

**Somers Soccer Handbook  
Fall2008/Winter-Spring 2009**

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**American Youth Soccer Organization**

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## **AYSO --- A Kids Zone**

The national media has focused on the negative, even violent, behavior of players, coaches and parents involved in youth sports. In a proactive effort to counteract this trend of violence, AYSO has initiated a program called Kids Zone.

As part of AYSO's education agenda, Kids Zone is a dynamic program targeted to eliminate negative sideline behavior. It is aimed toward producing a thoroughly positive impact on everyone involved in youth soccer. In Somers, we execute this program with:

**The Sign.** A large sign, which lists positive behavior standards, will be posted at the entrance of participating fields. Parents and spectators who will abide by these standards are welcome, all others are not.

**The Pledge.** We request AYSO parents to sign a pledge that holds them to the Kids Zone standards.

### **Kids Zone Parent Pledge**

1. I pledge to be on time or early when dropping off my child for a practice or game. I understand that it is embarrassing for my child to be late to a game or practice and that I am putting him/her at physical risk by not providing adequate time for warm up. I understand the importance of picking up my child on time for all games and practices. This shows respect for the coach, who has other time commitments, and it tells my child that he or she is my top priority.
2. I understand that the top three reasons kids play sports are to have fun, make new friends and learn new skills. I understand that the game is for the kids, and that I will encourage my child to have fun and keep sport in its proper perspective. I understand that athletes do their best when they are emotionally healthy, so I will be positive and supportive.

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3. I will redefine what it is to be a Winner in my conversations with my child. A Winner is someone who makes maximum effort, continues to learn and improve, and does not let mistakes, or fear of making mistakes, stop them. I understand that mistakes are an inevitable part of any game and that people learn from their mistakes. I understand that all children are born with different abilities and that the true measure is not how my child compares to others but how he/she is doing in comparison to his/her best self.
4. I will Honor the Game. I understand the importance of setting a good example of sportsmanship to my child. No matter what others may do, I will show respect for all involved in the game including coaches, players, opponents, opposing fans, and referees. I understand that officials, coaches, and players make mistakes. If the referee makes a questionable call, I will continue to respect the individual and be silent!
5. I understand that games can be exciting times for my child who is trying to deal with the fast-paced action of the game, respond to opponents, referees, teammates and listen to coaches. I will not add confusion by yelling out instructions. During the game, I will limit my comments to encouraging my child and other players for both teams.
6. I will not make negative comments about the game, coaches, referees or teammates in my child's presence. I understand that this plants a seed, which can negatively influence my child's motivation and overall experience. Page 4

I agree to honor the AYSO Parent Pledge in my words and actions. © 2001 American Youth Soccer Organization

## Tools for Parents

The following ideas may be helpful for being an AYSO supportive parent.

### *Conversations before the games*

Tell your child you love him/her regardless of the outcome.

Tell him or her *Go for it, give it your best shot and have fun!*

### *During the game...*

Understand that kids are over-stimulated during games. The coach may be giving instructions, opponents and teammates are talking, the crowd is cheering, and the referee is blowing the whistle. To a youth sports participant, the atmosphere is much like that of a fighter pilot with enemy jets racing all around. Do not yell instructions to your child during the game because it only adds to the confusion. Sometimes the best thing you can do as a parent is to be quiet.

Cheer and acknowledge good plays by *both* teams.

### *After the game...*

Thank the officials for doing a difficult job.

Thank the coaches for their efforts. Understand that after a difficult loss is not a good time to question a coach. Thank your opponents for a good game.

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Congratulate your child and his or her teammates for their efforts.

Compliment individual players on good plays they made in the game.

### *During the car ride home...*

Point out a good play your child made during the game.

Avoid criticizing or correcting mistakes.

Ask open-ended questions about how the game was played rather than how many points were scored. Here are examples of open-ended questions that might apply:

Did you have fun?

Did you give it your best effort?

What did you learn from the game?

What was the best play you made and how did it feel?

Did you bounce back from your mistakes?

## **SOMERS AYSO REGION # 95 LOCAL GUIDELINES**

The objectives of AYSO are to teach, promote, and develop youth soccer in the community, to develop our children in body and character, and to foster a playing environment that allows a blend of fun and competition for all.

Registration in this program is not based on a child's ability on the soccer field, but rather on a child's desire to play the game and to have fun. Our program is dedicated to giving all participants an equal opportunity to play.

The Board of Directors constantly reviews our programs and changes in the programs are made whenever the need arises. We have made every attempt to describe our programs accurately; however, when circumstances dictate, we will make the required changes, and those players and parents directly affected will be notified.

### **A Word for Parents . . .**

It cannot be overemphasized that the AYSO program is **FOR THE PLAYERS!** The emphasis is placed on good sportsmanship, exhibiting qualities of fairness and self-control, and having a good time.

Parents, coaches and officials are role models for our children; therefore, overzealous behavior is totally inappropriate. The "will to win" is an important aspect of the game, but don't confuse this with a "win at all costs" attitude. The soccer we promote is a balance of development, fun and competition.

Soccer is a booming sport in our community and a quick look at the games structure shows why. Play is fast, spirited, and continuous. One of its attractions is its ad-lib quality (much of the action is made up as the game progresses), and as the field is large, action situations happen fast.

All of this can, and often does, set the stage for some spectator situations that, to say the least, deviate from the whole philosophy of our program. We ask you as parents, spectators, coaches and referees alike, to

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remember your responsibility and obligation to keep our soccer program fun for all. With this in mind, please take time to consider for a few moments the following guidelines:

- ◆ Soccer is a **Team** sport. By registering your child for AYSO Soccer, you have made a commitment to a Team. These teams have been set up based upon your child's skills in an effort to balance all teams in a grade. When your child misses a game or practice, it can cause a great handicap for the rest of his or her Team. Be there! **Your team depends on You!!!**

- ◆ Cheer positively for the things you like and encourage your team to have fun!

- ◆ **Never** put down the other team or your child's teammates.

- ◆ The size of a soccer field and the continuous nature of the game diminish the effectiveness of sideline coaching. Often in our enthusiasm we are prone to yell several instructions at the players and frequently they are contrary to those of the coach. This only confuses the players...so **please** allow them to play the game to the best of their ability. Leave the sideline coaching, if at all needed, to the coach. This is not intended to lessen spectator enthusiasm. On the contrary, cheering for one's team is very much a part of the game.

- ◆ Referees are required to properly conduct a game. While their decisions may not always be agreeable to all involved, **their decisions are final!** No useful purpose is served by shouting disagreement or derogatory remarks. This type of conduct merely serves to teach our children disrespect for duly constituted authority. The referees (like all AYSO officials) are volunteers. In our programs, they are frequently youth referees from area schools. It is important that we conduct ourselves accordingly in these situations. Usually, those that yell the most and the loudest have never tried to referee a game. **If you think it is easy and you can do better, please call the Referee Administrator to volunteer your services.**

- ◆ Sliced oranges and water are common half- time refreshment. Please help us keep the fields neat and clean by properly disposing orange peels, cups and other trash. Soda and junk food are not appropriate half-time refreshments.

**Practice and Season Play . . .**

Team practices should be held once or twice a week depending on the grade level. It is important that the players attend practices, as this is where game skills and strategy are taught. Coaches must be notified if it is necessary for a player to miss practice or a game.

The AYSO Region 95 Local Rule that each player shall play 3/4 of each game, if numerically possible, will be strictly enforced unless disciplinary action has been taken. In any case, **each player must play at least 1/2 of each game.**

Parents must see that players have made arrangements to get home safely after practices and games. This is **not** the responsibility of the coach; however, a coach will not leave any players at the field without adequate adult supervision.

Coaches are not allowed to smoke at the fields during practices or games. We also request that parents and other guests refrain from smoking while on the fields.

**Game and Practice Schedule. . .**

**Game Schedules for all sports will take precedence over practice schedules.** All coaches are to respect this ruling when setting up practices. Parents and players should be aware of this ruling as it regards other sports practices.

**Postgraduate Scholarships. . .**

Beginning with the class of 1985, AYSO Region 95 has awarded a one year scholarship to a graduating senior of Somers who has "participated in the AYSO program, volunteered time and effort in support of the AYSO program (usually as a referee and/or instructor), and demonstrated personal qualities which reflect favorably on this program and on this Town." Beginning with the 1987 graduating class, scholarships have been awarded. These graduating seniors from the town of Somers are selected by the AYSO Board. A fund has been established to finance this scholarship.

**Weather Cancellations . . .**

If you do not get a telephone call or email prior to game time, **assume your game will be played**. Because games are almost impossible to make-up, we will have as few cancellations as possible.

**SOMERS SOCCER LOCAL RULES**

1. Each player must play at least 3/4 of each game if numerically possible, and no player shall play less than 1/2 of a game.
2. For grades K-2 there will be no goalkeeper. For grades 4-8 a goalkeeper may play in goal for 1/2 of a game and must play an equal amount of time in the field.
3. Failure to comply with the rules of participation can result in forfeiture of the game.
4. Number of players to start ..... (see chart).
5. Length of games ..... (see chart).
6. When a team is leading by a sufficient number of goals (normally 3 or 4 goals) the coach of the leading team has the **responsibility** to take appropriate action to reduce the scoring potential of his/her team either by replacing the high scorers, or by moving them to a defensive position.
7. Uniforms and Players Equipment: The following rules are intended to ensure the safety of the players and to prevent any player having an unfair advantage. Coaches are responsible for ensuring that players comply with these rules **before** the game begins. Referees will enforce the rules during a pre-game inspection. Any player not in compliance will not be allowed to play.
  - ♣ A **full uniform** comprised of the AYSO Region 95 regulation shirt, shorts, socks and shin guards, must be worn.
  - ♣ Goalkeepers must wear a shirt of contrasting color.
  - ♣ All-purpose athletic shoes may be worn. No metal may be exposed.

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♣ A player may not wear a hard cast or splint (fingers included). A player must leave the field to repair defective equipment, and must be recognized by the referee before re-entering the field. No jewelry (earrings of any kind, necklaces, bracelets, rings, barrettes, etc.) may be worn. Hats will not be allowed. Chewing gum while playing will not be tolerated!

♣¥ In cold weather:

1) Sweatpants may be worn **OVER** the regulation shorts.

2) A long-sleeved sweatshirt may be worn **UNDER** the regulation shirt.

It is expected that the coaches and the referee will mutually agree that sweatpants/sweatshirts may be worn based on conditions at the field. **In any event, the referee's decision is final.**

8. Spectators must stay several feet from the touchline to permit the lines person or assistant referee free passage and a clear line of sight. No one, coaches, players, or spectators, is permitted between the 18-yard line and the goal line or behind the goal line at any time.

9. The referee's decisions on the field are immediate and final. **NO PROTESTS WILL BE ACCEPTED.** Coaches are responsible for controlling their team's supporters.

**10. Under no circumstance will verbal abuse of the referee be tolerated.**

11. Line-up cards are not required. Coaches must cooperate with referee before the start of the game to help fill in the referee reports.

12. For Goal kicks for 2<sup>nd</sup> grade, opponents must be 8 yards from the ball.

13. For K-2 grade: There will be no goalkeeper position. Therefore, use of the hands by any player is not permitted, and a goalkeeper shirt is not required.

14. Except as modified, all other rules are standard laws of the game....refer to "Rules of Soccer Simplified." For grades K-1, see separate micro-soccer rules.

15. Practices are extremely important to develop soccer skills and team spirit and are greatly encouraged.

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16. Substitutions: for grades 3-9, substitutions will be made only at the quarters and mid-quarters when the ball goes out of play, and after half time. Clock will not be stopped for substitutions mid-quarter.

17. These rules may be modified without prior notice for specific grade levels with the Regional Commissioner's approval.

18. Registration - **No player may be added to a team roster after the first game of the playing season without:**

- \*Permission from Regional Commissioner or Assistant Regional Commissioner and
- \*Special regard to the existing balance of the teams in the league involved **and**
- \*Need shown to fulfill numerical team requirements.

**Note:** Official Registration Form and Fees must be submitted to the Regional Commissioner before anyone can play.

**MODIFIED GROUND RULES**

<b>Grade</b>	<b>K</b>	<b>1</b>	<b>2</b>	<b>2/3</b>
Team size	12/6	12/6	10	11/12
Players on Field	3	3	5	7
Play Opportunity	24	24	30	28
Keeper in Goal	0	0	0	1/4
Players to Start	6/3	6/3	4	4
Game Length	32	32	48	50
Off-sides	No	No	No	Yes
Throw-in Errors	2	2	1	1
Ball Size	3	3	3	4
<b>Grade</b>	<b>3</b>	<b>4</b>	<b>5/6</b>	<b>7/8</b>
Team size	11/12	11/12	12	14/18
Players on Field	7	7	9	11
Play Opportunity	28	28	36	44
Keeper in Goal	1/4	1/4	1/2	1/2
Players to Start	4	4	6	7
Game Length	50	50	60	70
Off-sides	Yes	Yes	Yes	Yes
Throw-in Errors	1	1	0	0
Ball Size	4	4	4	5

## Volunteers Are Required

**To: All Parents registering a child in an AYSO 95 program.**

The AYSO Region 95 Soccer program is run entirely by volunteers under the auspices of the AYSO National Organization and the Somers Department of Parks & Recreation.

The Town of Somers and AYSO require that the head coach of any team be certified (requiring a Safe Haven course and a sports appropriate course.)

Starting with the Fall 2003 season, we (AYSO 95) will require all Assistant Coaches to be certified (who coaches when the head coach is not there?) and one team parent or coach or assistant coach to be Referee certified (a Safe Haven course, 1 hour, and an age appropriate referee course.) As a referee you will only be required to referee 2 or 3 games a season and will gain a much better appreciation of the game.

Please let us know your availability to volunteer for one of these very important positions when you register your child.

We cannot do it without your help! We will only be able to create as many teams as we have volunteers for.

## Become a Referee

You can still help further the success of our AYSO program even if you're not interested in being a coach, or a player. Why not consider becoming a referee?

We have a dedicated group of 5th & 6th graders who referee the kindergarten & 1st graders in Micro Soccer. Courses are available for 7th graders on up, including adults, to learn how to referee the

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games for our grades 2 - 12 program. Believe it or not, there are only 17 laws of the game! You'll learn more about the game of soccer and foster good sportsmanship among our players, parents and coaches, not to mention getting a little exercise and having a lot of fun, too!

AYSO is an all-volunteer program. In recognition of Somers youth who dedicate time, demonstrate knowledge of the rules of the game, a compassionate attitude in dealing with children, players, coaches and spectators, and a well-developed sense of responsibility to the community, a service scholarship is given each year to the senior boy and girl who have accumulated the most hours giving back to the community. To volunteer, please sign up at soccer registration, or call:

**Lori Chiriboga - Regional Referee Administrator 248-8575**

**2008-2009 SOMERS AYSO BOARD**

* Regional Commissioner	Christine Katsch	248-6579	<a href="mailto:ayso95@optonline.net">ayso95@optonline.net</a>
* Asst. Regional Commissioner	Said Reda	248-7568	<a href="mailto:said_reda@ml.com">said_reda@ml.com</a>
* Asst. Regional Commissioner	Ed Heller	248-6579	<a href="mailto:ayso95@optonline.net">ayso95@optonline.net</a>
* Referee Instructor (Area)	Thilo Herda	248-6107	therda@optonline.net
* Treasurer	Janet Keane	248-5762	jan@brennerbuilders.com
Camps Director	Bill Bennett	245-2727	wbennett@bgmplaw.com
* Head Referee Administrator	Lori Chiriboga	248-8575	thecherrycolas@yahoo.com
Equipment Directors	Bob Ancona	556-8211	ancona@us.ibm.com
	Peter Kieltyka	245-9734	
* Coach Administrator (Area, Section)	Andy Hongell	248-7014	ahongell@optonline.net
* Coach Administrator (Region)	Dennis Mensi	556-6161	dmensi@cassinllp.com
* Registrar	Said Reda	see above	
* Safety Director	Bill Bennett	245-2727	wbennett@bgmplaw.com
* Coach Instructor	Tony Elmore	248-6817	teskyeye@aol.com
	Mike Saraceno	276-0160	saraceno@optonline.net
* Secretary	Barbara Bugoni	767-3369	bbugoni@avon.com
* Child and Volunteer Protection Advocate	Olga Shamraj	248-4815	scottand olga@optonline.net
Webmaster	Said Reda	248-7568	said_reda@ml.com
Soccerfest Coordinators	Ed Heller, Jim Caponera, Christine Katsch		
Volunteer Recruitment	WE ARE ALL VOLUNTEER RECRUITERS		
Public Relations	Mitch Kaufmann	232-7077	nyc1mitch@aol.com
• AYSO Extra Travel	Marianne Headrick	830-5341	nytenn@optonline.net
	Jim Caponera	301-5120	jcaponera@optonline.net
Somers Fall Classic	Ed Heller	248-6579	<a href="mailto:ayso95@optonline.net">ayso95@optonline.net</a>

\* Member of AYSO Executive Board

## FALL 2008/WINTER/SPRING 2009 COMMISSIONERS:

Kindergarten			
First Grade Girls	Maurizio Adornetto	232-0504	<a href="mailto:mauro@adornettopayroll.com">mauro@adornettopayroll.com</a>
First Grade Boys	Mike Miskiewicz	232-2359	<a href="mailto:mmiskiewica@heinekenusa.com">mmiskiewica@heinekenusa.com</a>
Second Girls	Dennis Mensi	277-6967	<a href="mailto:dmensi@cassinllp.com">dmensi@cassinllp.com</a>
Second Boys	Frances Cicogna	261-4081	<a href="mailto:jitsu2@mac.com">jitsu2@mac.com</a>
Third Fourth Girls	Barbara Foley	302-6542	<a href="mailto:barbara_foley@merck.com">barbara_foley@merck.com</a>
Third Fourth Boys	Nina Collins	276-1488	<a href="mailto:thecollinsclan@optonline.net">thecollinsclan@optonline.net</a>
Fifth Sixth Girls	Bob Eberts	962-4356	<a href="mailto:rje@crarch.com">rje@crarch.com</a>
Fifth Sixth Boys	Rick Warren	248-5485	<a href="mailto:rewl@optonline.net">rewl@optonline.net</a>
Seventh Eighth Boys	Bill Bennett	245-2727	<a href="mailto:wbennett@bgmplaw.com">wbennett@bgmplaw.com</a>
Seventh Eighth Girls	Bill Flaukner	248-5128	<a href="mailto:billfaulkener@optimum.net">billfaulkener@optimum.net</a>
U16 Boys	Jeff Weig	277-2243	<a href="mailto:wrightweig@aol.com">wrightweig@aol.com</a>
Indoor Soccer Coordinator	Dominic Veltri	232-8638	<a href="mailto:dpveltri@verizon.net">dpveltri@verizon.net</a>

## AYSO MISSION STATEMENT

American Youth Soccer Organization's mission is to develop and deliver quality youth soccer programs where everyone builds positive character through participation in a fun, family environment based on the AYSO

philosophy:

Everyone Plays

Balanced Teams

Open Registration

Positive Coaching

Good Sportsmanship

**The core values guiding AYSO are:** Fun for All, Education for All, Ethics for All, Accessible for All

**Mission is accomplished by providing essential services:**

Coaching and referee programs including quality delivery systems; quality administrative and operating systems with a support network; strong financial position; special network for volunteers, supported by a national staff program research and development

### **Character Counts!**

AYSO is a coalition member of the Josephson Institute of Ethics, and is committed to supporting the Character Counts! Program.

**Its Six Pillars of Character are:**

Trustworthiness

Respect

Responsibility

Fairness

Caring

Citizenship

## A BIT OF HISTORY

The American Youth Soccer Organization (AYSO) was founded in Torrance, California, September 1964, by five men dedicated to youth soccer and the development of caring and concerned American citizens. Ted McLean, Steve Erdos, Bill Hughes, Ralph Acosta, and AYSO's first president, Hans F. W. Stierie, became the first executives of an organization whose unique Everyone Plays and Balanced Teams philosophies generated a youth soccer program which has literally swept the country.

In 1964, AYSO's family included only nine teams. Today that number has grown to more than 995 regional programs and 40,000 teams. The division into geographic regions has resulted in a grassroots program with local leadership. AYSO soccer is a family affair with more than 700,000 players whose ages range from 4 1/2 to 18 years old. An average of one parent per family actively participates in AYSO as coach, referee, team parent, administrator or sponsor. AYSO is currently supported by more than 250,000 volunteers.

Through AYSO, youngsters of varied backgrounds and athletic abilities are given the opportunity to participate in soccer. AYSO is proud to provide quality programs for its youngsters and volunteers. During the first playing season, soccer was limited to children ranging from 9 to 12 years of age. In 1965 the age limit was increased to 13. In 1974 the program spread from California to Hawaii followed by Kansas, Michigan, Oregon, and Utah. Then, in 1975, New York, Pennsylvania, Connecticut, Idaho and Florida established regions. In the late 1970s, AYSO expanded its horizons to include states in the Southeast: South Carolina, Tennessee, Alabama and Virginia. Elsewhere in the country, Arizona, Illinois, Nevada, Nebraska and New Mexico were also joining. In the 1980s AYSO sprouted in Iowa, Montana, Ohio, Wisconsin, Kentucky and Louisiana. Since 1990, we have established programs in 46 states and Washington, D.C.

Today's AYSO program is different in many respects. Although still concerned with expansion, our emphasis is now placed on the training and development of adult volunteers. That way we can be sure the *Quality* as well as the *Quantity* of our programs increase. AYSO, with the help of noted experts, is working to improve the education of our volunteers in the areas of child development, human behavior, sports psychology, ethics and sportsmanship.

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AYSO programs work because our volunteers work. They work because they believe in the programs. Our phenomenal growth reflects AYSO's commitment to a healthy, competitive atmosphere for youth soccer players and a concern for the development of caring and responsible individuals.

### WHAT IS AYSO?

Everyone Plays! Boys and girls are not registered on their merits as soccer players, but rather on their interest and enthusiasm. Our objectives are to teach, promote and develop youth soccer in the United States and to develop American children in body and character.

At the beginning of each season, players are grouped to create balanced teams. Each child is guaranteed the opportunity to play at least half of every game. Hence our motto Everyone Plays. All of the AYSO coaches, referees and officials are volunteer members dedicated to our youth, their communities and AYSO's philosophy and objectives.

A Board of Directors and the National President, all of who are volunteers, govern the organization. Working closely with the Board of Directors is the staff at the National Support Center in Hawthorne, California. Here, a multitude of services are provided for the membership: training support for coaches, referees, local volunteer administrators, data processing/services, accounting, accident reimbursement, risk management, tournaments, cultural exchange information, recognition programs and educational seminars.

The grassroots level of AYSO starts with a community-based league known as a region. A regional commissioner heads each region. Regional commissioners have the responsibility and authority to conduct the business of the region within the framework of AYSO's Philosophy, National Rules and Regulations, and National Bylaws. Depending on its stage of development, a region might have as few as 12 or as many as 400 teams,

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grouped for competition into boy and girl divisions by age/grade. VIP divisions for children with special needs exist in many regions as well.

Area directors supervise several regions yet recognize local autonomy. Area directors are responsible for the performance and growth in their areas. Section directors are responsible for the general welfare and administration of a section that consists of a number of areas.

Board of directors, section directors, area directors and regional commissioners are executive members and, thereby, the voting members of AYSO.

This is the team! From the local region to the National Board, all of AYSO recognizes the value of a healthy competitive environment where children can grow and develop through soccer. It's fun and it's all AYSO!

SPONSORS:

**MT. KISCO SPORTS**  
**5-7 South Moger Avenue**  
**Mt. Kisco, NY 10549**  
**914-666-9600**

**Official AYSO Uniforms (Prices do not include tax)(Prices subject to change)**

**2<sup>nd</sup>-8<sup>th</sup> grade (Full uniform only -2 Jerseys, shorts, socks) . . \$ 30.50**

**Kindergarten and 1<sup>st</sup> Grade: Reversible jersey. . . . \$ 19.00**

**Socks. . . . . \$ 3.00**

**Shorts. . . . . \$ 7.50**

**Mount Kisco Sports stocks a full line of supplies for soccer: Men's, Women and Children's soccer cleats in sizes starting from 9c-14 adult men's from NIKE-ADIDAS-DIADORA. Shin Guards from ADIDAS-NIKE-BRINE, backyard goals from KWIKGOAL, and balls from VIZARI-ADIDAS-NIKE.**

**MAP OF FIREMAN'S FIELD**

**2**

**1**

**PARKING**

**ROAD IN**

**3**

**4**

**PARKING**

**Route 202**

**MAP OF REIS PARK**

**Upper Reis**

**Left**

**Center**

**Right**

**Upper Reis Parking lot**

# MAP OF REIS PARK

Lower Reis

Baseball field

Outfield

Diagonal Field

Pony Field

Pavillion  
Field

Pavilion

Road

Parking

Library field

Library