



## 2009 Welcome Packet for Hamilton

Now that you have successfully registered, you are ready for all the news. First of all, we would like to welcome you to the “sista-hood” and let you know how thrilled we are to be heading into our second season for Hamilton. The theme for this season is The Tropics. So, think pink, orange, blue and purple! We have several bits of information so you know what to expect in the coming weeks before the season begins.

The season will begin on Sunday, May 24th. We will not schedule any games on the long weekends. There will be no games on the Civic Holiday weekend and Labour Day weekend. Canada Day is on a Wednesday this year so we decided not to cancel that weekend’s games.

Games need to start on time because we only have the fields for one hour per game. Please arrive at least 20 minutes before each game for team warm-ups. Games will only be cancelled in the event of a thunderstorm or a typhoon; other than that...WE'RE PLAYIN' SOCCER! The regular season will run to the end of August and play offs will be in the month of September, this may change slightly as the time approaches. Once the schedule is made, you will be notified by email and can download it from the website. There are maps to the fields available on our website. Games will all be played at the Gilkson Park on Sunday afternoons between 2 and 4pm.

In Hamilton, we have the pleasure of partnering with the Gilkson Community Council. This is a wonderful local community group who are working together to improve their community. They run a children’s soccer club and we have been invited to participate in their opening kick-off celebrations. Each children’s team will be playing a game or two of soccer at the Gilkson fields. We would love to schedule a Sistas “just for fun” game on this day as well. What a great way to inspire the young girls in their league! Or maybe some of their players will inspire us?! Once we know the date, we will pass on more info about this day. As well, there are many opportunities to volunteer with the children’s soccer league, positions are open for coaches, referees and grass cutting. If anyone is interested, please contact us!

Due to the lack of goalies, some teams will have to rotate their players through this position. Team captains will determine how this will work for their team. The league will provide goalie equipment, including jerseys and gloves.

As our goal is fun first, we like to highlight the importance of this with the Sissy of the Game nomination. For those of you who are new to us this season, this is an award held in high esteem. For every game played, each team will nominate one player from their own team to be the Sissy. This individual will have best exemplified a positive attitude and encouraging spirit during the game. This is not necessarily the most skilled player on the team. At the end of the season, the nominations are tallied and one player from each team wins an award. She who has the most fun wins!

Each team will require two captains. Coaches are not mandatory. If you are interested in being a captain, please contact us if you didn't already indicate so on the registration form. There will be a mandatory captain and coaches meeting held on Thursday, May 7th. The time and place will be posted on the website. It is imperative that the captains (and coaches if your team has one), from each team be at this meeting or send a team representative. This is when a lot of critical information is given out, as well as all the team equipment, including balls, net, clipboard, jerseys etc. More information will be given out once we know who the captains are.

You will be receiving your team roster by email. This has the name and phone number of each person on your team. If you haven't received this information by two weeks prior to your season opener, please contact us.

Our insurance coverage requires that each player have soccer cleats (not runners) and shin guards for every game. It is imperative that you have your equipment for each game or you will not be allowed to play. You must also cover your shin guards with soccer socks.

Registration fees are non-refundable after the season begins. If you withdraw from the league before the season starts, you will receive a refund of your registration fee minus a \$15.00 non-refundable administration fee.

We reserve the right to remove any Sista from the league who is displaying unsportsmanlike conduct, overly aggressive behaviour, or actions and attitude unbecoming of a Sista. She will be expelled from the league by the Sistas board without refund of her registration fees.

In the past (in London), we once had to institute a team rating system, where each team was rated by the opposing team after you played them based on their sportsmanship. It is not our goal to use this system again, however, if teams are getting too competitive and displaying overly aggressive, unsportsmanlike actions, we reserve the right to implement the rating system at any point during the soccer season. If we are required to implement the rating system, any team

that rates poorly on a consistent basis will be disqualified from the play-offs. No refund will be issued.

Soccer is a contact sport and thus it poses a risk of personal injury to any participant. We try to minimize the risks by not permitting slide tackling, but please be aware of the risks that do exist.

*If you become pregnant during the soccer season, you must contact us. We do not encourage you to play while pregnant, however, the choice should be between you and your doctor. If you do decide to continue playing, we require you to sign a release waiver.*

### **Sistas In Soccer Mission Statement**

It is the goal of Sistas In Soccer to provide a place for women of all ages to play the game of soccer in a fun and recreational setting, to meet new people, to get some exercise and to do it in a manner that is both kind and cordial to all other members of the league. Our mission is *not* to fundraise, create a competitive atmosphere, to cause harm or to undermine other players or leagues.

Every year we have made changes to the league as it has stretched and grown. We have really appreciated the continued support of you, our players and want to continue to offer a fun soccer experience at the recreational level.

Thanks for reading this. We know it's long and full of information, but it's all good stuff to know. If you have any questions, feel free to email us at [info@sistasinsoccer.com](mailto:info@sistasinsoccer.com). Can't wait to see you all on the field!!

Sincerely,  
Sistas Jacquie, Erin and Christine