

EQUIPMENT/UNIFORMS

Cleats, shin guards and water bottle for each practice/game. Sunscreen and bug spray. Long hair should be pulled back with an elastic hair tie.

PLEASE DO NOT GIVE YOUR CHILD SOFT DRINKS DURING PRACTICE

Cleats and shin guards are mandatory for practice and games. Please note that these items are required to help prevent injury to your child. Shorts (for instructional and intermediate black show less stains) Shirts will be provided by the Palmer Soccer Association.

Instructional and Intermediate Players may keep their uniforms at the end of the season. Please wear your uniform to each game.

Please make sure all jewelry, earring, necklaces and barrettes and hair clips are removed prior to practice and games. Players will NOT be allowed to play with them on during games. These could cause injuries to the child or teammate at a practice.

PARENT INVOLVEMENT (instructional and intermediate)

- Attempt to have the children use the bathroom prior to practice
- Keep it positive. We are here to introduce the sport of soccer to the children. To encourage continued participation our goal is to make it FUN for everyone. Get excited about the attempt, not necessarily the outcome.
- At least one parent to volunteer to serve as “team parent”. This person would be responsible to arrange a system whereby each parent would bring a snack and drink for every player to be enjoyed at the end of the game on Saturday.
- Parents are welcomed and encouraged to participate in practice. You too can learn the game!! At the end of the season we will have a parent/child game.
- Spend a little time each day at home with your child working on a particular skill.
- Ask questions

Any other questions contact Michelle Sikes at 413-230-9788 rrmsikes@comcast.net