evaluators selected by the Advisory Committee will evaluate each participant using a scoring system developed by the Advisory Committee (reviewed annually). The Advisory Committee will select the evaluators based on coaching and/or playing experience and knowledge of the game.

8. Coaches will not serve as evaluators for their own age groups during the Sunday tryout. Coaches will run the subsequent mid-week tryouts/practices.

SELECTION PROCESS

1. The Program Director will collate the evaluators' scores.
2. Team selection will be based primarily on the collated scores and, in the Advisory Committee's discretion, on the input of the team's past and present coaches.
3. Roster sizes will not exceed the limits imposed by CPYSL or EDP. Other factors used in determining roster sizes include the coach's preference, playing time and maximizing participation.

SPECIAL CONDITIONS

- If a player chooses to try out for more than one team, he or she must attend the Sunday tryout sessions for both teams.
- After being selected for and rostering with a travel team for a fall season, a player is entitled to remain on the team's roster for the next spring season. However, coaches are not permitted to ensure any player that he or she will be selected for a fall roster.
- A player can only be a Primary Player on one team. Under guidelines set forth by the CPYSL, a player may be eligible to serve as a Secondary Player on another CAYS team. Players and coaches must communicate with each other when a player intends to play games with both their Primary and Secondary Teams in a given weekend and notify the Program Director.
- Because CAYS makes "cuts," accepting a roster spot on a traveling team constitutes a commitment by that player and the player's parents to regular attendance at the team's practices and games.
- The club's Registrar, an employee of the YMCA, will be responsible for enrollment of teams in the CPYSL.

COACHES

Coaches are strongly encouraged to develop their soccer knowledge by attending the semi-annual coaches' meetings and by exploring online coaching resources provided by CAYS. The YMCA is committed to providing resources to coaches interested in developing their skill set to benefit the CAYS soccer program at the Y.

- Coaches are required to comply with the Coaches Guidelines published by the CPYSL on www.cpyssl.net.
- Coaches are expected to present complaints to CPYSL through the YMCA Sports Department.
- Coaches are required to comply with all YMCA volunteer obligations.
- Coaches are required to abide by the YMCA Code of Conduct.
- The Program Director and Club Registrar will inform coaches of upcoming training events.

OUT OF SEASON TOURNAMENTS AND ACTIVITIES

Participation in out-of-season sessions and tournaments is at the discretion of the team coach; however, coaches are strongly encouraged to enroll their teams in at least one tournament each fall and spring season. Any team representing a YMCA / CAYS team must notify the Program Director. The Program Director or Registrar will ensure the following best practices for out-of-season sessions and tournaments.

- All rostered players are invited to the session or tournament.
- The Program Director will coordinate with the Coach to set up appropriate waivers and insurance coverage.
- Only players participating in the session or tournament will contribute to fees associated with the session or tournament.

The Carlisle Family YMCA and the CAYS Advisory Committee do not have jurisdiction over what tournaments/clinics/trainings, ect. players choose to participate in at an individual level that are not affiliated with the Carlisle Family YMCA or the CPYSL.

PLAYING TIME

The goal of the travel program is to foster a higher quality of soccer play for players (and parents) willing to commit to a more dedicated practice schedule, intense training session, and higher level within a competitive environment. Travel team players will receive appropriate playing time (in the coaches' judgment) throughout the season based on skill, attitude, improvement, practice ethic, and ability in game situations. Coaches have full support of the Advisory Committee when determining suitable playing time for each child with the intent to be around 50%. Travel coaches are encouraged to communicate their expectations to the players and parents prior to or during the pre-season schedule.