**Frequently Asked Questions COMO Junior Sharks**

**Instructional Soccer**

**Where will Instructional soccer be held?**

Soccer will take place at the COMO fields.

**What do I need to bring to each session?**

Please bring a water bottle to each session and a pair of shin guards. Soccer cleats are optional, but please bring an extra pair of sneakers in case inclement weather forces a session indoors. Soccer balls are provided, but your child is welcome to bring their own soccer ball.

**What if there is inclement weather on the day of my child’s soccer session?**

It is possible that weather will force us to cancel a session. If the COMO gym is available we may opt to move indoors. If there is a cancellation or if a session is moved indoors you can expect notification via email. A makeup date will be scheduled for all cancellations. Cleats are not allowed on the gym floor.

**Why are the age groups decided by birth year?**

U.S. Soccer has implemented the standard to use birth years to determine what age group your child will participate in. For more information please visit the US soccer website. As your child gets older if they continue with Soccer the birth years will be more strictly enforced.

<https://www.ussoccer.com/coaching-education/resources/us-soccer-player-development-initiatives>

**Why are there options for both once a week and twice a week?**

Weekday sessions have a focus on skill building. Saturday sessions focus more on scrimmages in which the players will be split into teams and scrimmage each other. Families can opt to attend both days a week or one day based on what works with their schedule. Saturdays typically consist of a warm up and small skill building games to get the players ready. The younger age groups typically do not scrimmage as long as the older age groups.

**What is required of Parent volunteers?**

Parents do not need to have any experience to volunteer for instructional soccer. Volunteers will be guided by the head coach. Their role is to help encourage players and re-iterate the coach’s directions. Volunteering is a great way to get involved! Contact Athletics Director, Sean Tormey, at s.tormey@thecomo.org if you are interested in volunteering.