

2016-2017 Handbook

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Club Overview

Thank you for your membership or interest in CGA Academy Soccer Club, LLC, "Art of Soccer". This handbook is made available so that one can understand our structure, rules, guidelines and the many other aspects of what it means to be a member of CGA Academy Soccer Club. Please feel free to contact us with any questions you may have.

CGA Academy Soccer Club, LLC may be referred to as "CGA Academy S.C.", "CGASC" or the "Club" in this handbook. CGASC aims to be a premier club that develops players of all ages. We love the game of soccer and more importantly, we love to impart our knowledge of the game to those who are equally as passionate and would like to learn.

What is the "Art of Soccer"?

An artist has the ability to express themselves through a chosen medium. Through practice and discovery, through trial and error an artistic style is formed. Through discipline the artist masters self. Through commitment and hard work one prepares the road ahead. Through devotion one's focus is set on the prize and can't be led astray. Fun, enjoyment and the challenge of expression is the motivation.

By choosing CGA Academy – Art of Soccer – you are choosing the path of the artist. You are choosing to have fun playing soccer and enjoy the challenge of the game. You are ready to accept and learn from the tools that will help you to be successful: discipline, commitment, hard work, preparation, devotion, fun and the enjoyment of the challenge.

We are lifelong learners of the game of soccer and we believe in the Art of Soccer. We look forward to working with you to achieve your soccer goals and helping you along your journey.

Core Beliefs

To better understand how we view soccer, below is a list of our core beliefs:

- We believe that a supportive environment is one that nurtures creativity and views mistakes as an opportunity to gain experience and learn.
- We believe that hard work, discipline and belief are the keys to success and overcoming adversity.
- We believe that a professional environment is one that teaches respect for one's self and others.
- We believe that through athletics one can learn a trade, gain confidence and establish lifelong friendships.
- We believe in having fun and fostering the love of the game.

Who Should Join CGA Academy SC

CGA Academy is the right club for you if:

- You love soccer.
- You are tenacious and work hard.
- You love to play and have fun.
- You are excited about learning new things.
- Love being a part of a team that works hard to accomplish individual and team goals.
- You would like to play soccer at the highest levels (college or professionally).

Executive Leaders

As an LLC, the Executive Leaders (owners) of the Club are Carlos Elizondo, George Hahui, Alin Suru and Iulian Apostol. Please read the bios of the Executive Leaders to get a sense of their soccer journey and why they are so excited to be a part of the Idaho Soccer Community. Along with being the Executive Leaders, they will also hold other positions within the club. The following page has a breakdown of the club structure and leadership.

Carlos Elizondo Bio

Coach Elizondo believes in the Art of Soccer. It was a chance meeting with an old friend that changed the course of Coach Elizondo's life. While going to school in Denton, Texas, Elizondo ran into a friend and former teammate. He invited Elizondo to help him coach a couple of teams in the Dallas area. Coaching reignited his passion for the game and motivated Elizondo to help his friend return to their home town to start the first official soccer club in El Paso, TX.

Elizondo started playing soccer when he was 7 years old. He helped to lead his club team to 3 straight South Texas State Championships (U16, U17 and U18) which included the major cities of El Paso, Austin, San Antonio, Galveston, Corpus Christi and Houston. At U17 his team represented South Texas at the Region III Tournament in Tennessee and then again at U18 where the team finished 3rd at the Region III Tournament in North Carolina. Elizondo graduated from the University of North Texas with a Bachelor of Science with a major in education and has a Master of Science with a major in sport administration from Eastern New Mexico University. Elizondo has been a professional soccer coach for 18 years. During that time Elizondo has been a university head coach, university assistant coach, director of 3 clubs, has been a part of 3 state ODP programs, on Region IV ODP staff and is an NSCAA Associate Staff. Elizondo holds the NSCAA's Advanced Director of Coaching Certificate, NSCAA Premier Diploma, USSF "B" License and the US Youth Soccer "Y" License. Elizondo has taught in a 4th grade classroom and biology and anatomy in high school. Elizondo also owns a photography studio on the town square of Jackson, Wyoming.

"I enjoy giving back and helping others achieve their goals. I don't consider myself just a soccer coach but a life coach and I enjoy working with players, coaches and organizations".

George Hahui Bio

Coach Hahui believes in the Art of Soccer. In June of 2008, George moved to Jackson, Wyoming. That fall he met the former Director of Jackson Hole Youth Soccer who recruited him to start coaching. That was the moment George renewed his passion for the game and became inspired to help others achieve their goals.

George is originally from Romania where he graduated in Economics and Business Administration from AI. I Cruza University. As a licensed Economist, he specialized in Banks and Stock Exchanges. In 2007 George continued his educational pursuits with a Master's in Human Resource Management. George is fluent in Romanian, English, Spanish and French. He currently holds the NSCAA Advanced National Diploma and the US Youth Soccer National Youth License.

George started to play soccer at the age of 8. At 13, George's club team earned 3rd place at the Hope Cup, a prestigious national tournament in Romania. His father helped to nurture a passion for soccer and supported him in becoming a professional by the age of 15. George was captain of his college and helped to lead the team to 2 conference championships and 2 runner up finishes. George also played professional futsal for 4 years.

Coaching has taken George and the teams he coaches across the region. From Denver to California, New Mexico to Oregon, George has helped to build teams that can play with the best.

"After receiving a long term injury, I wanted to develop into a world class coach. Through continuous hard work and practice, I have earned the ability coach players at all levels of the game and to motivate them to achieve their absolute best".

Alin Suru Bio

Coach Suru believes in the Art of Soccer. He is passionate about soccer and is one of the most graceful playmakers you will see on the field. His love of the game has inspired him to pass on his knowledge and expertise to those who crave to learn more and who are just as passionate about the game.

Alin looks back on his soccer career and can pin point a college professor (that was also his club coach) who truly believed in Alin's abilities and encouraged him to play in college. As the captain of his college team in Romania, Alin helped to lead Alexandru Ioan Cuza University to 3 national finals and 1 national futsal championship.

Alin graduated in 2006 from the Alexandru Ioan Cuza University with a degree in English and Geography and is fluent in English, Spanish and Romanian. He currently lives in Jackson, Wyoming and is one of the founders of CGA Academy. Alin has been a professional club coach for the past 6 years, an assistant director for SoccerLife Camps and has coached both boys and girls teams ages U8 – U19.

He holds the NSCAA Advanced National Diploma and US Youth Soccer National Youth License.

"Soccer has been a part of my life since I could walk and is now a way of living. There is nothing more accomplishing than to see a person succeed in life as a soccer player and as a person knowing that you played an important role in his journey".

Iulian Apostol Bio

Coach Apostol believes in the Art of Soccer. As a youth, Iulian considers himself lucky to have been surrounded by people who supported his dreams. No one more so then his father who found the balance between being his toughest coach and being a dad. His father was always sincere and straight forward with him about soccer. His advice to Iulian, "You have to work harder than everyone else."

Originally from Romania, Iulian is a Romanian National Team Player in soccer and Minifootball (Arena Soccer) where he just finished participating in the Minifootball World Cup. He played in the UEFA Champions League and Europa League. He played with and against some of the best players in Europe. He helped his team win the Romanian title in 2009. He has coached professionally in the Romanian 2nd division. Iulian graduated from the National Institute of Physical Education and Sport. He currently holds his UEFA B License.

"When you are a player you sometimes feel like you want more from your coaches. I feel like I have a lot of information to pass on to the players and help them become better. I want to share my experiences with the players by offering them a healthy and professional environment."

"CGA Academy shares the same principles that I have regarding the future of youth and professional soccer. CGA inspires professionalism, hard work, sacrifice and a lot of involvement in the development of soccer players as human beings."

Programs and Tryouts

CGASC will provide programming for all ages and developmental levels. Each age group is unique with one fundamental aspect that remains the same, enjoyment of playing the game. Below is an overview of the programs we offer. CGASC staff will implement CGASC curriculum for all age groups.

U5-U6

Focus of this age group is simply to have fun with the ball. Age appropriate activities help guide players use of imagination and foster the desire to play.

Components of the game:

- **Fitness** introduce the idea of warm up and movement education. Begin education about nutrition with players and parents. Balance, walking, running, how to start and stop, jumping, hopping, rolling, skipping, changing direction, bending, twisting and reaching.
- **Technique** dribbling (stop and start) and shooting. Experiment with the qualities of a rolling ball.
- **Psychology** sharing, fair play, parental involvement, how to play and emotional management.
- **Tactics** where is the field. The concept of boundary lines, at which goal to shoot.

At our youngest age groups U5-U6, registration is based on a first come first serve basis. Teams will play in an in-house league with a game format of 3v3 or 4v4. Registration will begin Wednesday, June 1st. No tryouts will be held. Spots are limited.

U7-U8

Focus of this age group is to continue to build confidence, individual ball skills and nurture the enjoyment of playing the game. Activities that require smaller group cooperation and team building are introduced.

Components of the game:

- Technique Experiment with the qualities of a rolling or spinning ball. Introduce ball
 lifting, juggling, block tackle, receiving ground balls with the inside and sole of the foot,
 shooting with the inside of the foot, toe passing and shooting and dribbling while
 changing direction. Introduce the push pass.
- **Fitness** Agility, eye-foot and eye-hand coordination, balance, leaping, bounding, tumbling, catching, throwing, pulling, pushing, warm-up activities and movement education. Continue education on sports nutrition with players and parents.
- Psychology Encourage working in pairs, sportsmanship, parental involvement, how to
 play, emotional management, creativity, dynamic activities, participation of all players
 and a safe and fun environment. There is still a short attention span unless the player
 has peaked (keep interest high). Like to show what they can do encourage trying new

- things. Developing self-esteem activities should foster positive feedback and attainable positive success.
- Tactics Back line and forward line, 1v1 attack and choosing to dribble or pass. Introduce the names of positions (fullbacks and forwards). Institute games of 2v1, 1v2 and 2v2, playing with the ball with a purpose and promote problem solving.

Registration is based on a first come first serve basis. Players will play in an in-house league with a game format of 4v4 or 5v5. Registration will begin Wednesday, June 1st. No tryouts will be held. Spots are limited.

U9-U10 (Select)

The technical aspects of the game remain the focus of this age group. More emphasis is placed on cooperative play and understanding positional play. Players participate in a combination of in-house, city leagues, regional leagues and tournaments. Game format is 5v5 and 6v6.

Components of the game:

- Technique experiment with the qualities of a bouncing ball and running with the ball, passing with the inside and outside of the foot, instep drive, receiving ground balls with the instep and outside of foot, receiving bouncing balls with the instep and sole, inside and outside of foot, fakes in dribbling and turning with the ball. Introduce heading and crossing. Practice throw-ins. For goalkeepers: ready stance, getting the feet set, how to hold a ball after a save, diamond grip, catching shots at the keeper, punting, recovery from down to the ground and up to set position and footwork exercises. Also introduce goal kicks and throwing.
- Psychology keep soccer enjoyable to foster a desire to play using self-motivation.
 Working in groups of three, four or five, stay focused for one entire half. There is an increase in responsibility, sensitivity, awareness of how to win or lose gracefully, fair play, parental involvement, how to play, communication and emotional management.
- **Fitness** factors are endurance, range of motion flexibility, rhythm exercises and running mechanics. Any fitness activities must be done with the ball. Introduce body resistance exercises and the idea of cool down.
- Tactics 1v1 defending, role of 1st attacker and defender, 2v1 attacking, what it means
 to get goal side, small group shape in pairs and threes (emphasize support on both
 attack and defense) playing on and around the ball as a group with purpose, playing a
 variety of positions to develop the complete player, introduce the principles of attack
 and set plays.

Beginning with U9, players will tryout and are selected to play on teams. Selection process for a team is based on ability. Physical and mental development are taken into consideration.

Tryouts will take place on June 13th and 14th. Anyone who has not already signed a year agreement with another club is welcome to tryout. CGASC will follow all tryout, recruiting, release and transfer rules that Idaho Youth Soccer Association implements.

U11-U12 (Select)

Individual technique in combination with small group tactics becomes increasingly important. Team concepts are further developed. Players participate in a combination of in-house, city leagues, regional leagues and tournaments. Game format is 7v7 and 8v8. Individual and team performance are important.

Components of the game:

- Technique moving throw-in, master the qualities of a bouncing spinning ball. Experiment with the qualities of a flighted ball, feint with the ball, receiving bouncing and air balls with the thigh and chest, first touch receiving, heading to score goals and for clearances while standing or jumping, outside of foot passing, receiving with either foot, short passing with both feet, bending shots, crossing to near post space and penalty spot space and heel and flick passing. Introduce half volley and volley shooting, chipping to pass and slide tackle. For goalkeepers: W grip, footwork, underarm bowling, side-arm throwing to targets, taking own goal kicks, side-winder kick, low and forward diving and angle and near post play. Introduce deflecting and boxing.
- Tactics: 2v1 defending, 2v2 attacking and defending, roles of 2nd attacker and defender, man-to-man defense, combination passing, playing on and around the ball as a group with purpose, verbal and visual communication for all positions, halftime analysis, general work on all restarts, wall pass at a variety of angles, passing combinations on the move and rotation of all players through the team everyone plays in each position. Reinforce the principles of defense. For goalkeepers: positional play, basic angle play (ebb and flow) into and down the line of the flight of the ball, commanding the goalmouth for the goalkeeper and positioning during a penalty kick and communication
- **Psychology**: Keep it fun and enjoyable to foster a desire to play, self-motivation. Focus on teamwork, confidence, desire, mental skills, handling distress, how to learn from each match, fair play, parental involvement and emotional management (discipline).
- **Fitness:** Fitness work continues to be done with the ball. Strength can be improved with body resistance and aerobic exercises. Also focus on agility at speed (sharp turns), acceleration, deceleration, reaction speed, range of motion exercises, proper warm-up and cool-down (include static stretching in the cool- down) are highly recommended now.

Players will tryout and are selected to play on teams. Selection process is based on ability. Tryouts will take place on June 13th and 14th. Anyone who has not already signed a year agreement with another club is welcome to tryout. CGASC will follow all tryout, recruiting, release and transfer rules that Idaho Youth Soccer Association implements.

U13-U14 (Select)

Group play, team concepts and physical development gain in importance. Team opportunities and individual opportunities open up. Teams strive to play at higher and higher levels. Players

may be identified and given the opportunity to play at state, regional, or national ODP events and MLS academies. Teams play 11v11 format.

Components of the games:

- **Technique** experiment with the qualities of a flighted ball like spin, swerve, chipping to pass, bending passes and driving crosses to the far post and top of penalty area. Also practice half volleys and volley shooting, slide tackles, heading to pass, flick headers, diving headers, receiving with the outside of the instep, outside of foot shot, receiving bouncing and air balls with the head, dummy boxing and catching crosses, reading crosses (when to come out and when to stay), half volley (drop kick), kick saves, long over-arm throws, saving penalty kicks and angle play.
- **Psychology** assertiveness, tension control, self and team discipline, able to stay focused for an entire match, sportsmanship, parental involvement, how to play, mental focusing techniques, emotional management and self-regulation.
- Tactics: individual and group tactics including delay, depth and balance in defense. Compactness, role of 3rd defender, how to make recovery and tracking runs. Playing on, around and away from the ball with purpose. Responding to restart situations. How to defend in each part of the field. How to play in attacking half. Checking runs, take-overs, switching positions during the flow of play, zone defense and post-match analysis. For goalkeepers: taking command of the goal area, provide support on the attack out to the back line, distance of support to the defense, organization during a corner kick, setting the wall at free kicks and 1v1 with the defense and communication.
- **Fitness:** acceleration, speed, anaerobic exercise, cardio respiratory and cardiovascular training, flexibility static stretching (particularly in the cool down), lateral movement and all fitness work with the ball. Continue player education about nutrition and introduce the concept of rest for recovery.

Players will tryout and are selected to play on teams. Selection process is based on ability. Tryouts will take place on June 13th and 14th. Anyone who has not already signed a year agreement with another club is welcome to tryout. CGASC will follow all tryout, recruiting, release and transfer rules that Idaho Youth Soccer Association implements.

U15-U18 (Elite)

At this level, college placement and professional opportunities are the priority. Teams play in local, regional and national events to gain experience and to showcase the team and the players.

Components of the game:

Technique - experiment with the qualities of a flighted ball like spin, swerve, chipping to
pass, bending passes and driving crosses to the far post and top of penalty area. Also
practice half volleys and volley shooting, slide tackles, heading to pass, flick headers,
diving headers, receiving with the outside of the instep, outside of foot shot, receiving

bouncing and air balls with the head, dummy the ball and shoulder charge. Introduce chipping to shoot.

For goalkeepers: far post play, collapse save, step and save, step power and save, save/reaction save/recovery save, medium and high diving, deflecting over the crossbar and around the posts, boxing and catching crosses, reading crosses (when to come out and when to stay), half volley (drop kick), kick saves, long over-arm throws, saving penalty kicks and angle play.

- **Psychology** assertiveness, tension control, self and team discipline, able to stay focused for an entire match, sportsmanship, parental involvement, how to play, mental focusing techniques, emotional management and self-regulation.
- Tactics individual and group tactics including delay, depth and balance in defense. Compactness, role of 3rd defender, how to make recovery and tracking runs. Playing on, around and away from the ball with purpose. Responding to restart situations. How to defend in each part of the field. How to play in attacking half. Checking runs, take-overs, switching positions during the flow of play, zone defense and post-match analysis. For goalkeepers: taking command of the goal area, provide support on the attack out to the back line, distance of support to the defense, organization during a corner kick, setting the wall at free kicks and 1v1 with the defense and communication.
- **Fitness** acceleration, speed, anaerobic exercise, cardio respiratory and cardiovascular training, flexibility static stretching (particularly in the cool down), lateral movement and all fitness work with the ball. Continue player education about nutrition and introduce the concept of rest for recovery.

Players will tryout and are selected to play on teams. Selection process is based on ability, common goals and the ability to commit to achieving the highest levels regionally and nationally. Tryouts will take place on June 13th and 14th. Anyone who has not already signed a year agreement with another club is welcome to tryout. CGASC will follow all tryout, recruiting, release and transfer rules that Idaho Youth Soccer Association implements.

At this level, teams are formed with the common goal of showcasing our players. This requires a great commitment from the player, parents, coaching staff and the club. It is our aim to give one the training, support and guidance needed to be successful.

Guidelines for Players and Parents

Player Conduct

At CGA Academy S.C., every player is expected to conduct themselves in a manner that reflects positively upon one's self, family and the club. All players will adhere to the standards below during practices and during games:

Do your best, work hard and have fun.

• Refrain from lashing out at opposing players, parents, spectators or coaches. Even when you have been fouled or someone is taunting you. Controlling your emotions and your

- reactions is of upmost importance. Fighting and use of mean spirited or foul language is not acceptable behavior.
- Refrain from making comments or gestures that express negative connotations towards the referees. Your focus should be working together with your teammates to achieve the goals of the team. Do not focus your energy on the referee's decisions. Control what you can control.
- Be respectful toward your teammates and coaches. Disagreements will happen. When one works on a disagreement with respect and a positive mentality, disagreements can help the team solve problems and friendships to become stronger.
- Display good sportsmanship. When you win you do it with respect for the other team. When you lose, you don't have to like it but you must show respect for the other team. We will shake hands with our opponents and the referees after the game is over.

Players who can't abide by the above standards may be disciplined by the team coach or by the CGASC Leadership. Helping players to become responsible young adults is important to the club and yes kids will make mistakes. However, the severity and repeated violation of above standards may result in suspension or even expulsion from the club.

Parent Team and Club Support

It is the club's aim to foster a community of support for the club and for our teams. Your active participation is needed as there are always many moving pieces. It takes a community to help individual players and teams achieve their goals. Please let us know if there is a way that you can help us help our soccer community.

Parent Communication

- If you have any questions or concerns, please do not hesitate to contact your team manager, coach or CGASC Leadership.
- During the course of a season, one may disagree with a coaching decision. This is natural
 and it is natural to speak to the coach about it. We ask that you please do this by
 arranging a meeting. Meeting directly before games (coach is preparing) and directly
 after games (reflecting, preparing and emotions still high) are not good times to discuss
 any issues.
- Please do not send long emails or heated ones. Please arrange to speak with the coach, manager or CGASC Leadership in person. It is very easy to misread or misinterpret a message. Especially when you don't already have an established relationship with that person.

Parent Conduct at Games

- We have to set the right example. Please do not address the referee, opposing team's
 players, parents or coaches in a negative, aggressive or confrontational manner. Our
 kids are watching our behavior and will copy us especially in stressful situations.
- Please refrain from coaching your child during games. Players must be focused on the moment and the instructions that have been given to the team. It can become

confusing, frustrating and overwhelming for a player when both parents and coaches are trying to give direction. During games, players must be completely focused on the directions the coach has given the players and the team in order for everyone to be successful.

 Win or lose be supportive to the team and coaching staff. Your coach is 100% committed and devoted to the development of your child and the team. Win or lose they need your support to achieve individual and team goals.

Parent Conduct at Practices

- You are more than welcome to observe your child's practice and to learn more about
 the game. However, at no time should you make any comments towards any players or
 coaches during practice. Practices are a time for coaches to coach, players to learn and
 for the team to continue to bond. Interruptions can hinder the learning process and add
 unwanted pressure to coaches and the players.
- Please help players to be on time to all practices. If players are running late, please notify the coach to warn them. If a player will need to miss a practice, please notify the coach as soon as possible. A couple of days' notice is preferable.

Responsibilities and Conduct of Team Coaches

Safety

Coaches of the club are responsible for following the below safety standards at all times. Coaches will:

- Ensure that the playing environment is safe and that all players have the correct gear in order to participate in games and practices.
- Supervise players at all times.
- Not allow bullying of any kind.
- Follow protocols in the event that a player is missing from the game field or practice field (Appendix B)
- Follow the concussion policy and best practices that Idaho Youth Soccer Association has adopted: www.idahoyouthsoccer.org/education/concussion.aspx
- Coaches will follow the heading policy and recommendations adopted by Idaho Youth Soccer Association: www.idahoyouthsoccer.org/education/concussion.aspx
- Obtain their first aid certification and carry a first aid kit with them at all practices and games.
- Coaches will follow the NOAA Standards for Lightning Safety and protocols put in place by the club (See Appendix C).
- Always carry players' emergency contact and medical release forms.
- In the event of an emergency dial 911.

Player Development

Coaches love the game and they love to impart their knowledge to players. They enjoy setting individual and team goals for everyone to achieve. They enjoy watching those goals come to

fruition over time. Yes they do enjoy winning games, however the process and how you win is of upmost importance. The relationship between a player and coach is one of mutual respect and can last a lifetime.

At CGA Academy S.C. coaches will:

- Design a training environment that is guided by the CGASC curriculum.
- Have fun and nurture the desire to play.
- Teach and model respect, sportsmanship, discipline, preparation and commitment.
- Understand the unique needs and learning styles of each player.
- Design times for the team to bond outside of soccer.
- Build individual and team confidence step by step and over time.
- Keep short term and long term development in perspective with long term.
 Development of the player the priority.
- Know the laws of the game.
- Strive for the highest levels of soccer education and professional development.

Conduct

We expect our coaches to be professionals. CGASC Coaches strive to:

- Be good role models.
- Be Respectful to parents and players.
- Model good sportsmanship towards opposing team's players, parents, coaches and the
 officials.
- Advocate and discipline the team and individual players when appropriate.
- Be punctual and work hard for the team.
- Be honest.

The Club's Responsibility to Coaches and Player Development

The club will:

- Recruit, hire and retain the best staff.
- Provide a club wide curriculum that is age specific and that follows initiatives set forth by the U.S. Soccer Federation's guidelines for player development.
- Provide continuing education opportunities and resources to coaches for expanding their knowledge.
- Support coaches in obtaining and furthering their licensing.
- Provide any additional assistance as needed to help players and coaches develop.
- Network with ODP, colleges and professional clubs in order to showcase teams, players and coaches of the club.

CGA ACADEMY S.C.

Organizational Flow Chart

Executive Team Leaders

Leadership Advisors
Administrative Leader

Boys Regional Team Leader ⇔ Developmental Team Leader ⇔ Girls Regional Team Leader

U9-U18
U5-U8

Team Leaders
Team Leaders

Team Leaders
Team Leaders

Managers
Managers

Managers
Managers

Players/Parents
Players/Parents

CGA Academy SC

Missing Child Protocol

In the event that a child is missing from the game field or practice field, the following sequence of actions will take place.

- Immediately let the senior CGASC staff member know.
- CGASC senior staff member will blow a horn 5 times in a row. This will signal to everyone that a child is missing.
- Coaches will gather players from their team and have them sit down in a row with the coach standing next to the team.
- Coaches are to double check that all players belong in their group.
- CGASC staff will check all restrooms, playgrounds, parking lots and any other area where the child could have gone.
- If child is not found CGASC staff will call 911.
- Game or practice will not commence until the CGASC senior staff has blown the horn for a continuous 5 seconds.