

LIVINGSTON SOCCER CLUB TRAVEL PROGRAM
GUIDELINES & PROCEDURES
GENERAL INFORMATION

PROGRAM INSIGHT

The purpose of the Livingston Soccer Club Travel Soccer Program ("LSC Travel") is to foster organized soccer at a more competitive level. In so doing, we provide the opportunity for the more dedicated and committed Livingston child athlete to develop into the best soccer player possible.

References to a "team" or "Travel Team" mean a team that forms part of the travel program according and pursuant to the rules and procedures as provided in these guidelines. The LSC will form, in its discretion and based on its considerations, as many quality Travel Teams as possible.

COMMITMENT LEVEL

Each athlete must play two (2) full seasons of soccer - Fall and Spring. If an applicant cannot commit to two (2) full seasons of soccer, the athlete should not try out. LSC Travel does not include sponsor nor is accountable for any winter and/or summer team activities (training, tournaments, games, etc.) or any other activities in which members of a team choose to participate as a team or in any other manner.

As you evaluate whether LSC Travel is right for your son and/or daughter, and your family, please note the LSC Travel objectives are to:

- Enable our children to have fun playing competitive soccer;
- Teach good sportsmanship toward teammates and opposing players;
- Provide an ongoing program of high quality, expert professional soccer training for Livingston's more dedicated and committed youth soccer players so that they can become the best players they are willing to work toward;
- Make it more likely that our children will continue to play competitive soccer at higher levels;
- Increase exposure to high school and college coaches.

EXPECTED SCHEDULE

2025 - 2026 Season	Fall	Spring
Practices Begin	Late August	Mid-March
Tournament(s)	TBD	TBD
League Games Begin	September	Early April
Season Concludes	Mid-November	Mid-June

GAMES

Travel team players participate in a competitive New Jersey soccer league. Teams will play in approximately 16 Games & 2 Tournaments (8 League Games in the Fall & 8 League Games in the Spring) Teams typically participate in travel tournaments. Each team is expected to participate in at least two (2) such tournaments.

TRAINING

All Travel Teams are trained by professional trainers and, in most cases, will also be coached by their trainer on game-day. LSC Travel does not require any Winter or Summer training or games. However, Travel teams may sign up for optional programs. The Travel Committee may help facilitate those requests when possible.

All Teams (U8-U15) will receive approximately 60 hours of professional training per year. Approximately 30 hours of training will be given during the Fall season and approximately 30 hours will be given during the Spring. There will be 2 one and one-half hour training sessions per week over the two seasons (the Travel Committee may shorten some training sessions due to Daylight Savings Time or darkness).

CONFLICT POLICY

During the Fall and Spring seasons, athletes may engage in more than one sport. We encourage this, but also stress the two-season commitment to Travel soccer.

It is not the policy of the Livingston Soccer Club to take any position in the event of a conflict in scheduling between (a) any individual soccer game or practice and (b) athletic game or practice. The Livingston Soccer Club believes the decision, in the event of any conflict, rests solely with the player and his or her family.

An athlete should not miss a game in one sport to participate in a practice in another sport. Travel soccer games are once a week (except in the case of make-ups) and generally played on Sundays.

CANCELLATION OF WEEKLY TRAINING SESSIONS

Weather related training cancellations will be determined by a member of the LSC Travel Committee and/or Township officials and conveyed to team managers. The Livingston Soccer Club believes the decision to train on religious holidays and/or other events rests solely with the player and his or her family. Other than LSC Travel game or tournament conflicts, managers and trainers are not authorized to cancel any training sessions.

SPRING-ONLY TEAMS

U8 – U15/16: Based on interest, LSC Travel may offer additional teams to play in the Spring of a given season. These athletes will have a separate tryout at the end of the Fall season. All policies and procedures in these guidelines apply, but cost will be pro-rated for one season rather than two. All players will need to try out to be eligible for the next Fall/Spring season.

U15 – U18: With most of these players currently in high school, the purpose of this program is to allow athletes to continue playing competitive soccer while the high-school soccer season is not in session. All athletes are eligible to sign up and, if necessary, LSC Travel will hold tryouts. Games are on Saturdays and during the week. No games are on Sundays. All policies and procedures in these guidelines apply, but cost will be pro-rated for one season.

PROFESSIONAL TRAINERS AND COACHES

Trainers who possess the requisite experience will train all LSC Travel Teams to teach the necessary soccer skills to these athletes. Before any trainer can train a team, that trainer must be approved by the LSC Travel Committee and meet the necessary requirements of all appropriate national, state, local, and league policy-making bodies.

The trainer will not only conduct practices for the Travel Teams but is also expected to be that team's game-day coach. The trainer's ability to be that team's game-day coach will depend on that team's schedule and that trainer's other coaching commitments. It is the goal of the LSC to have as many games as possible coached by a team's trainer. If that trainer trains more than one LSC Travel team, it will be the sole decision of the LSC Travel Committee to determine which team will be given game-day coaching priority. It is also the goal of the LSC to have as many Travel Teams professionally coached as possible. If a team's trainer cannot attend a game, that game will be coached by a replacement trainer approved by the LSC Travel Committee or the team's managers.

Paid trainers who have direct service contracts with the LSC can be removed by the Travel Committee for good cause with the forfeiture of the remaining balance of their contract. Trainers or coaches who are employed by an independent contractor can also be removed for good cause by the LSC Travel Committee upon consultation with that individual's employer.

FIELD POSITIONS

U8 – U10: All players are required to play every position on the field.

U11 – U12: While players may start gaining an interest in a specific position, they must still play other positions, but can spend the additional time in their specialized position.

U13 – 15: Players are encouraged to play in specialized positions, but it is not required.

It is the goal of the LSC, given this training and coaching, to prepare the soccer athlete for high school competition.

GAME PARTICIPATION

U8 – U10: Players must play at least 50% of each game during all regular season league games and travel tournaments. Coaches are encouraged to play all athletes equally and as much as possible.

U11 – U15: Players must play at least 50% of the total game time during all regular season league games and travel tournaments. This does not necessarily mean that the athlete must play 50% of the minutes of each game, but rather an average for each of the two (2) soccer seasons. All athletes must play a minimum of 25% of each game. However, coaches are encouraged to play all athletes equally and as much as possible.

Should an athlete miss multiple practices without a valid excuse, be excessively tardy to practice on multiple occasions, become disruptive during practices or games, or develop a "bad" attitude the trainer/coach or manager may, at their discretion, take away playing time. The athlete must be given prior notice of this possibility. The team manager must also inform the Director(s) of LSC Travel.

FURTHER INFORMATION

LSC Travel must follow all rules and regulations of the various leagues and associations in which our Teams compete. Should anything in this document be or become contrary to any of those rules and

regulations such rules and regulations will always supersede those of the LSC unless specifically addressed by the Board of Trustees of the LSC.

The LSC's Travel Committee and Board of Trustees reserve the right to modify, update, and amend these LSC Travel Guidelines & Procedures from time to time as the Travel Committee and/or Board of Trustees deem necessary.

We hope these Guidelines have been informative and have acquainted both the athlete and his/her parents with LSC Travel. Travel soccer is exciting, but not intended for everyone. The LSC sponsors the very successful, competitive, and enjoyable single-season Fall In-Town Soccer Program for those not willing or able to make the time and expense commitment of LSC Travel. For those who do meet the requirements outlined in these Guidelines we encourage you to attend the tryouts for LSC Travel. For more information on LSC Travel please visit the LSC web site at www.lsclub.com.

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