



BARRIE SOCCER TRAVEL POLICY

Overnight travel to soccer tournaments or regular season games is an exciting, challenging, and broadening experience for players, coaches, and parents. The following travel policy and guidelines provide a foundation for planning and organizing safe and successful team travel.

TOURNAMENT SELECTION

The Barrie Soccer Club Competitive teams will select competitions for ages U13-21 where the best Provincial, Regional, and National teams are participating. Older teams will participate in college showcase events to increase exposure to college coaches.

Coaches will need to receive approval from the BSC Technical Director & Director of Competitive regarding selection of tournaments, and are encouraged to network with other coaches in the club. An estimated travel budget for team expenses for each tournament will be developed by the Team Manager.

GOALS AND OBJECTIVES

Both coaches and parents must recognize and agree with the goals and objectives for travel to a tournament. Mutual understanding of these goals and objectives and their communication to the players is critical for successful travel. These goals include:

- Experiencing a higher level of competition and/or different style of play
- Building team chemistry and morale
- Preparing for Provincial Cup and Regional competition
- Exposure to college coaches
- Learning responsibility while away from home and family

Additional goals, as determined by the coach, may be identified for specific trips, such as an educational and cultural experience combined with soccer.

Preparing to travel:

- An itinerary will be submitted to parents at least five (5) days prior to departure.
- When out-of-town tournaments require air travel, it is preferable that all players, coaches, team managers, and chaperones travel together as a team. If the cost of group air travel is prohibitive, the coach may allow players to travel outside of the group in order to take advantage of less expensive options. Regardless of the method of travel, players must always be accompanied by an adult.
- When traveling as a group, players will wear similar to the Barrie Soccer Club attire.
- All players, coaches, team managers, and chaperones when possible must stay at the same hotel. Some tournaments require that all traveling teams stay at certain hotels. Be sure to check BEFORE reserving rooms.
- If vehicles are rented for team transportation, all players must travel to and from games in the team vehicles. A consistent van assignment for players is suggested, as approved by coach. Players are not allowed to drive team vehicles.
- There is out of town insurance coverage available for players through Ontario Soccer Insurance partner-Ontario Soccer <https://www.hubinternational.com/en-CA/programs-associations/ontario-soccer> Parents are responsible for their own insurance.
- Players whose families will not be attending should make arrangements to stay with a teammate's family. In these cases, a signed letter from the family giving permission should be given to the player.

Team-Paid Expenses:

Coaches Expense and Team Budget Policy

Lead/Head Coaches (without a child on the team) are eligible to budget hotel cost and gas to tournaments only (not league play) that are out of District. The hotel booked for the Lead/Head Coach should be at the same location and the same room type and rate as the team.

Lead/Head Coaches (with a child on the team) can budget up to 40% of hotel cost and gas to tournaments only (not league play) that are out of District. The hotel booked for the Lead/Head Coach should be at the same location and the same room type and rate as the team.

All original Hotel and Gas receipts must be submitted to the Team Manager within 2 weeks of travel.

Volunteer assistant coaches with or without a child should carpool where possible, and room where possible with a coach if they feel the need to save on expenses. They are deemed a volunteer and are not eligible to expense costs related to team travel (e.g. hotel, gas, etc.).

*If the parent group initiates compensation for an assistant coach, this will be deemed acceptable on a tournament to tournament basis, but should not be included in the team budget. The Team budget, built by the Manager and Head Coach, is to be submitted to the Barrie SC by the deadline set by the Technical Director and Director of Competitive Programs for review and approval.

Once the team budgets is approved by the Barrie SC, this policy and approved budget are to be presented to the parent group, whom reserve the right to decline or approve the team budget. The parent group also reserves the right to propose amendments to the team budget if they all agree to the proposed changes.

Under extenuating circumstances, any amendments to the team budget during the season after it has been approved by the Barrie Soccer Club must follow the same steps as per above.

PRE-TRAVEL TEAM MEETING

A team meeting should be held to disseminate information to players, parents, and chaperones about travel plans. The Team Manager should prepare for the meeting by having information on the scheduled tournaments, transportation, and lodging options. During the meeting the team should finalize tournament travel decisions.

- Review the purpose and objectives for traveling to the proposed tournaments.
- Discuss transportation and lodging options.
- Review player, parent, and chaperone responsibilities including the Player Code of Conduct document. Make it clear the players can be sent home at the parents' expense, if club or team rules are broken.
- Distribute estimated cost sheets and payment schedule to parents.
- Fundraising ideas should be discussed if costs are prohibitive.
- Distribute "what to pack" and/or equipment list for players.
- Its recommended to consult with a travel agent for tournaments out of Country and overseas.

RESPONSIBILITIES

Players, Coaches, Managers, Chaperones, and Parents will be held accountable for the following responsibilities.

Player Responsibilities:

Participation in an out-of-town soccer tournament is an opportunity for players to gain valuable playing experience and for teams to compete against teams with different playing styles of soccer. Players must be aware that their behavior is a reflection of the Barrie Soccer Club and as such, must conduct themselves in the most appropriate manner at all times. In addition, players are to follow all of the coach's, Team Manager's, and chaperone's expectations related to playing soccer, team activities, and free time.

- Players will adhere to check-in, games, and team activity times and locations established by the coach, Team Manager, and chaperones. A buddy system is required at all times. Players will remain in groups of no less than three whenever leaving the hotel, field, or away from the rest of the team. No one goes anywhere alone.
- Soccer balls are not to be kicked in rooms or halls. Do not run or yell in the halls. Do not "joy ride" in elevators or roam the hotel halls.
- Team "sleepovers" will not be permitted, regardless of whether or not the team has been eliminated from the tournament. Player get-togethers should take place in meeting rooms, lobbies, restaurants, or other spaces large enough for the whole team.
- If something breaks, tell a Team Manager or chaperone.
- Players will receive prior approval from the coach, Team Manager, or chaperone for all excursions away from the team. Communication will be clear about which players will be together, where they will be going, and when they will be returning.
- Players will attend and be on time to all team functions unless previously excused by the coach, Team Manager, or chaperone.
- When players are dining together they are allowed casual wear, ex- a sweater or T-shirt with the Barrie logo, or their tracksuits.

- Players will adhere to all curfew expectations.
- ONLY players, chaperones, and family members from the same team will be allowed in a player's hotel room.
- No consumption or possession of alcohol, marijuana, tobacco, or illegal substances is allowed.
- No vaping is allowed.
- Players who participate in inappropriate or illegal behavior are subject to disciplinary action by the coach, and or Board Member of the Barrie Soccer Club and or Barrie Soccer Club Discipline Chair.
- Players sent home will be at parents' expense.
- Coaches may choose to collect player cell phones each night before curfew. If phones are not collected, players must agree to keep them turned off overnight.
- Laptops and other electronic devices with internet access should be turned off at curfew and remain off overnight.
- No charges (including telephone service or pay-per-view movies) to a team room are allowed unless there is prior approval by the coach or Team Manager. Cell phones or pre-paid calling cards are recommended to facilitate calls home.

Coach Responsibilities:

The prime responsibilities of a coach encompass all activities related to soccer including player safety. In addition, they are required to work closely with the Team Manager and chaperones regarding team activities, supervision, and player behavior. Their responsibilities include:

- Create a detailed itinerary to coordinate travel plans, meeting times, team functions, meals, group departure for game times, free time, etc.
- Distribute "performance diet" or other pre-tournament dietary expectations.
- Coordinate with the Team Manager which parents will be acting as chaperones, if applicable. In addition to the coach, the minimum is two chaperones per team (typically Team Manager or acting Team Manager and another parent). All chaperones must have Washington Youth Soccer Risk Management Assessment clearance.
- Decide player room assignments, where applicable.
- Be fully aware of all game times and locations and communicate such information to players and chaperones.
- Inform all players and chaperones of pre-game meeting and practice times and locations.
- Be available at all times to assist players and chaperones.
- Inform Team Manager/chaperone of their whereabouts at all times.
- Plan departure times and meeting places for all games.
- Set expectations and activity limits (for example, swimming in the hotel pool) to ensure that players are rested and mentally prepared for tournament competition. The time of curfew is determined by the coach.
- No consumption or possession of illegal substances is allowed. Coaches may not consume alcohol or be under the influence of alcohol, marijuana or use tobacco while in the presence of players and must always follow the Barrie Soccer Coach's Code of Conduct.

Manager/Chaperone Responsibilities:

Team Managers or chaperones assume a major responsibility for player organization, safety, and supervision. By agreeing to accompany a team to an out-of-town tournament they should be fully aware of their duties.

- EACH adult must submit a background check and obtain Risk Management Assessment clearance through Barrie Soccer Club prior to travel.
- Ensure players travel in groups of no less than three.
- Ensure the location of players under their supervision and time of return.
- Enforce all curfew expectations set by the coach.
- Ensure players attend all organized team functions including departures, arrivals, games, and practices.

- Enforce all expectations and policies for players set by the coach and the club.
- Post a copy of the team itinerary inside each room and update with any changes.
- Be fully available, at all times, to assist players.
- Hold all copies of insurance, emergency contact list and medical forms for players & coaches under their supervision. Be aware of any allergies a player may have that could affect eating out. Ensure that a player with an allergy has an EpiPen available at all times.
- Be aware of all medical needs and prescription medications of players under his/her direct supervision.
- No consumption or possession of alcohol or illegal substances is allowed. Managers or Chaperones may not use tobacco, alcohol and marijuana while in the presence of players and must always follow the Barrie Soccer Parent Code of Conduct.
- Managers or Chaperones are responsible for or assigning responsibility for:
 - Laundry – Getting uniforms and warm-ups washed and dried between games. Make sure un-numbered uniform pieces are marked with the player's name or initials.
*Tip: Zippered laundry bags, such as for delicates, permanently marked with names or player numbers work well to keep each player's unmarked clothing items together during laundering.
 - Team meals – Research local restaurants for cost and capacity and making reservations if necessary. The team should eat together. Managers or Chaperones should also find the nearest grocery store and coordinate trips for snacks, etc.
 - Drivers – Rent and drive team vehicle if necessary. Players are NOT allowed to drive at anytime.
 - Medical Kit – A fully stocked medical kit should be with the team at every game and available at all times.
 - Water – Some hotels will provide access to a kitchen or other area for ice and water to fill water bottles or bottled water may be purchased. Encourage the players to hydrate before and after the games.
 - Curfew – Coordinate with the Team Staff to see that all players comply with curfew expectations.
 - Injuries – Take care of sick or injured players at the hotel or fields.
 - Behavior – All Managers or chaperones will demonstrate expected behavior at all times and will ensure that the players do the same.

Parent Responsibilities:

It is expected that parents will assist the coach, Team Manager/chaperone for player organization, safety, and supervision. Parents who travel to out-of-town tournaments should be fully aware of their responsibilities. Ensure players travel in groups of no less than three.

- Enforce all curfew expectations set by the coach.
- Ensure players attend all organized team functions including departures, arrivals, games, and practices.
- Enforce all expectations and policies for players set by the coach and the club.
- Post a copy of the team itinerary provided by the Team Manager or chaperone inside each room and update with any changes.
- Be aware of all medical needs and prescription medications of players under his/her direct supervision. Be aware of any allergies a player may have that could affect eating out. Ensure that a player with an allergy has an EpiPen available at all times.
- No consumption or possession of alcohol, marijuana and illegal substances is allowed in presence of players.
- Always follow the Barrie Soccer Parent Code of Conduct.
- Parents are responsible for assisting or assigning responsibility for:
 - Laundry – Getting uniforms and warm-ups washed and dried between games. Make sure un-numbered uniform pieces are marked with the player's name or initials.
*Tip: Zippered laundry bags, such as for delicates, permanently marked with names or player numbers work well to keep each player's unmarked clothing items together during laundering.
 - Team meals – Research local restaurants for cost and capacity and making reservations if necessary. The team should eat together. Chaperones should also find the nearest grocery store and coordinate trips for snacks, etc.

- Drivers – Rent and drive team vehicle, if necessary. Players are NOT allowed to drive at anytime.
- Medical Kit – A fully stocked medical kit should be with the team at every game and available at all times.
- Water – Some hotels will provide access to a kitchen or other area for ice and water to fill water bottles or bottled water may be purchased. Encourage the players to hydrate before and after the games.
- Curfew – Coordinate with the Team Manager or chaperone to see that all players comply with curfew expectations.
- Injuries – Take care of sick or injured players at the hotel or fields.
- Behavior – Parents will demonstrate expected behavior at all times and will ensure that the players do the same.

GENERAL TRAVEL TIPS

- Prior to travel, obtain, copy, and distribute to parents and players all available tournament information.
- If the team is traveling together by air, the Team Manager should reserve a block of seats at the best rate available for the team, coach, Team Manager, chaperones, and any parents who will be traveling with the team.
- When flying, set a departure meeting time and place for all players, coaches, and parents to gather before check-in. Find out in advance what type of photo ID will be needed for check-in. Player cards may be sufficient.
- Have the Team Manager or a chaperone hold all tickets for group check-in and boarding passes, if applicable. Do not allow players to keep their own tickets.
- Allow adequate time for security clearance, etc.
- Confirm in advance any carry-on and check-in baggage limitations. Players should put uniforms and all other game related equipment in carry-on soccer bag.
- Find out about other big events in the same area as the travel destination. This might affect cost and lodging availability.
- The Team Manager should reserve a block of rooms at the best rate available, well in advance of the travel dates, for the players, coach, Team Manager, chaperones, and any parents who want to stay at the hotel. Try to find hotels that include breakfast.
- Parent room confirmations may require personal credit card numbers to be called in to the hotel in advance. Team (player, coach, team manager, and chaperone) rooms can be reserved using the team debit card.
- When players travel without their parents, the coach will assign roommates.
- Players and parents should double-check that players have packed soccer uniforms and all game related equipment, (i.e. tape, shoes, shin guards, etc.)
- Players should also pack for potential inclement weather conditions (e.g. gloves, hats, extra socks, etc.).
- Team Manager and coach will plan eating schedules around game times.
- For telephone calls, players should have a prepaid telephone card or cell phone.
- Players should not carry large amounts of cash.
- Assure the team has adequate first aid supplies.
- Player's name should be on all items of value, including clothes, cameras, etc. Have all bags marked for easy identification.
- After arriving at the hotel, have someone do a test drive from the hotel to the game location to get a good idea of travel time.
- Call ahead to restaurants to make arrangements for team meals. The Team Manager will coordinate team meals that are brought into hotel or at tournament.
- Upon hotel or housing arrival, have HBO and Pay-per-View channels disabled.
- Have three keys made per room. One copy for chaperone/coach and two for players.
- Coach, chaperones, and players should keep a roster with cell phone numbers with them at all times.

EXAMPLE EMAIL

Use the following example email as a template to be sent out to all players and parents every time we travel or have a local tournament:

SCHEDULE:

For lights out/wake up times, check in with your room captains for instructions from our chaperones. The times are non-negotiable and my expectation is that you are taking ownership and accountability for this. Hold yourself accountable, put the cell phone on silent, and blackout your windows if you have to.

Thursday

Thursday Bed: 9:30pm
Lights Out: 10:00pm

Friday

Wake Up: 6:45am
Match: 10:00am (Home) Field 11 South
Friday Bed: 9:00pm
Lights Out: 9:30pm

Saturday

Wake Up: 5:45am
Match: 8:45am (Away) Field 6 South
Match: 12:30pm (Home) Field 9 South
Saturday Bed: 9:00pm
Lights Out: 9:30pm

Sunday

Wake Up: 7:00am
Semi-Final Match: 10:00am Field 3 North or 10 South
Final: 1:45pm Field 8 South

MEALS:

Below is your nutritional guide. Apply this program the night prior to our first match starting with dinner. I understand you might get bored of the repetitive meals, but your body needs proper fuel to compete at optimal levels.

Water: The average teen soccer player will lose 3-5 pounds per match...of sweat! That means you need to drink 1.5 times that amount to replenish. Bodybuilding.com has made it very simple to figure out how much water you should be consuming daily. Make sure to click "Pounds" and "More than 1 hour". My daily intake at 186 pounds is 148 ounces. Because this doesn't factor in the intensity of a workout, you'll want to consume additional water until your urine is clear and odorless. Even a little yellow means you're still dehydrated.

Breakfast: (3 hours prior to match) Fruit (Bananas, apple, orange, pineapple), bagel with peanut butter, and Greek yogurt/granola-oats & honey. Add 2 pancakes or waffles if you are still hungry. + 2 quarts of water.

Pre-Game Snack: (45-60 min. prior to match) 2 pieces of toast with peanut butter + 1 quart of water.

Post-Match Recovery: (10-30 minutes after match) 16 ounces of chocolate milk + 12-16 ounces of orange juice + 1 quart of water + Bagel w/ peanut butter + banana

Lunch: (Immediately following Post-Match Recovery if you are in-between games) No fried foods. No fast foods. No red meat. Turkey, tuna fish, or chicken sandwich heavy with vegetables, fruit (same options as breakfast), and graham crackers/animal crackers (yes...easily digestible and your body will thank you!).
+ 2 quarts of water.

Dinner: (3 hours prior to match) Salmon or Chicken + 2 tablespoons of Flax Seed or Chia Seeds included in your olive oil salad dressing. These options are very rich in Omega 3's (approximately 2000mg of O-3), brown rice, steamed broccoli, salad + vegetables with Olive Oil dressing.