

Micro's: Frequently Asked Questions (FAQ)

Fall 2009 – 1.3

What age group participates in the MICRO program?

U6 = Under 6 years of age, Kindergarten and (in some cases Pre-K in the spring only)

U7 = Under 7 years of age, 1st graders

Do boys and girls play on the same team?

Kindergarten has boys & girls on the same team. If we have enough players enrolled then boys and girls will be on separate teams starting in First Grade. Each season is a case by case basis

When will I know what team I'm on?

For the Fall Season: Coaches will contact parents during the first week of August

How will I know if I got on the team, the coach, or placed with a friend that I requested?

The coach will have this information when they contact you in the beginning of August. The club does not guarantee placement, but we do take requests and try our best to accommodate.

Are there week end games?

Yes. Beginning in the Fall Season of 2009, all games are played on Saturday

What days of the week are practices on?

All teams practice on either Monday/Wednesday or Tuesday/Thursday based on field availability

Where will my practice location be?

In August, licensed professional coaches will lead practice at one location (academy style) in the Beaverton area. In September, volunteer parent coaches will lead practices at a location as close to the team home school as possible, pending field space availability which is decided by THPRD.

How are the Micro games organized?

The format is (3v3 no goalie), two squads play simultaneously on two separate fields, subs on the fly.

What do I need to bring to practice?

Soccer ball size 3, shin guards (required), soccer shoes (plastic cleats) water bottle, dress appropriately for the weather and a GOOD ATTITUDE (be ready to have fun and be challenged)

What do I need to bring to games?

"T" Shirt (Jersey provided by the club), black socks (provided by the club), dark colored shorts (black or dark blue), and practice items: ball, shin guards, soccer shoes, water bottle. Bring clothing for the cold.

Do we play in the rain?

Yes. THPRD issues guidelines for inclement weather situations. If the field has standing water or is mushy enough that damage will result then the coach is required to cancel the event. Always check your email and voice mail before leaving to see if there is a message, otherwise, go to the field.

What about extreme temperatures, do we still play when it's hot?

Yes. Bring plenty of water, start hydrating the day before the event, eat lightly and avoid sugar.

What type of clothing can be worn to stay warm?

An extra shirt, long sleeved shirt, or sweat shirt can be worn under the jersey shirt. The jersey shirt must always be the top layer. **Beanie caps and gloves are great!**

What type of food should we eat to prepare for games and practices?

Consider meals high in carbohydrates, stay away from fast foods and sugars. If it's going to be hot, start hydrating the day before the event. Do not eat a large meal before and try not to come hungry.

Should I stay during practice and games?

Yes. Parents are needed to facilitate bathroom breaks, injury resolution, and to help with discipline when necessary. Discuss this with your coach but in general you should plan to be there.

Will there be team pictures and do I have to participate?

Team pictures are organized by the club for the FALL season only. Purchasing a picture is not mandatory. Please try to have your player in the picture even if you do not plan on purchasing. It is a great way for all players to remember their younger years.

Do I have to take off my watch, my necklace or earrings?

Yes. All jewelry, watches and hair pieces (except elastic) must be removed for practices and games.

How can parents help children enjoy soccer events?Pre practice or game event:

Take care of bathroom breaks and double knot the shoes. Encourage your player to have fun, try their best, and to not worry about getting things right. Let them know it's ok to make mistakes.

During the Game:

DO NOT yell instructions into the game. It's OK to cheer on the team, it's NOT OK to tell the player where to go, what to do, or when to kick.

Post Game Talk:

It is very important to NOT share any negative thoughts or feelings about the in the car during your ride home. Keep it light, ask them what they liked and didn't like. Encourage them to try their best and to understand that making mistakes is part of the learning process. .

Why do parents have to sit on the opposite side of the field from the team?

It allows the players to hear guidance from the coaches on one side of the field and encouragement from parents on the other. The opposite side of the field rule is a League policy and is normal routine for all age groups through High School.

Do I have to come out on the field to drop off or pick up my player?

Yes, make plans to meet with the coach (make eye contact) before leaving with your player. Talk to your player about safety, tell them you will be there at the end; but, if for some reason you're late they need to stay with the coach. Talk to your player about safety. Make sure they understand that if for some reason your not there, they are not to wander off looking for you, they need to stay with the coach.