

Mickey Kydes Soccer Summer Clinic Guidelines

3-hour training session

Weeks August 17-21 & 24-28, 2020
9 am - 12 pm

LONG LOTS SCHOOL, Westport, CT



P.R.I.D.E.
Personal Responsibility in Delivering Excellence

Summer Clinic Guidelines

INTRODUCTION



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This document with guidelines for our summer clinics has been created based off the reopening of CT Phase 2 rules (June 17, 2020). Our goal is to provide an active and worthwhile soccer experience while protecting the safety and health of our staff and players.

We have had five safe & successful weeks of 2-hour and 3-hour training sessions from June 22 to July 24. We know look forward to our last two weeks at the end of August. We anticipate that most of the rules will remain the same and if state of CT guidelines change we will make the necessary adjustments.

We expect all of our Coaches, Parents and Players to follow all guidelines provided in this document. All staff will be trained to understand the guidelines and will be in charge of enforcing during the clinics.

Thank you very much for your cooperation and trust,
Mickey Kydes

Summer Clinic Guidelines

GENERAL GUIDELINES



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- All Players must submit signed Waiver on first day before participation
- Players and Staff cannot show up if they are sick or have a fever
- Trainer will check coaches temperature daily
- Two Groups of 10-12 plus a coach are allowed on each half field
- Group of players, coaches and location will be the same for the whole week of training
- Scrimmaging is allowed – 2 groups on each 9 vs 9 field can scrimmage
- Players are to bring their own bag, ball, water, wipes/sanitizer - there will be markers 6ft apart for players equipment on the side of each field
- Masks and/or gloves are permitted but not required to be worn by the players during training.
- Players and Parents must wear a mask to and from Car to Field.
- Coaches will be wearing masks during all training time.
- Social Distancing Protocol will be applied when necessary (bags on field, walking to and from field, bathroom line, trainer line)
- Players wear a white t-shirt or white top for every session
- **PLEASE bring snacks for Snack Break**
- No group celebrations, high-5s, hugs, handshakes, fist-bumps, etc.

Summer Clinic Guidelines

Weeks
Aug 17-21
Aug 24-28

3-hour training sessions



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Monday to Friday

August 17-21, 2020

Saturday, Aug 22 (make-up if necessary)

August 24-28, 2020

Saturday, Aug 29 (make-up if necessary)

9 AM – 12 pm Session

5, 6, 7, 8, 9, 10, 11, 12 yrs. old

Long Lots School Upper & Lower
LIMITED ENROLLMENT!

Cost: \$245 per player

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ACTIVITY BREAKDOWN 9 AM – 12 PM



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10 min – Warm up

15 min – Fun Activity or Core Exercises

15 min – Athletic Development

60 min – Technical Development (stations)

10 min - Snack Break

60 min – Small Sided Activity or Scrimmaging

10 min – Cool Down & Review

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DROP-OFF / PICK-UP PROCEDURES



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✓ 13 Hyde Lane, Westport, CT

VERY IMPORTANT:

**PLEASE FOLLOW MAP GUIDELINES ON NEXT PAGE
NO STOPPING OR PARKING in NO PARKING AREA**

Drop off: Vehicles are encouraged to arrive no earlier than 10 minutes before the scheduled start time of the training session and should park in area indicated on the map.

Drop off: Children should remain in vehicles until 5-10 minutes before scheduled training times and then walk to field – follow map guidelines. Parents and players must wear mask as they walk to and from car to drop off area.

Drop off: Only participants and coaches are allowed to enter the training area.

Pick Up: Please park in area indicated on the map and do not arrive more than 10 minutes before end. Please wait in car until your child walks closer to pick up area. If you need to come out to greet your child please wear a mask

NOTE: Groups of players and coach will be pre-assigned before clinics start

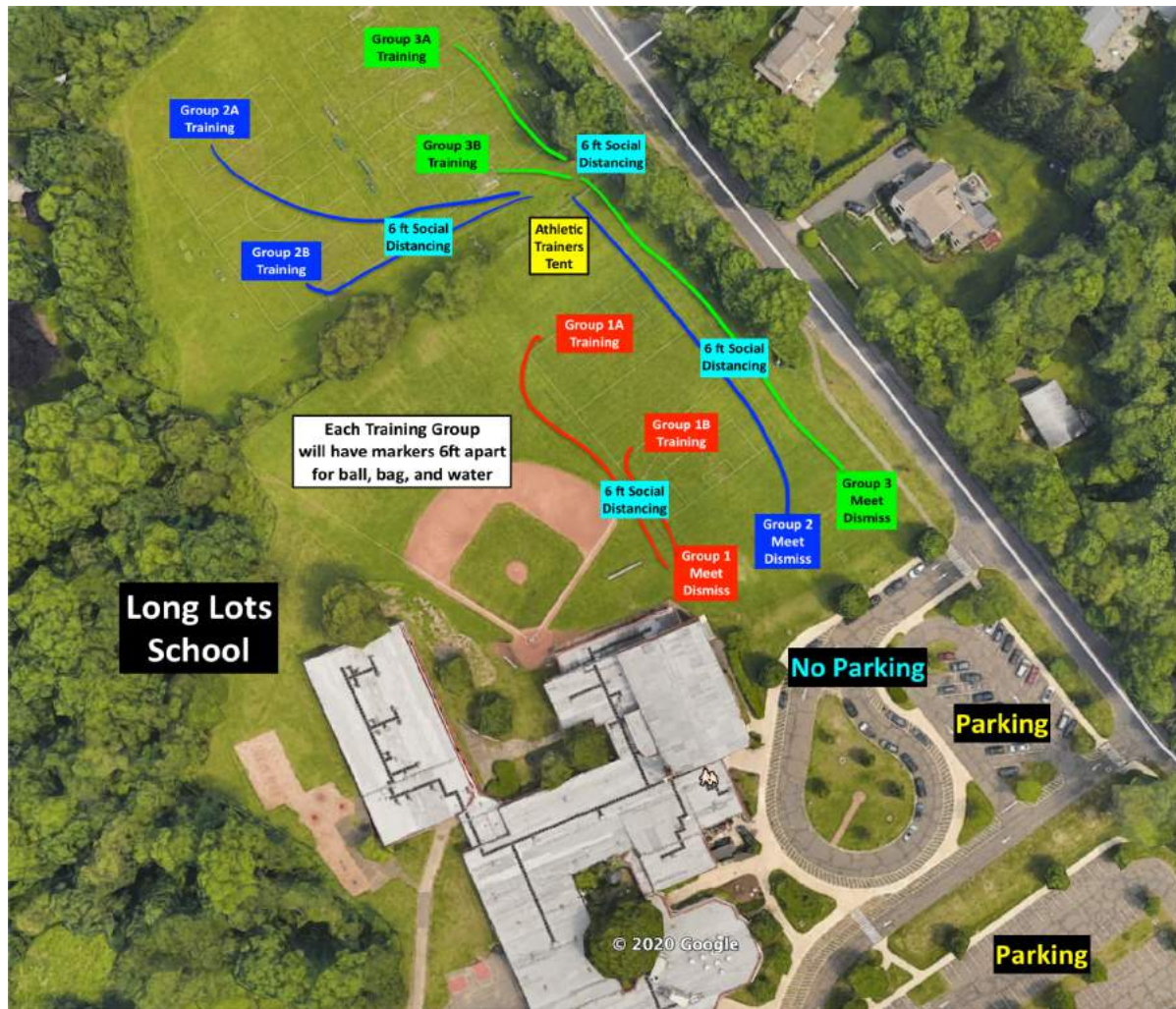
Summer Clinic Guidelines

FACILITY MAP LAYOUT



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Summer Clinic Guidelines

GROUPS/COACHES
9 AM – 12 PM



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Groups / Coaches TBD before week of Training

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COACHES BIOS



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Mickey Kydes – Program Director

- MKS & Beachside Founder 1994
- WSA, OGRCC, Wilton Rec Program Director
- USSF ‘Technical Director’, ‘A’ & ‘Youth’ Licenses
- Norwalk HS, Long Island U, CT, NY City HOF
- Former Pro Player 1986-1996
- Born in USA

Kelvin Mutambo

- MKS Coach since 2003
- WSA U9 & U10 Travel Coach
- WSA Rec Director
- USSF ‘F’ and Grassroots Licenses
- Former Pro Player Zambia and Qatar
- Born in Zambia

Erick Romero

- MKS Coach since 2011
- WSA U9 & U10 Travel Coach
- WSA Rec Clinics Coach
- USSF ‘F’ and Grassroots Licenses
- Beachside and Univ. of Bridgeport Alum
- Born in Honduras

Athletic Trainer - TBD

Jake Zuniga

- MKS Coach since 2013
- WSA U9 & U10 Travel Coach
- WSA Rec Clinics Coach
- USSF ‘F’ and Grassroots Licenses
- Beachside and Fairfield Univ. Alum
- Born in USA

Daniel Londono

- MKS Coach since 2011
- WSA U9 & U10 Travel Coach
- WSA Rec Clinics Coach
- USSF ‘F’ & ‘Grassroots’ Licenses
- Born in Colombia, South America

Summer Clinic Guidelines

OTHER



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RESTROOM / HANDWASHING

- There will be portable restrooms with sanitizer & hand washing stations assigned by groups
- Portable restrooms will be cleaned & sanitized every day
- All players are expected to bring their own hand sanitizer/wipes as well

ATHLETIC TRAINER – INJURIES & MEDICATION

- A certified athletic trainer on site to address any injuries related to players while at camp. Trainer will have mask and gloves on and no more than one player at a time will be allowed in trainers area
- Medication form must be filled out and give to trainer at the beginning of the week. All medicine should be in original box and given to the trainer at start of clinic

HYDRATION

- Please bring plenty of your own water for the 3 hour training session
- Suggestion: Large water bottle or jug, and one 20 oz sports drink
- **There will be NO water stations set up for refill**

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COACHES RESPONSIBILITY



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- Ensure the health and safety of the participants
- If you are not feeling well or have fever do not attend clinics
- Inquire how the athletes are feeling. Send anyone you believe acts or looks ill to trainer
- Coaches should maintain at least 6 feet social distance at all times
- Always wear a face mask when training players
- Masks & gloves are permitted but not required to be worn by the players during training
- Ensure all athletes have their own individual equipment (ball, water, bag etc.)
- Ensure coach is the only person to handle equipment (e.g. cones, disk etc.); **do not** enlist players to pick up cones, etc.
- Clean and sanitize all equipment every day
- Use new set of pinnies for every session. Wash all pinnies at the end of the day
- Assist players with drop-off and pick-up protocol
- Follow & Enforce all rules and guidelines in this document
- Have fun, stay positive – players and parents are looking to you for leadership

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PARENT RESPONSIBILITY



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- If your child is not feeling well or has a fever do not attend clinics
- Consider not carpooling or **ONLY** with players that are in the same training group
- Stay in car or adhere to minimum 6 feet social distance requirement and wear a mask when necessary
- No Parents, relatives, friends allowed near training areas
- Be sure your child has necessary sanitizing products with them at every training
- Ensure all equipment (cleats, ball, shin guards etc.) are sanitized before and after every training
- Ensure child’s clothing is washed after every training
- Notify us immediately if your child becomes ill for any reason
- **Make sure your child has snack**
- Follow all rules and guidelines in this document

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PLAYER RESPONSIBILITY



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- Take your temperature daily and especially before activities with others – if feeling ill or have a fever do not attend clinics
- Wash hands thoroughly before and after training
- Bring and use hand sanitizer/wipes with you at every training
- Masks and gloves are permitted but not required to be worn by the players during training.
- Players must wear a mask to and from Car to Field.
- Do not touch or share anyone else’s equipment, water, food or bags
- Practice social distancing when necessary as per this document
- Wash and sanitize all equipment before and after every training
- No group celebrations, high-5s, hugs, handshakes, fist-bumps, etc.
- Please bring plenty of water – no refill stations
- **Make sure your bring snack**
- PLEASE! PLEASE wear a white t-shirt or white top for every session
- Follow all rules and guidelines in this document

Summer Clinic Guidelines

**REOPEN CT
June 17 Rules**



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REOPENING PROCESSES

REOPEN
Connecticut
SAFER. STRONGER. TOGETHER.



Governor Ned Lamont

Sector Rules for June 17th reopen

June 6th, 2020

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REOPEN CT June 17 Rules



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GUIDING PRINCIPLES

SECTOR RULES FOR JUNE 17TH REOPEN

WHAT: SECTOR REOPENING OVER TIME

The state will open its economy with a gradual approach. The first set of businesses started reopening when we saw a sustained 14-day decline in hospitalizations, had adequate testing capacity, had a contact tracing system in place, and had procured sufficient PPE. The timing for that reopen was May 20th.



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REOPEN CT June 17 Rules



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SPORTS-SPECIFIC

SPORTS, SPORTS CLUBS & COMPLEXES, GYMS, FITNESS CENTERS, & POOLS

The sudden closure of school and recreational activities has left student/youth-athletes without structured physical activity since mid-March. A safe return to interscholastic/youth athletic experiences must account for the deconditioning which may have occurred during this prolonged departure from normal physical conditioning and skill development.

Sports included in the Moderate to Low risk categories can begin all of the below activities starting in Phase 2. Higher risk sports are allowed to perform camps and numbers 1 and 2 below. Higher risk sports will be allowed to do everything below post July 6th.

1. Individual or group training.
2. Controlled practices.
3. Scrimmages, games, meets, matches, etc.
4. Tournaments allowed after July 6th (no satellite fields).

NOTE: Camps, per Executive Order No. 7PP, Camps as defined in 19a-420 of the CT general statutes must follow Office of Early Childhood Guidance for camps. Other sports programs, including clinics that do not fall under Executive Order No. 7PP, Section 7 shall follow the guidelines as laid out in this document.

HIGHER RISK

Sports that involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants.

- Examples: wrestling, boxing, football, lacrosse, competitive cheer, dance, rugby, basketball, roller derby, ice hockey, water polo, 7 on 7 football, and martial arts

MODERATE RISK

Sports that involve close, sustained contact, but with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants OR intermittent close contact OR group sports OR sports that use equipment that can't be cleaned between participants.

- Examples: volleyball, soccer, gymnastics, field hockey, tennis, swimming relays, pole vault, high jump, long jump, crew with two or more rowers in shell, synchronized swimming, baseball, and softball

LOWER RISK

Sports that can be done with social distancing or individually with no sharing of equipment, or the ability to clean the equipment between use by competitors.

- Examples: individual running events, throwing events (javelin, shot put, discus), individual swimming, golf, weightlifting, sideline cheer, single sculling, cross country running (with staggered starts), diving, fencing, ice skating

Summer Clinic Guidelines

**Self-Certified
by State of CT**



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