



**2024 – 2025 Season**

**PLAYER & PARENT  
HANDBOOK**

**[www.fclakecounty.com](http://www.fclakecounty.com)**



# Table of Contents

# Page

TECHNICAL DIRECTOR'S MESSAGE & MISSION STATEMENT	3
CLUB & PLAYER DEVELOPMENT PHILOSOPHIES & METHODOLOGIES	4
TEAMS	5
COACHING STAFF	5
CURRICULUM	6
PLAYING TIME & PLAYER FEE BREAKDOWN	7
TEAM MANAGERS & TRYOUTS	8
COMMITMENT	9
PLAYERS & PARENTS CODE OF CONDUCT	10
IMPORTANT DATES	11-12
COMMUNICATION	13
VOLUNTEERING, FUNDRAISING AND SPONSORSHIP	14
CONTACT INFORMATION SHEET	15



# TECHNICAL DIRECTOR'S MESSAGE

The beginning of each soccer season brings together a wide range of players, parents, coaches, experiences and new levels of excitement.

Within this document, you will find a general overview of what you can expect from your time within our organization primarily when on the field, but our aim is to offer much more than this. Our club credo is; **Person, Player, Team, Club, Family & Community** and these aspects are at the forefront of every decision we make, in our efforts to create the best environment possible for every child regardless of age or ability level.

Over the course of the season, our team of coaches and Directors will help provide you with a greater understanding on how we want each team to play the game, how we plan on teaching the game and how we can push each player to reach a level beyond their expectation.

We hope you will enjoy partnering with us on this journey!

## MISSION STATEMENT

Our primary mission is to teach players to reach a level beyond their own expectations by developing soccer intelligence & technical competencies. We provide age and ability appropriate instruction to all soccer players through a tiered curriculum that develops a passion for soccer while cultivating positive relationships between players, coaches, and the greater soccer community.



# PHILOSOPHIES & METHODOLOGIES

## CLUB

- Believe in a learning environment, where players are the first priority.
- Believe in the necessity for a structured age and ability specific development plan for each team and player within our club.
- Believe training philosophies and methodologies are designed to help each and every player reach a level beyond their own expectations.
- Believe soccer education must be fostered in a FUN, CHALLENGING and SAFE environment!
- Believe in building mutual respect across players, coaches, referees, and parents.

## PLAYERS

When children play soccer, we recognize they are primarily interested in four components:

- Action
- Personal involvement within Action
- Close scores and competitive opportunities
- Opportunities to reaffirm their relationships with friends.

Through our “Reality Based” training methods, our goal is to develop creative, free-thinking players, who have an understanding of the game to recognize when, where, why and how to take each action and have the technical ability (and confidence) to execute these actions.

To this end, training sessions will be designed around the [“Six Key Qualities of a US Youth National Team Player”](#): Optimal Technical, Game Understanding & Decision Making, Initiative, Focus, Optimal Physical, Responsible (On & Off field).



# TEAMS

Teams are categorized into packages by using levels of play: **Elite** and **Select**

You can find the exact breakdown of each package in our club website's "**Programs**" page.

ALL players are REQUIRED to participate in all seasons in which the team will be competing.

Any player who wishes NOT to participate in a season (for any reason other than injury), must request approval in advance from the Club's Technical Director and Executive Board.

Parents and players should understand that a request of this nature will require the player to still pay the full amount for the 2024 - 25 season and to possibly be moved to a lower competitive level team because of any prolonged absence.

# COACHING STAFF

All FCLC teams are led by our professional coaching staff, licensed through US Soccer.

Each staff coach is managed by one of our Full time Directors:

**Matt Bohmann** (Academy & Girls Director)

**Steve Mason** (Boys Director)

**Jamie Martin** (Technical Director)

Coaches are assigned to teams where we feel their personality, level of coaching qualification and level of experience best suit the development needs of the team at that moment in time.

Each coach works with our Girls & Boys Directors to provide continual player/team evaluations and game day performance updates. Our club's Technical Director (Jamie Martin) oversees the age group Directors and coaching staff as a body of coaches.

All coaches must complete a US Soccer sanctioned Background checks, hold valid Heads Up concussion and SafeSport Training courses, as well as commit to furthering their education. (Biographies of each trainer can be found on our website under the "**Coaching Staff**" menu within the "**About Us**" page).



# CURRICULUM

FCLC believes that players should receive training and playing time in more than one position/area of the field during their development of both individual skills and knowledge of strategies. This will help to ensure that each player becomes more versatile and better prepared to compliment the needs of the team and have a longer standing appreciation for the game as a whole. (Teams with versatile players are capable of remaining competitive in spite of unavoidable injuries, illnesses, and absences as they occur during the season).

FCLC proudly boasts FIVE age specific curriculums:

- Academy Training (5 to 7 year olds - 2019 to 2017)
- U8 (2017)
- U9 & U10 (2016 & 2015)
- U11 & U12 (2013 & 2014)
- U13 to U15 (2012 to 2010)
- U15 (Elite) to U19 (2010 to 2006)

Each curriculum offers a comprehensive overview of training topics, learning outcomes and tactical setups within the **“Six Key Qualities of a Player”** framework. Following the completion of each season and annual soccer season, our coaching staff and Directors meet to review the training and game day performances of each age group to help create ability specific seasonal development plans from which all practice themes are mapped out.

All Elite & High school teams will train THREE times per week within each outdoor season and non high school “Select level teams will be offered a third ‘technical” training session per week Friday’s) in the fall and spring for an additional fee.

The objectives within these sessions are to enhance each player's technical capabilities and tactical decision making, by surrounding themselves with players from different age levels and varying skill sets.

Specialized goalkeeping training will be offered for FREE to players once a week during the fall and spring seasons. The primary focus will be on areas such as: handling, shot stopping, diving, positioning, distribution and communication.

The goalkeeping training dates and times are posted on the Club website under “Programs” - “Goalkeeping”.



# PLAYING TIME

A primary goal of FCLC is to prepare each player to the best of their ability to contribute significantly towards a team role. A key step in meeting this goal is to give every player a chance to play in the game day environment.

For all age groups, differences in playing time are determined by relative player commitment, work ethic/attitude, and skill. Players at the youngest age groups (U8-U10) may expect more equal playing time to focus on building a foundation, while playing time for the older age groups (U11-U19) will be geared more closely to player ability, team and opposition tactics, attendance at practices and the score-line.

# PLAYER FEE BREAKDOWN

When an offer is accepted, a financial commitment to the club must accompany the offer response at the time of the acceptance. An offer is not considered to be fully accepted until the financial commitment has been made via League Apps registration or signing a league commitment form.

## **Age Group/Team Package Overview**

U8 Academy Team - \$850.00  
U9 (Select) - \$1,225.00  
U10 to U15 (Select) Year Round - \$1,625.00  
U12 to U15 (Elite) Year Round - \$1,875.00  
U15 (High School) to U19 (Select) - \$1,300.00.  
U15 (High School) to U19 (Elite) - \$1,475.00  
U15 & Above Midwest Conference team - \$1,600.00

Pay the annual club fee in full.

1. Commit to a club payment plan.
2. Submit a financial aid application (see below) and commit to a club payment plan.

Please note that payments received after the above stated dates may be subject to late fees.

A sibling discount for families with three or more "team" players in the club is available and will be refunded after your last payment is made. Please contact our Club Treasurers for more information. (A more complete overview of our [Payment Policy](#) can be found on our website).



# TEAM MANAGERS

Each team will ask for a parent “volunteer” to help as Team Manager (“T.M”) to support the team's coach. The T.M's role is an administrative only position to help manage game schedules and communicate any logistical information (i.e. tournament play, field directions, player availability etc.).

All our T.M's undergo a background check along with all Safe Sport Training Modules and should promote the clubs philosophies, teamwork, sportsmanship, fair play, and communicate effectively with parents, players, trainers, and the club.

# TRYOUTS

Tryouts are held each year to determine the teams for the subsequent soccer season.

A travel soccer seasons within our program runs:

- Fall (August to November) – 13 Weeks (12 weeks for U8)
- Winter (January to March) – 10 Weeks (13 weeks for Elite MWC teams - Nov to Mar)
  - Nov/Dec to Mid February for HS Girls
- Spring (April to June) – 10 Weeks.

FCLC coaching staff determine player selection based on a set tryout rationale/methodology, in conjunction with a specific age/ability rating system.

Consideration will be given to various factors in evaluating player abilities, including existing player's performance/progression, commitment, attitude and attendance during the most recent season along with performance at tryouts.

We host TWO open tryout dates where all players in an age group tryout at the same time and place, and may also invite new players to attend an additional tryout with a specific team before or after the open tryout week. (This allows us to assess a players ability in a smaller group setting with players which may be a similar ability level, prior to making a final decision)

Tryouts and player selection are led by the club's professional training staff and overseen by the club's full time Director's.





# COMMITMENT

A youth player and respective family is committed to FC Lake County for the entire soccer-playing year (August 1 through July 31) from the time the Club receives a player's acceptance of a roster space as outlined upon the completion of the players registration.

*Please note: Players are not permitted to compete with any other soccer club while registered through the aforementioned dates.*

Notwithstanding the previous information, it is every player's right to be released from the Club at any time except where the player owes debts and/or dues to the Club and/or has equipment belonging to the Club.

In order for a player to be released with regards to the aforementioned scenarios, a player must have paid to the Club the entire amount of dues/debts for the current soccer-playing year as outlined prior to the player's roster acceptance, as well as return to the Club any equipment that they may be using. All fees must be paid before initiating the release of the player and their associated player pass.

The only exceptions to the above are:

- (a) Where a player is injured at an FCLC sponsored game or training session that causes the player to miss 75% or more of the training sessions and games for the remainder of that season (Fall, Winter or Spring), or
- (b) Where a player's home address has changed, and is at least **40** miles further from the Club's primary practice location and home game field, or
- (c) When the club has made the decision that the player's team will not play.

All refund requests should be made in writing to the Club President, Treasurer, and Technical Directors.



# PLAYERS CODE OF CONDUCT

FCLC stands for creative, competitive soccer and good sportsmanship. Your behavior during a training session, in victory or defeat in a game will be “sporting” and dignified.

- You represent FCLC first and foremost and your team second.
- Your language toward referees, officials, opponents and teammates will always be respectful. You will also recognize that the referee is the sole and final authority on the field.
- You will strive to be a team player and must be willing to contribute where the team needs your talent and skill.
- You will work hard and strive to improve your technical skills and athletic ability.
- Any fees associated with players receiving yellow or red cards will be passed onto the family for payment.

# PARENTS CODE OF CONDUCT

- You represent FCLC during a training session and at each game, and you will respect and abide by the decisions and requests of the coach, trainer and referee.
- You will not coach your child or any other child during a training session or in any game situations.
- You will not address the referee or linesman, before, during or after the game.
- While at training sessions or during a game, your comments will be positive and encouraging. You will not publicly criticize trainers, coaches or players, even if the player is your child.
- If you have concerns about training, coaching tactics, or ethics, take the concerns up with your coach. Schedule a conference with the coach, giving yourself at least 24-hours to think about your concerns. If the coach and you cannot resolve the differences, follow the grievance procedure.
- Any fees associated with parents receiving yellow or red cards will be passed onto the individual family or team for payment.
- [CLICK HERE](#) for our Parents Guide to Game Days



# IMPORTANT DATES

## Fall 2024:

Many of our teams play in tournaments at various stages of the season, including many holiday weekends such as Labor Day, Memorial Day and Columbus Day.

At the start of each “outdoor” season, your team coach will send you the specific tournaments your team has been assigned so that you can plan accordingly (U9+ only). Please check with your Team Manager (T.M) or coach throughout the year regarding upcoming events/tournaments, as well as changes to the team’s training schedule and game days.

For the fall season, training begins the week of August 5 and runs until the week of October 28. Teams play an 8-game fall league schedule (6 to 8 games in State Premiership/Midwest Conference) and usually participate in one or two tournaments depending on your package. (Elite teams = 2 tournaments per outdoor season, Select teams = 1 tournament per season, No packaged tournaments for U8 teams)

League games are due to start the weekend of September 7 & 8. Teams can expect to play games on either a Saturday or Sunday and sometimes mid week if needed. Our Team manager will traditionally ask for any black out dates where players are not available and we will do our best to schedule around as many conflicts as possible.

Our High School Boys play for their respective school teams during this season, but we do offer opportunities for our 8th grade boys to play during this season.

## Winter 2024-25:

Winter indoor training and game play runs from January through mid-March for all Select level teams. (HS Girls are MWC level Elite teams will start in Nov/Dec)

Elite & High school teams will train on the turf at the Round Lake Sports Center.

Our goal is to provide all Select teams with at least five of the ten training weeks on the turf and five in a school gym. (Depending on available space, this is not always possible for every team)

Our U8 to U11/U12 Select teams will participate in our in-house “**Winter Development League**” on Sunday’s at the Round Lake Sports Center. Within this program, players will be grouped by age and ability level to create balanced teams using players from each team for the first 5-week session.

Groups will be assigned a team name (still using our regular club uniforms) and will play in a FIVE week mini-season (50 min games) the normal 7v7 format. A league table will be kept with a league winner announced at the end of the season. During the second 5-week session,

players will move back onto their normal teams and play against teams at a similar age and ability level. (This will help players and teams prepare for the spring outdoor season)

U12 Select 1/Elite level teams to U19 teams will participate in the Canlan/Lake Barrington indoor league. Games may start in December or January and run through March

U9 to U15 teams will have the "option" of entering an "additional" league at the Canlan/Libertyville Sports Complex. (Similar to a second tournament in the fall or spring, a team's entry and coaching fees must be paid for by the parents. (A team must have a min. of 10 rostered players and entry must be approved by our club Directors prior to registration)

*Please note: There are at times exceptions to the typical indoor schedule based on the skill level of the team and the best interest of the players.*

### **Spring 2025:**

Spring training begins in April and the 8-game league play (6 to 8 game State Premiership/Midwest Conference) begins in Early-April through mid-June. Teams will participate in one or two tournaments during the spring session depending on their package.

U12 & above Elite teams participate in the Illinois Jr Cup, Presidents Cup or State Cup competitions. Teams who win their age group final, go onto play at Regionals in June. (The competition culminates at a National event for all U13 to U18 age groups)

Our High School Girls play for their respective school teams during this season, but we do offer opportunities for our 8th grade girls to play during this season.



# COMMUNICATION

Our primary method of communication for all club matters is via our online notification system "Team App".

All parents, guardians of players who need to know info on inclement weather affecting practices or games, changes of practice locations or games, and/or various club matters should be registered in the system. (Real time updates are generated via text and emails).

Regular emails are sent out from time to time depending on the nature of the subject matter and specific documents that may need to be attached.

If there are any questions or concerns regarding your child, the team, coaching staff or club programming,, please use the following lines of communications:

Individual Player & Teams Questions:

1. Head coach
2. Boys/Girls Director of Coaching
3. Technical Director

Coaching Staff or Club Programming

1. Boys/Girls Director of Coaching
2. Technical Director
3. Club President

FC Lake County volunteers are as follows:

- President – Richie Armour – [president@fclakecounty.com](mailto:president@fclakecounty.com)
- Treasurer – Dan Sackman – [treasurer@fclakecounty.com](mailto:treasurer@fclakecounty.com)
- Club Administrator – Jen Peyrot – [adminclub@fclakecounty.com](mailto:adminclub@fclakecounty.com)
- Boys Administrator – Rob Erickson – [adminboys@fclakecounty.com](mailto:adminboys@fclakecounty.com)
- Girls Administrator – Anne Sopiartz – [admingirls@fclakecounty.com](mailto:admingirls@fclakecounty.com)
- Technical Director – Jamie Martin – [jmartin@fclakecounty.com](mailto:jmartin@fclakecounty.com)
- Academy & Girls Director of Coaching – Mat Bohmann – [mbohmann@fclakcounty.com](mailto:mbohmann@fclakcounty.com)
- Boys Director of Coaching – Steve Mason – [smason@fclakecounty.com](mailto:smason@fclakecounty.com)
- Scheduling - OPEN – [scheduler@fclakecounty.com](mailto:scheduler@fclakecounty.com)
- A/R Assigner – Mike LaMora – [assignor@fclakecounty.com](mailto:assignor@fclakecounty.com)
- Referee Assignor – Carrie Schinkowsky – [csocref2@gmail.com](mailto:csocref2@gmail.com)



# VOLUNTEERING

FC Lake County is a 501(c)3 organization that relies on volunteers to fill a number of roles on teams or for the club. The following are the volunteer positions available within the Club:

## **Club Board Member Positions:**

- President
- Treasurer
- Club Administrator
- Girls Administrator
- Boys Administrator

## **Coordinator Positions**

- Assistant Referee Assignor
- Scheduler
- Fundraising & Social Event
- Promotion / Marketing

## **Team Positions**

- Team Manager: Team Communications and scheduling (with Technical Director & Director of Coaching approval)

***Please contact any of our Directors if you are interested in a volunteer position with the club. (Contact details can be found on our club website under the "Contact Us" menu.***

# FUNDRAISING & SPONSORSHIP

FCLC offers FOUR levels of Sponsorship packages: Platinum, Diamond, Gold & Silver. You can find a full description of each package along with our current sponsors on our website at the following link: [CLICK HERE](#)

FCLC also hosts a Fundraiser & Social event every 18 months to help generate financial support to assist our scholarship fund, along with the purchase/rental of field equipment (Goals, nets, field paint, portable lights)

We are always looking for volunteers to help spearhead this effort with creative ideas (i.e. golf outings, 3 v 3 tournaments, end of season team parties, etc.).

Please contact a Board member or our Technical Director if you are interested.

# CONTACT INFORMATION SHEET

## **FC LAKE COUNTY**

PO Box 523  
Grayslake, IL 60030  
[www.fclakecounty.com](http://www.fclakecounty.com)

## **I.Y.S.A. (Illinois Youth Soccer Association)**

1655 S. Arlington Heights Rd. Suite 201  
Arlington Heights, IL 60005  
847-290-1577 / <http://www.illinoisyouthsoccer.org>

## **Y.S.S.L. (Youth Sportsmen's Soccer League)**

PO Box 724  
Arlington Heights, IL 60006-0724  
(847) 818-1440 / [info@yssl.org](mailto:info@yssl.org) / [www.yssl.org](http://www.yssl.org)

## **I.W.S.L. (Illinois Women's Soccer League)**

PO Box 68907  
Schaumburg, IL 60168  
847-985-4975 / [office@iwsl.com](mailto:office@iwsl.com) / [www.iwsl.com](http://www.iwsl.com)

## **European Sports (Uniform Vendor)**

830a E. Golf Road Schaumburg, IL 60173  
847-490-9000 / [customerservice@europeansports.com](mailto:customerservice@europeansports.com)  
[europeansports.com/soccer\\_clubs/fclake](http://europeansports.com/soccer_clubs/fclake)

## **American Outfitters (Spiritwear Vendor)**

3700 Sunset Ave, Gurnee, IL.

## **Artrageous Apparel (Spiritwear Vendor)**

1860 N Illinois 83 #123, Grayslake, IL 60030

