



Fall Soccer 2025 And Bumblebee Soccer

Dear Parents:

May 2025

The Child & Youth Services (CYS) Sports & Fitness staff welcomes you to the 2025 Spring Soccer Program. This letter will answer some general questions you may have about the program.

CYS Sports hosts a **RECREATION LEAGUE** that is inclusive of all youth who want to learn the fundamentals of the game and to have fun.

Any further questions may be addressed to the Sports & Fitness Director or our amazing sports staff. We encourage parents to become involved in our recreational sports program by being a coach, team parent, or aiding staff on game days.

Ages & eligibility: A child must be 3 years old and no older than 15 years of age by Sept 06, 2025, to play. The team ages will be divided as follows: 3-4, 5-6, 7-8, 9-11, and 12-15.

Current sports physical: A Sport physical with the doctor's medical stamp is good for 12 months. To keep your child's sports physical current through the end of the sport season, you will have 10 days from the date of expiration to provide parent central with a new sports physical. The end of soccer season will be **Oct 4, 2025, for Bumblebee soccer** (3-4-year-olds) and **Oct 11, 2025, for 5 years and up**. Parent Central will accept a copy of the medical form you may have obtained for school, provided it has the required documentation on it, and you attach it to the *CYS Health Assessment/Sports Physical Form* and fill out the front and sign the back.

Placement Requests:

1. Bumblebee (ages 3-4yr) may request a practice time of 1630, 1700, 1730, or 1800.
2. Soccer (ages 5-8yr) may request a practice time of either 1700 or 1800.
3. Soccer (ages 9-15yr) will have assessments conducted for team placement.
 - a. The assessments will be on July 31 & Aug 01, from 5-7pm at the *CYS Sports Fields* behind the *Parent Central Services Bldg. 2295 on Lewis*. You do not need to come on both days.
 - b. You can come anytime between 5-7pm either day. Once your child has gone through all stations, you may leave.

We will do our best to accommodate requests for the 3-8yr olds, but we cannot make guarantees.

PRACTICES: The days and times are 2 times per week between 1700 and 2000. *CYS Sports* is limited to three hours per week including practices and games.

PARENT MEETING:

Your parents' meeting will be conducted at the first practice.

*****During practice and games, the parents/guardians are responsible for the supervision of the siblings that are not participating in the sporting activity. **Pets are not allowed on any CYS or Adult sports fields on JBLM.** **No smoking or vaping within 50 feet of the fenced area for the field. *****

Games: Games will be played Saturday's beginning on **Sept 06, 2025**, and will continue through **Oct 04, 2025**, Bumblebee Soccer and **Oct 11, 2025**, for ages 5 - 15 years. Your child's coach will have the game schedules by the 2nd week of practices.

Snacks: A list of acceptable snacks will be provided for your coach. Please adhere to the suggestions as we are trying to encourage healthy habits at a young age. Snacks should be nutritious in content. Please dispose of snacks in designated trash cans located near the bleachers.

Fees: Your registration fee is regulated by Department of the Army (DA). This fee covers medals, and certificates. This fee also helps offset costs for field maintenance, labor, and official's fees.

Volunteers: In order to coach or assist a team, background clearance and a coach's certification training is **mandatory**. Discounts for volunteer head coaches and assistant coaches participating in any CYS sport in any given season are authorized, once a **background check is cleared (2-6 weeks from time you turn in) and NAYS & CYS training are completed**. Please contact the CYS Sports Office if you are interested at (253) 967-2405.

UNIFORMS: If we can get sponsors, then our athletes will be able to keep their T-shirts or jerseys. **Shin Guards are MANDATORY**, and cleats are recommended.

Appropriate Conduct: Parents and coaches are reminded that comments should be kept to a minimum and foul language will **NOT** be tolerated at the games. Adherence to the Parents Code of Ethics will be enforced. Incidents of inappropriate behavior will be reviewed, and corrective action will be taken. Remember to role model Pursuing Victory with Honor - Character Counts both on and off the field.

For more parent information, please go to the following website:

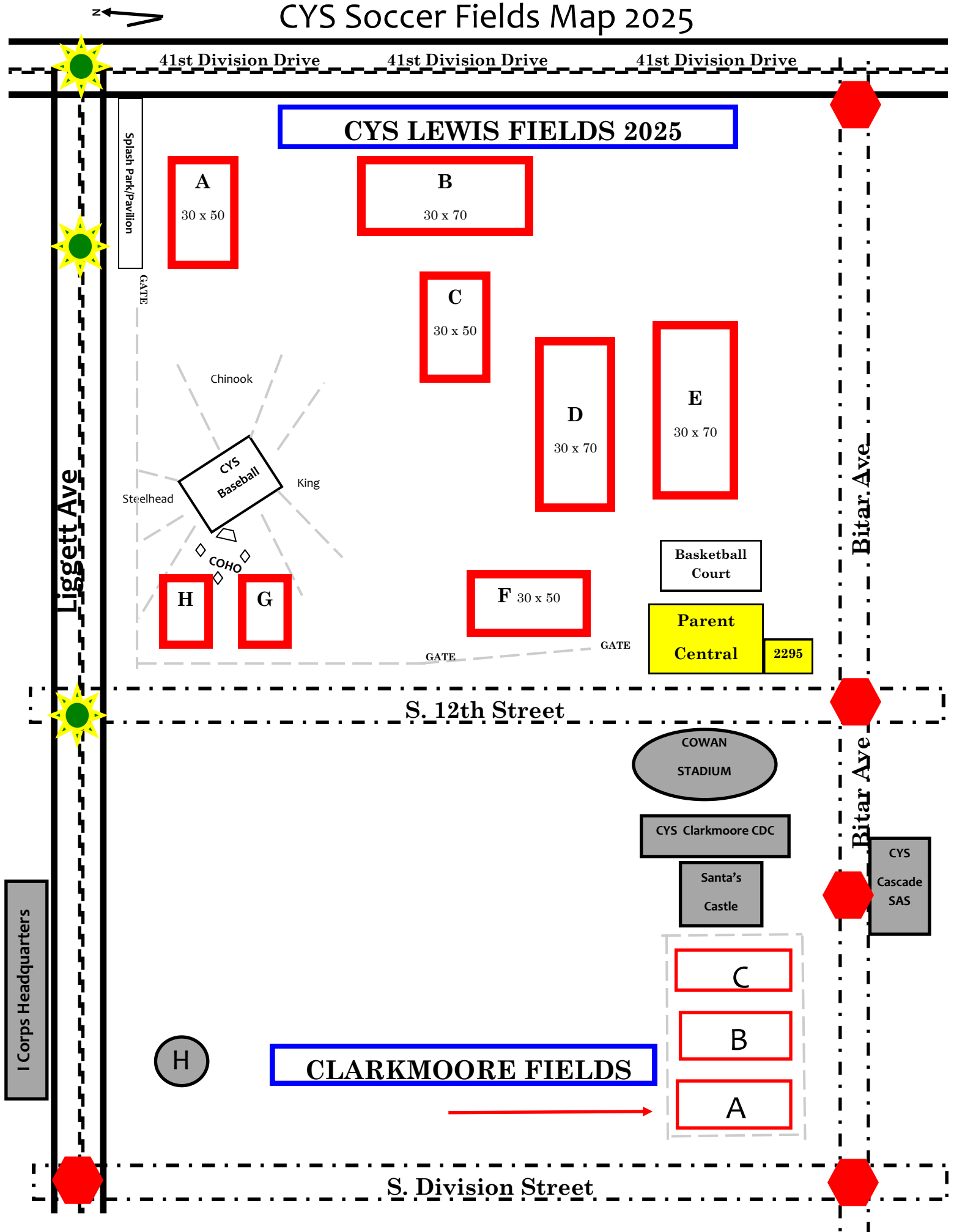
<https://jblm.armymwr.com/programs/youth-sports>

The CYS Sports & Fitness team thank you in advance for your support. (253) 967-2405 office

CYNTHIA
CYS Sports & Fitness Director



CYS Soccer Fields Map 2025







Lewis North Athletic Complex 14th St, Lakewood, WA 98498

Adult Sports Soccer Fields



DIRECTION TO RAINIER FIELD FROM

I-5, Bridgeport Way, Exit 125

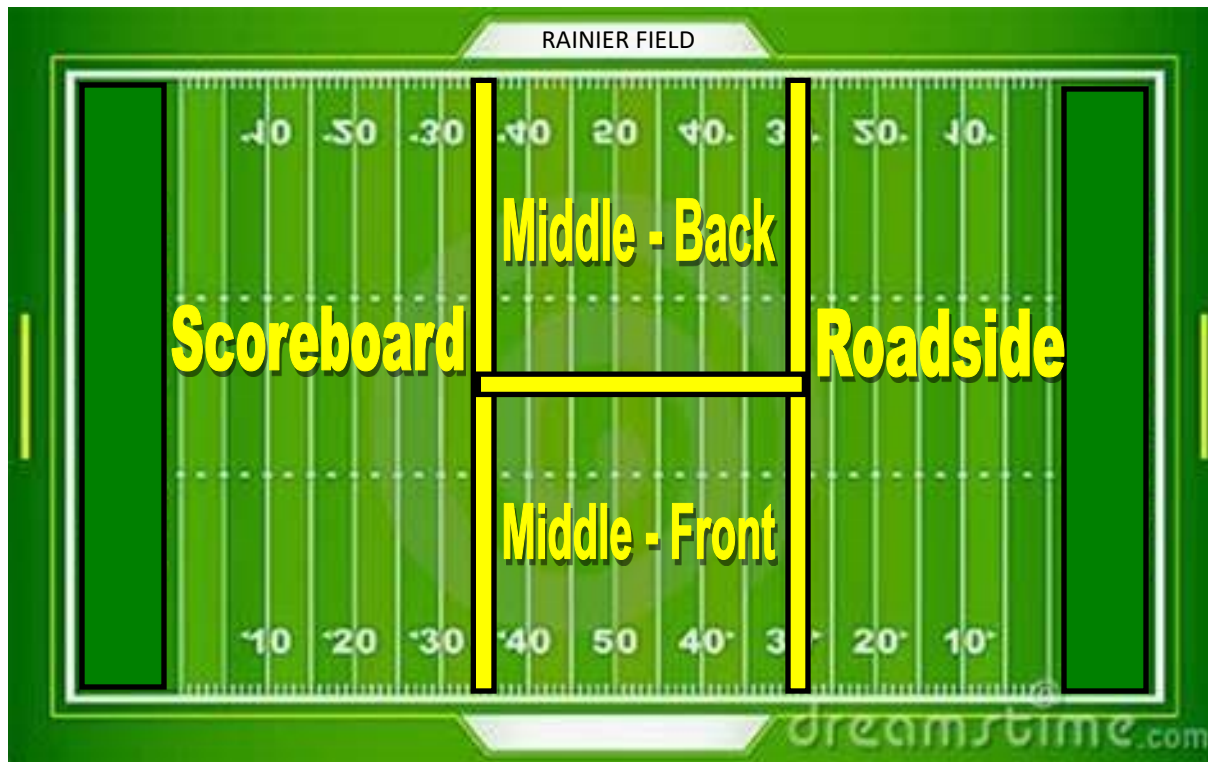
- Follow I-5 to Bridgeport Way SW in Lakewood, WA.
- Take Exit 125 for Bridgeport Way toward JBLM McChord Field.
- Continue on Bridgeport Way SW until the road changes names to Fairway Rd, just before the Visitor's Center and the gate.
- The Visitor's Center will be on your left, just before the gate. This is where you need to stop and get your passes.
- Once you have a pass, continue on Fairway Road and through the gate. Fairway Road will take a split to the right just past the gate, but you need to continue straight where the road will change names to Colonel Joe Jackson Blvd.
- You will then need to take the next right onto Warehouse Rd. (This is before the redlight at the intersection of Col Joe Jackson Blvd and Barnes Blvd. If you are at the redlight, you need to turn around and go back to Warehouse Rd.)
- Once on Warehouse Rd, take the first left and follow the road till it dead ends into a parking lot.
- You will have arrived at **Rainier Field at JBLM - McChord Air Force Base.**

CYS SOCCER PRACTICE AT RAINIER FIELD

COL JOE JACKSON BLVD.

WAREHOUSE RD.

BARNES ROAD



Roadside

Restrooms



PARKING

Soccer Rules

Our **CYS Soccer program** is a true recreational league for any player whether a beginner or a more talented player. Our guidance is for our players to **learn the basics** of the game and to have **FUN!!** These rules are designed to allow all participants equal opportunity to have fun in modified forms of soccer, which match the capabilities of the youth. **We are looking forward to a safe, fun, positive, and memorable season. Thank you for your participation!**

1. Parents and coaches are **expected to render positive support** to all youth in the program, as well as to other coaches, officials, staff, and program volunteers. Your coaches will be giving you a Parents Code of Ethics that will need to be signed for your children to participate.
2. **Rules:** Play will be conducted in accordance with the National Federation High School rules, and as modified in this Standing Operating Procedure (SOP) and/or Amendments.
3. **Age Classifications:** Children must be 3-15 years of age.
Ages are determined by what age the player is **on the first game** scheduled for the season.
Players may play up in the next age group but on space available and Director's approval.
Ages are: 3-4, 5-6, 7-8, 9-11, and 12-15
4. **Ball size:**

3-6 yrs.	#3
7-11 yrs.	#4
12-15 yrs.	#5

Game Balls will be provided by teams.
Use best ball available & Referee determines which one to be used.
5. **Number of Players:** (both teams should have an equal amount of players on the field and can share players to keep same)

a. 3-4 yrs.	6 players
b. 5-15 yrs.	7 players
6. **Coaches on Field:** 3-4-year-old and 5-6-year-old teams ONLY!
 - a. 2 Certified Coaches from each team are always allowed on the field (1 on each end)
 - b. Can NOT interfere with direct play of the ball or assist players on getting to the ball.
 - c. Coaches will officiate their games for this age group and confer with CYS staff when needed.
 - d. Coaches help with throw in at corner, sideline and goalie (show where to stand and technique)
 - e. No goalie's for 3-4 Bumblebee games.
7. **Coach's & Parents** are also teachers that role model good sportsmanship to our children. Please review your signed code of ethics.
 - **Do NOT argue with the Officials, Sports Director, or Staff on Duty.** Questions, concerns, and suggestions can & will be handled later away from the children. Please discuss your concerns with your child's coach first. **DO NOT CORRECT NOR TRY TO GIVE DIRECTION TO A CHILD THAT IS NOT YOURS!** Please direct all concerns to your coach or another CYS Sports staff on duty.
 - **Unruly, unsportsmanlike behavior** will **NOT** be tolerated, and you **WILL** be asked to leave.
 - Remember, that children are watching and that you are a "Role-Model"!
 - The referee's decision is **final and not to be questioned.** **Parents are not authorized to approach an official before or after the game.** Please see your coach if you have any questions regarding officials and their calls. You may **write up your concern & email it to the Sports Director for follow-up** at the email address found at the bottom of this page.
 - **Unruly, unsportsmanlike behavior** will **NOT** be tolerated, and you "may" be asked to leave.
 - **If a parent receives a RED card for a Disqualification or Ejection**, then **ONLY the Parent**, not the coach will be asked to leave the vicinity. You have 1 minute to leave, or a team forfeit will result. We do not want to punish the team or coach for inappropriate adult behavior. Please avoid this by remembering that this is a recreational league and that **no profanity or inappropriate behavior will be tolerated.**
 - **Should an official eject a coach, parent, or player**, the CYS Staff will be responsible for ensuring the person is escorted off the field.
 - The official should return to the center of the field and remain a neutral party until the removal is completed.
 - We play in a "Recreation" league so please emphasis safety, sportsmanship, team play, and good attitudes.
 - Please help us to **provide a safe, positive, and fun environment** for our youth.
8. **Game Day/Team Sides:** Will be designated by on-site coordinator. PARENTS - Please bring your own chairs for sanitation purposes. **PLEASE help to pick up trash as needed and put in proper receptacle!!**
9. **Game Duration:**

3-4 yrs.	25-35 minutes MAX field time (Coaches decide on half time and if done early)
5-6 yrs.	Two <u>20</u> minute halves with a <u>5</u> -minute half-time intermission. NO Overtime
7-15 yrs.	Two <u>25</u> minute halves with a <u>5</u> -minute half-time intermission. NO Overtime

10. Playing Bylaws (exceptions to High School rules):

- a. There are **no "offsides"** in **3 - 8 yrs.**
- b. For "**Free Kicks**", opposing players must be at **least 6 yards** from the ball.
- c. **Penalty** Kicks are done in ages **9 - 15 yrs.**
- d. All free kicks including the penalty kick is "**Indirect**" for ages **3 - 8 yrs.**
- e. **Timeouts:** none as in HS rules
- f. **NO HEADERS** allowed in any age group.



11. SLIDE TACKLING: **NOT Allowed at Ages 3 - 8 yrs.**

Sliding is allowed at other ages **unless safety or rough play** is result. Play is official's judgment & discretion.

12. Goalie Rule for 5-6 yr. ONLY: **ONLY the goalie is allowed to play the ball inside the 10' x 10' goalie box (approx.).** This is for safety. Offense can only kick the ball outside this area. Referee may sideline the offender for short time and if contact is intentional or flagrant, offender may receive a yellow or red card. **SAFETY FIRST!!**

13. Player's Equipment:

- a. Players **should** wear their team jersey, shorts or sweats without pockets, socks that cover shin guards.
- b. Acceptable soccer shoes are made of one-piece molded rubber or plastic cleats.
- c. No metal cleats or plastic cleats that screw on. No toe cleat.
- d. Soccer shoes are **not** mandatory, but highly recommended.
- e. There must be **no metal** or other hard object worn on the body unless properly padded & approved.
- f. Objects worn on the wrist, ears, or around the neck **must** be removed.
- g. Taping of earrings is NOT allowed.
- h. Exception: Medical I.D. allowed.

14. Substitutions:

- a. Substitutions are made with the **consent of the referee.**
- b. The game will resume after **all** substitutions have been made. The clock is running, so please HUSTLE!!
- c. Substitutes are **ALLOWED** after (1) each goal, (2) your own corner kick and throw in, if team with possession of ball subs, opposing team may also sub, (3) and injuries.
- d. Subs must be ready and standing at the center line on their side of the field.

15. Officials:

- a. One (1) referee is used per game. If for some reason the game referee **does not show**, a **neutral** coach or parent may officiate the game, **providing both coaches agree.**
- b. Two (2) **linespersons** are used per game when possible, with 9-15 yrs.
- c. **Coaches** should **encourage** players, parents, and other spectators to **remain behind the restraining line.**
- d. Linespersons **inform the referee when substitutions** are desired by coaches and direct such substitutes to the **midfield line.**

16. Injuries:

- a. Players injured during practices or games, and **treated by a physician**, must receive a **written release from the physician** allowing the player to return to active participation in the practices or games.
- b. Players injured during practices or games, which do **not** require treatment by a physician, may re-enter the practice or game when the coach determines that the player can perform at the same level as reached prior to injury.
- c. Players receiving **injuries requiring a cast** (a rigid dressing usually made of gauze and plaster as for a broken bone) are **allowed to participate** in practices or games if the **cast is padded properly for protection of both the player and others.**

17. 3-4 yr. Skills Development: Throw-ins are not mandatory, **NO Goalie**. Parents & Coaches can stand on sideline and keep ball in play by gently kicking or blocking, Coaches will referee and keep time. You have 30 - 45 minutes starting at game time.

PLEASE KEEP THE MOST CURRENT COPY WITH YOU AT ALL TIMES FOR REFERENCE AND REMINDERS.

Any questions, concerns, problems, injuries, or positive suggestions please email the JBLM Sports & Fitness Director at cynthia.a.williams-patnoe.naf@mail.mil or call our JBLM sports office at 253-967-2405. We are looking forward to a safe, fun, positive, and memorable season. Thank you for your participation!

Please be a "Volunteer" & Thank a VOLUNTEER!

Our Amazing CYS Sports STAFF: (253)-967-2405

JBLM Sports Director: Cynthia

Equipment & Facilities Assistants: Todd & Marty

Sports Specialist: Nakita, Caitie, & Mia

Fitness Specialists: Justin & Genia

Administrative Assist: Helen

Website: www.JBLMMWR.com/CYS

Healthy Snack Ideas

The key to healthy snacking is in providing a balance of food choices that the children can enjoy. Make it a point to read the Nutrition Facts Label that now appears on most processed or prepared food products. These labels provide useful information about serving size, total calories and calories from carbohydrates, protein and fat along with information on the other nutrients contained in the food. In addition to the nutrition facts label, food manufactures are now required to list on the label, in descending order, the weight of all ingredients in a food product. Try to select snacks that do not have sugar, salt or oils listed as the prime ingredients.

Guideline and Suggestions for Healthy Snacks:

1. Prepare snacks that are kid-friendly. When serving fruits and vegetables offer them in bite size portions. Some fruits and vegetables such as apples, pears and carrots can be cut up into sizes that children can easily manage. Try to prepare snacks in advance.
2. Select only juices that are 100% juice. All fruit drinks are now required to have a list of the ingredients on the label. Many products that advertise themselves as fruit juices contain no more than 10% juice. Avoid soft drinks.
3. Limit cookies, doughnuts, brownies and other baked goods. Instead serve bagels or rice cakes. Children also enjoy mixing several types of ready to eat cereals together for a snack.
4. Limit chips and other salty, high fat snacks. Instead, offer baked pretzels, air popped popcorn, dried fruit, dry cereal, granola and whole grain crackers.

Snack Ideas

Apple Chips/Baked Chips

Ritz/Wheat Thins

Fruit Juices

Whole grain crackers

Muffins

Bagels

Cheese Sticks

Dried Fruit

Rice Cakes

Fresh Fruit Slices

Trail Mix

Bread Sticks

Ready to eat cereal mix

Baked Pretzels

Real Fruit Roll-ups

Animal Crackers

Granola Bars

Cheese & Crackers

Raw Vegetables

Beef Jerky

Fruit Bars

DON'T GET CAUGHT OUTSIDE

No place outside is safe when a thunderstorm is in the area. Get inside as soon as you hear thunder. Run to a substantial building or hard-topped metal vehicle as fast as you can. If you can't get to a safe building or vehicle:

- ✓ Avoid open areas. Don't be the tallest object in the area.
- ✓ Stay away from isolated tall trees, towers or utility poles. Lightning tends to strike the taller objects in an area.
- ✓ Stay away from metal conductors such as wires or fences. Metal does not attract lightning, but lightning can travel long distances through it.
- ✓ If you are with a group of people, spread out. While this actually increases the chance that someone might get struck, it tends to prevent multiple casualties, and increases the chances that someone could help if a person is struck.

IF SOMEONE IS STRUCK

Cardiac arrest is the immediate cause of death for those who die. Lightning victims do not carry an electrical charge and may need first aid immediately.

- ✓ Call for help. Call 9-1-1.
- ✓ Give first aid. Begin CPR if you are trained.
- ✓ Use an Automatic External Defibrillator if one is available. These units are lifesavers!
- ✓ Don't be a victim. If possible, move the victim to a safer place. Lightning CAN strike twice.

ORGANIZED OUTDOOR ACTIVITIES

It's essential that people in charge of organized outdoor activities understand the dangers of lightning and have a lightning safety plan. Don't be afraid to ask. If you hear thunder, it's time to get to a safe building or vehicle. Speak out!



LEARN MORE ABOUT LIGHTNING SAFETY AT:

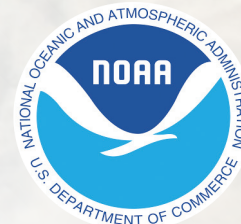
www.weather.gov/lightning

NATIONAL WEATHER SERVICE



LIGHTNING SAFETY

FOR YOU AND
YOUR FAMILY



WHEN THUNDER ROARS, GO INDOORS!

Each year in the United States, there are about 25 million cloud-to-ground lightning flashes and about 300 people struck by lightning. Of those struck, about 30 people are killed and others suffer lifelong disabilities. Most of these tragedies can be prevented. When thunderstorms threaten, get inside a building with plumbing and electricity, or a hard-topped metal vehicle!

The National Weather Service collects information on weather-related deaths to learn how to prevent these tragedies. Many lightning victims say they were “caught” outside in the storm and couldn’t get to a safe place. Other victims simply waited too long before seeking shelter. With proper planning, similar tragedies can be avoided.

Some people were struck because they went back outside too soon. Stay inside a safe building or vehicle for at least 30 minutes after you hear the last thunder. While 30 minutes may seem like a long time, it is necessary to be safe.

Finally, some victims were struck inside homes or buildings while they were using electrical equipment or corded phones. Others were in contact with plumbing, outside doors, or window frames. Avoid contact with these electrical conductors when a thunderstorm is nearby!



Stadiums and other outdoor venues should have a lightning safety plan. Photo: NOAA

WHAT YOU MIGHT NOT KNOW ABOUT LIGHTNING

- ✓ **All thunderstorms produce lightning and are dangerous.** Fortunately, people can be safe if they follow some simple guidelines when thunderstorms are forecast.
- ✓ **Lightning often strikes outside the area of heavy rain and may strike as far as 10 miles from any rainfall.** Many lightning deaths occur ahead of storms before any rain arrives or after storms have seemingly passed and the rain has ended.
- ✓ **If you can hear thunder, you are in danger.** Don't be fooled by blue skies. If you hear thunder, lightning is close enough to pose an immediate threat.
- ✓ **Lightning leaves many victims with permanent disabilities.** While only about 10% of lightning victims die, many survivors must live the rest of their lives with intense pain, neurological disabilities, depression, and other health problems.

AVOID THE LIGHTNING THREAT

- ✓ **Have a lightning safety plan.** Know where you'll go for safety and ensure you'll have enough time to get there.
- ✓ **Postpone activities.** Consider postponing activities if thunderstorms are forecast.
- ✓ **Monitor the weather.** Once outside, look for signs of a developing or approaching thunderstorm such as towering clouds, darkening skies, or flashes of lightning.
- ✓ **Get to a safe place.** If you hear thunder, even a distant rumble, seek safety immediately. Fully enclosed buildings with wiring and plumbing are best. A hard-topped metal vehicle with the windows closed is also safe. Stay inside until 30 minutes after the last rumble of thunder. Sheds, picnic shelters, tents or covered porches do NOT protect you from lightning.
- ✓ **If you hear thunder, don't use a corded phone except in an emergency.** Cordless phones and cell phones are safe to use.
- ✓ **Keep away from electrical equipment and plumbing.** Lightning will travel through the wiring and plumbing if your building is struck. Don't take a bath or shower, or wash dishes during a storm.



Lightning discharge on a golf green. Photo: E. Philip Krider

For more information, visit www.weather.gov/lightning

Child's Name: _____ Sport: _____ Age: _____

Parent Code of Ethics



All NAYS Parent members must agree to the NAYS Code of Ethics for Parents. The signing of the pledge takes place during the orientation or online after the training is complete.



I hereby pledge to provide positive support, care and encouragement for my child participating in youth sports by following this NAYS Code of Ethics for Parents:

- I will encourage good sportsmanship by demonstrating positive support for all players, coaches and officials at every game, practice, or other youth sports event.*
- I will place the emotional and physical well-being of my child ahead of a personal desire to win.*
- I will insist that my child play in a safe and healthy environment.*
- I will require that my child's coach be trained in the responsibilities of being a youth sports coach and that the coach upholds the NAYS Code of Ethics for Coaches.*
- I will support coaches and officials working with my child, in order to encourage a positive and enjoyable experience for all.*
- I will demand a sports environment for my child that is free from drugs, tobacco and alcohol, and will refrain from their use at all youth sports events.*
- I will remember that the game is for youth - not for adults.*
- I will do my very best to make youth sports fun for my child.*
- I will help my child enjoy the youth sports experience by doing whatever I can, such as being a respectful fan, assisting with coaching, or providing transportation.*
- I will ask my child to treat other players, coaches, fans and officials with respect regardless of race, sex, creed or ability.*

Parent Name printed: _____

Parent Signature: _____

Date: _____

CYS Youth Sports @ JBLM, WA
253-967-2405 OFFICE