



## BOWMANVILLE UNITED SOCCER CLUB

### WELCOME TO THE 2022 SOCCER SEASON!

It is my pleasure to welcome you to the 2022 season! After having to cancel the 2020 season, we were very happy to be able to provide soccer to the youth of Bowmanville in 2021. Although it was a cautious season, we were so happy to see all our players out there on the pitches of Bowmanville again. This year our enrollment has more than doubled from 2021! It is truly looking like some things are back to normal. We have had some new additions to our Board and some new additions to our Sponsors for this season. We are very happy to welcome them to the Bowmanville United Soccer Club organization and kindly ask you to support our local businesses.

I want to take a minute to once again Thank my Executive and board. During Covid shutdowns we all pivoted to Zoom meetings, then during the gradual opening they helped by getting creative without outdoor meetings in parking lots. As always, they did it with a smile and enthusiastic support, going above and beyond, sacrificing time with their families to help me provide soccer in Bowmanville.

I would also like to thank you for volunteering or for being "voluntold" to coach. I'm sure some of you are unsure but stepped up so the kids can play. Please remember that we are here to support you in any way we can. We will provide you with resources you can use for practice or even just advice if you ever need it. Some of our Coaches have been with us for many years and have lots of tips & tricks that can help you as you navigate your season. Also, Darlington Soccer Club has a Full Time head coach, Stuart Robertson, who is also available to offer ongoing clinics, practice plans and support to our house league coaches which we as a club hope that you utilize.

We have also taken our Coaches Binder online only for the second year, we added some new information and made some changes to the other information that is always included. Please take some time and review it, there is a lot here for you. If you are looking for some information that isn't included, please check our website, it may be located there [www.bowmanvillesoccer.ca](http://www.bowmanvillesoccer.ca) We are always open to receiving feedback from our Coaches, if you have a suggestion don't hesitate to let us know. If you have any questions, please reach out to your Convenor or myself at any time.

There are several dates to keep in mind as the summer goes on; they are all listed on a sheet for you. The Team Photo Day is early in the season so get that information out as soon as possible, in August you will return to the Bowmanville Indoor Soccer Centre for the mandatory Coaches Night to pick up your team photos. It is also a great chance to meet other Coaches, we also have a Q&A session where we all can help with any suggestions or tips. Please ensure you have submitted your Player

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Evaluations before you attend, they are a vital tool for us since we use the information you give us to balance the teams for next summer.

We are unsure at this time if we will be permitted to host our Fun Day for the U5-U8 teams. It will depend on the current Covid-19 climate as well as the Region's requirements for Covid. We are hopeful that we will be granted permission to host it again. As soon as we know we will be sure to let you know so you can inform your team & parents.

We are also unsure of our Coach's Appreciation Day and the festivals put on by Darlington. As soon as we receive word on their status, we will let you know. Thank you for your understanding.

We will be offering you only two opportunities to drop off your Equipment, if you are unable to make it please send someone to drop it off for you. The Equipment is very expensive, and we would like very much not to have to replace it. Our Equipment return nights are:

**October 17<sup>th</sup>, 2022 @ 6:00-7:00 p.m**

**October 24<sup>th</sup>, 2022 @ 6:00-6:30 p.m.**

Thank you once again for your support of house league soccer in Bowmanville and I hope that you have a great season!

*Jennifer MacDonald*

President, BUSC



## BOWMANVILLE UNITED SOCCER CLUB

### IMPORTANT DATES

| DATE   | EVENT  |
|--|--|
| May 12 <sup>th</sup>                         | Equipment pickup – Bowmanville Indoor Soccer Centre<br>7 – 8 pm  |
| May 20 <sup>th</sup>                         | Deadline for coaches to contact their teams  |
| May 23 <sup>rd</sup><br>May 30 <sup>th</sup> | Outdoor season begins U19 & Varsity<br>Outdoor season begins all remaining teams                                       |
| <b>JUNE 11 &amp; 12</b>                      | <b>Mass team photos to be held at the Lower Hydro Fields<br/>Schedule of time slots provided in the coach's binder</b> |
| <b>JUNE 14<sup>th</sup><br/>6pm – 8pm</b>    | <b>Individual picture day at Lower Hydro Fields for those<br/>players who missed the Team Photo Day</b>                |
| Monday Aug 15 <sup>th</sup>                  | <u>Mandatory</u> Coaches Meeting. Pick up your Team Photos,<br>U5-U10 Coaches 7:30pm<br>U12-U19 Coaches 8:00pm         |
| <b>Awaiting Approval</b>                     | <b><u>Coaches Appreciation Day</u></b><br>Darlington West Beach @ Noon ~ Come out for prizes & fun!                    |
| Late August                                  | Playoffs begin for Varsity Girls and U19 CoEd<br><b>Date to be communicated once scheduled</b>                         |
| <b>Awaiting Approval</b>                     | U5 / U6, U7 and U8 Year end Festivals  |
| <b>Awaiting Approval</b>                     | U10 Year-end Festivals   |
| Late August                                  | Finals U19 CoEd and Varsity Girls<br><b>Date to be communicated once scheduled</b>                                     |
| Early September                              | Finals U12-U16<br><b>Date to be communicated once scheduled</b>  |
| October 17 <sup>th</sup>                     | Equipment return at the indoor centre 6-7:00 p.m.  |
| <b>October 24<sup>th</sup></b>               | <b>Annual General Meeting at 6:45 p.m.<br/>Equipment return 6:30 pm at the Bowmanville Indoor<br/>Centre</b>           |



## BOWMANVILLE UNITED SOCCER CLUB

### Game Nights

| <b>Year Born</b>         | <b>Age Group</b> | <b>Format</b> | <b>Game Night</b> |
|--------------------------|------------------|---------------|-------------------|
| 2017                     | U5 Coed          | 3v3           | Monday            |
| 2016                     | U6 Coed          | 3v3           | Tuesday           |
| 2015                     | U7 Coed          | 6v6           | Monday            |
| 2014                     | U8 Coed          | 6v6           | Wednesday         |
| 2014/2015                | U8 Girls         | 6v6           | Wednesday         |
| 2013/2012                | U10 Coed         | 6v6           | Tuesday           |
| 2013/2012                | U10 Girls        | 6v6           | Thursday          |
| 2011/2010                | U12 Coed         | 11v11         | Monday            |
| 2011/2010                | U12 Girls        | 11v11         | Tuesday           |
| 2009/2008                | U14 Coed         | 11v11         | Tuesday           |
| 2009/2008                | U14 Girls        | 11v11         | Thursday          |
| 2006/2007                | U16 Coed         | 11v11         | Wednesday         |
| 2007/2006/2005/2004/2003 | Varsity Girls    | 11v11         | Wednesday         |
| 2005/2004/2003           | U19 Coed         | 11v11         | Monday            |



## BOWMANVILLE UNITED SOCCER CLUB

### TEAM AND INDIVIDUAL PHOTO DATES

Please communicate your date and time to your team as a part of your Welcome Letter.

#### Team Photo Date

Your Team's Sponsor has paid a significant amount of money so your child can play this year, please show the Sponsor some appreciation and encourage your Team to show up for their Pictures. If you find that a significant number of players won't be at your picture time, please let your convenor know.

DATES: June 11 & 12, 2022

LOCATION: Lower Hydro Fields, Field #1 & #2 (small fields)

***Or in the case of poor weather***

Picnic Shelter at Lower Hydro Fields

TIMES: Please see the attached schedule for your team's time slot

#### Individual Picture Dates

This option is available to those players who were unable to attend their teams originally scheduled date and time

DATES: June 14th, 2022

LOCATION: Same as above

TIMES: 6:00 p.m. – 8:00 p.m.

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## BOWMANVILLE UNITED SOCCER CLUB

| <b>Saturday June 11th 2022</b> |                 |               |                                 |             |
|--------------------------------|-----------------|---------------|---------------------------------|-------------|
| <b>DIVISION</b>                | <b>COLOUR</b>   | <b>TEAM #</b> | <b>SPONSOR</b>                  | <b>Time</b> |
| U5                             | California Blue | 1             | TIM HORTONS                     | 9:00AM      |
| U8                             | Red             | 1             | Rod Doris (ReMax)               | 9:15AM      |
| U6                             | Orange          | 3             | TIM HORTONS                     | 9:00AM      |
| U10                            | Red             | 1             | Frosty John's                   | 9:15AM      |
| U5                             | Orange          | 3             | TIM HORTONS                     | 9:30AM      |
| U5                             | Black           | 4             | TIM HORTONS                     | 9:30AM      |
| U5                             | Royal           | 5             | TIM HORTONS                     | 9:45AM      |
| U5                             | Navy            | 6             | TIM HORTONS                     | 9:45AM      |
| U5                             | Red             | 7             | TIM HORTONS                     | 10:00AM     |
| U5                             | Gold            | 8             | TIM HORTONS                     | 10:00AM     |
| U5                             | Purple          | 9             | TIM HORTONS                     | 10:15AM     |
| U5                             | Maroon          | 10            | TIM HORTONS                     | 10:15AM     |
| U6                             | California Blue | 1             | TIM HORTONS                     | 10:30AM     |
| U6                             | Forrest         | 2             | TIM HORTONS                     | 10:30AM     |
| U5                             | Forrest         | 2             | TIM HORTONS                     | 10:45AM     |
| U7                             | White           | 7             | Trevis Real Estate              | 11:00AM     |
| U6                             | Black           | 4             | TIM HORTONS                     | 10:45AM     |
| U6                             | Royal           | 5             | TIM HORTONS                     | 11:00AM     |
| U6                             | Navy            | 6             | TIM HORTONS                     | 11:15AM     |
| U6                             | Red             | 7             | TIM HORTONS                     | 11:15AM     |
| U6                             | Gold            | 8             | TIM HORTONS                     | 11:30AM     |
| U6                             | Purple          | 9             | TIM HORTONS                     | 11:30AM     |
| U7                             | Navy            | 1             | Future Stars Sports Photography | 11:45PM     |
| U7                             | Purple          | 2             | Violet Aster                    | 12:30PM     |



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|                              |          |    |                                |         |
|------------------------------|----------|----|--------------------------------|---------|
| U10                          | Royal    | 2  | James Insurance                | 12:45PM |
|                              |          |    |                                |         |
| U7                           | Yellow   | 3  | Try-Umph Electric              | 12:30PM |
| U10                          | Orange   | 3  | L&M Taylor                     | 12:45PM |
|                              |          |    |                                |         |
| U6                           | Maroon   | 10 | TIM HORTONS                    | 1:00PM  |
| U7                           | Red      | 4  | Stewart Services               | 1:00PM  |
| U7                           | Green    | 5  | Red Shoe Homes Real Estate     | 1:15PM  |
| U10                          | Green    | 5  | Thomas Milner                  | 1:30PM  |
|                              |          |    |                                |         |
| U7                           | Orange   | 6  | King Of The Castle             | 1:15PM  |
| U7                           | Gold     | 8  | Northcutt Elliott Funeral Home | 1:30PM  |
|                              |          |    |                                |         |
| U8                           | Blue     | 2  | Ancan Business Services        | 1:45PM  |
| U8                           | Gold     | 3  | Planet Fitness                 | 1:45PM  |
| U8                           | Green    | 4  | Starapples                     | 2:00PM  |
| U8                           | Silver   | 5  | Bowmanville Family Restaurant  | 2:00PM  |
|                              |          |    |                                |         |
| U8 GIRLS                     | Pink     | 1  | Petit Nordique                 | 2:15PM  |
| U8 GIRLS                     | Teal     | 2  | Cooperators                    | 2:15PM  |
| U8 GIRLS                     | Blue     | 3  | Taunton Pools                  | 2:30PM  |
| U8 GIRLS                     | Green    | 4  | Justin Barry Optical           | 2:30PM  |
| U8 GIRLS                     | Gold     | 5  | Hooper's Jewelers              | 2:45PM  |
| U8 GIRLS                     | Sky Blue | 6  | OPG                            | 2:45PM  |
|                              |          |    |                                |         |
|                              |          |    |                                |         |
| <b>Sunday June 12th 2022</b> |          |    |                                |         |
|                              |          |    |                                |         |
| U14 GIRLS                    | Silver   | 2  | iGREEK                         | 9:00AM  |
| U19                          | Royal    | 1  | VanderDium Mortgage            | 9:15AM  |
|                              |          |    |                                |         |
| U10                          | Navy     | 4  | Bowmanville Family Restaurant  | 9:00AM  |
| U10                          | Black    | 6  | Poppa's Pizzaland              | 9:15AM  |



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|           |         |   |                               |         |
|-----------|---------|---|-------------------------------|---------|
| U10       | Gold    | 7 | Cowan GMC                     | 9:30AM  |
| U10       | White   | 8 | McDonalds                     | 9:30AM  |
|           |         |   |                               |         |
| U10 GIRLS | Red     | 1 | Liberty Dental                | 9:45AM  |
| U10 GIRLS | Pink    | 2 | VanderDium Mortgage           | 9:45AM  |
| U10 GIRLS | Silver  | 3 | Taunton Pools                 | 10:00AM |
| U10 GIRLS | Forrest | 4 | FreshCO                       | 10:00AM |
| U10 GIRLS | Purple  | 5 | Helping Hands Movers          | 10:15AM |
|           |         |   |                               |         |
| U12       | Royal   | 1 | Allstate                      | 10:15AM |
| U12       | Red     | 2 | Earnie's Handyman Service     | 10:30AM |
| U12       | White   | 3 | AJ Appliance Repair           | 10:30AM |
| U12       | Green   | 4 | Helping Hands Movers          | 10:45AM |
| U12       | Gold    | 5 | McDonalds                     | 10:45AM |
|           |         |   |                               |         |
| U12 GIRLS | Pink    | 1 | The Stanway Team Real Estate  | 11:00AM |
| U12 GIRLS | White   | 2 | Kim & Shanon Real Estate Team | 11:00AM |
| U12 GIRLS | Purple  | 3 | Planet Fitness                | 11:15AM |
|           |         |   |                               |         |
| U14       | Green   | 1 | True North Comfort            | 11:15AM |
| U14 GIRLS | Gold    | 1 | Sundae Funday                 | 11:30AM |
| VARSIITY  | Gold    | 1 | Luxe Beauty Boutique          | 11:45AM |
|           |         |   |                               |         |
| U14       | Red     | 2 | Hanc's Fries                  | 11:30AM |
|           |         |   |                               |         |
| VARSIITY  | Navy    | 2 | 99 King                       | 11:45AM |
|           |         |   |                               |         |





## BOWMANVILLE UNITED SOCCER CLUB

### **Frequently Asked Questions**

#### **1. What do I do in the event of inclement weather?**

*For U7–U19, you will be informed by Darlington and your Convener if the town has pulled the permits for the night. These games will be rescheduled if there is enough time left in the season to do so. If the weather occurs after the office is closed, the referee at the game will be the one to call the game.*

*For U5 & U6, if Darlington does not pull the permit and cancel the game, the decision will need to be made by the coaches of the 2 teams.*

#### **2. What do I do if I have a player who does not show up?**

*If you have a player that continually does not show up to games, please contact the family first to see if there is a reason for their absence. If you do not hear from the family, contact your Convener to let them know.*

#### **3. Who do I contact if I have a parent is acting inappropriately?**

*The first person to contact is your Convener to let them know of the situation.*

#### **4. Do I have to do practices? Who schedules them and where can they be held?**

*For all divisions, it is recommended and encouraged for you to hold practices. Practices are up to the coach to organize. They get to pick the day of the week and the time. They also need to pick a location. The location does not need to have nets. You only need to have a patch of grass to hold a practice. It is up to the coach to pick the day of the week, but keep in mind Friday nights and weekends might not give you the greatest attendance.*

#### **5. What do I do if I don't have enough players to play a game?**

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*If you know in advance that you will be short players or that you have quite a few players on vacation at the same time, you can call up from the division below. For example, if you coach a U10 team you can contact the coaches from the U8 division in Bowmanville to see if they have any major players that would like to play up a division. The major players would be the ones who just turned 8 or are going to turn 8 this year. When you get these call-ups make them feel like part of the team. You need to ensure that they wear the same colour as your jerseys and you need to put a number on their shirt to identify them for the ref. They need to be marked on the game sheet as a call-up. These call-ups should also get equal playing time as your regular players.*

### **6. I have never played soccer before, how will I know what to do?**

*There are many resources within the club to help you with this. Ask the parents on the team for some assistance as most likely you will have at least one parent who has some knowledge about soccer. Attend the coach's meetings that the club has prior to the start of the season and contact your Convener for any further questions.*



## BOWMANVILLE UNITED SOCCER CLUB

### **It's Raining! Now What??**

Don't worry, your game will be rescheduled!

The best thing for you to do is to sign up for the Remind App & encourage all your Parents to sign up too. If the Region is closing the fields Darlington will use the Remind app to notify everyone. However, if it starts to rain after the close of business for the day, the decision to close the field rests on the Ref's shoulders.

If you don't have the Remind app Darlington will also post the Field Closures on their website, we will also post the field closures on our Social Media platforms: Facebook, Twitter & Instagram as soon as we hear about it.

Everyone must show up for the game, ready to play and if it is raining too hard or the Ref hears thunder or sees lightning, he/she will close the field. If there is no thunder the game will continue.



Bowmanville United Soccer Club



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## BOWMANVILLE UNITED SOCCER CLUB

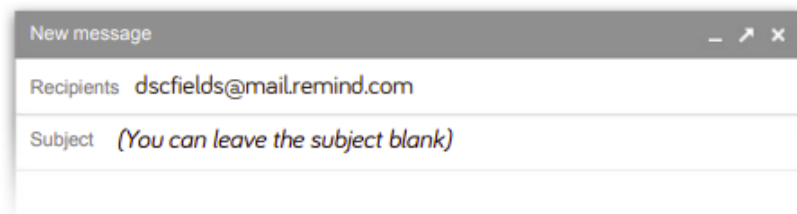
Coach Darlington would like you to join  remind  
Field Update!

To receive messages via text, text **@dscfields** to **(647) 496-2812**. You can opt-out of messages at anytime by replying, 'unsubscribe @dscfields'.



\*Standard text message rates apply.

Or to receive messages via email, send an email to **dscfields@mail.remind.com**. To unsubscribe, reply with 'unsubscribe' in the subject line.





# BOWMANVILLE UNITED SOCCER CLUB

## Darlington Soccer Club – Field Directions

**Attersley Park** – Located at 1110 Attersley Dr., Oshawa, ON.

**Baseline Park** – Located at 2444 Baseline Rd W Bowmanville, ON. Directions: Go west of Durham 57, beside Baseline Community Centre, north side of Baseline, across from the RCMP building and dance studio.

**Note:** Please use designated gravel lot for parking beside the park and not the parking lot immediately in front of the community centre. Cars can be ticketed and towed.

**Baxter Park** – Located near 80 Baxter St. Bowmanville, ON. Go to the corner of Baxter St. & Bagnell Crt. Take West Side Dr., north of Baseline Rd. Turn left on Higgins St. to Baxter St.

**Bowmanville High School** – Located at 49 Liberty St. N. Bowmanville, ON. Located off Liberty St., North of Hwy #2 (King St.), beside the fitness centre. Field is behind the school.

**Burketon** – Located near 93 Darlington St., Blackstock, ON. Go north on Old Scugog Rd., past 10<sup>th</sup> Concession. First turn to the left past 10<sup>th</sup> Concession is Roy N. Carter St. Left on Roy Carter. Fields are in park. Parking is to the right towards playground.

**Clarington Fields (Clarington #1, #2, #3, #4 & #5)** – Located at 2375 Baseline Rd. W., Bowmanville, ON. Clarington #1 is the most northeastern mini field from the Indoor building, Clarington #2 is directly south of Clarington #1 and is slightly bigger. Clarington #3 is the southern-most, full field. Clarington #4 and #5 are the western most fields, north of the baseball diamonds (Clarington #5 is the western most field).

**Clarington Central Secondary School** – Located at 200 Clarington Blvd, Bowmanville, ON. Off Hwy #2 to Clarington Place (the Cineplex Odeon Complex). North of the Home Depot. Field is behind the school parking can be found to the right of the school.

**Clarke High School/Pines Public School** – Located at 3425 Highway 35/115, Newcastle, ON. Stick to right hand side of the highway going north, school's driveway is just before the Harvey's.

**Courtice Community Complex** – Located at 2950 Courtice Rd, Courtice, ON. Go north off of Hwy #2 onto Courtice Rd. While traveling north, take a left into the complex past the skate park. Field is hidden behind the complex on the left side of the building.

**Courtice Secondary School** – Located at 1717 Nash Rd. Courtice ON. Located at Courtice Rd. & Nash Rd. Near the Courtice Community Complex.

**Courtice Memorial Park** – Located near 2252 Courtice Rd, Courtice, ON. East Side of Courtice Rd. North of Bloor. Located directly across the street from Holy Trinity.



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**Darlington #1, #2, #3, #4, #5 (Lower Hydro Fields)** – Located near 1 Solina Rd., Courtice, ON. If coming from the west, take Hwy #401 to the exit at Courtice Rd. and go east along South Service Rd. and turn right on Crago Rd. (formerly known as Solina Rd.). If coming from the east, take Hwy #401 exit at Holt Rd., go west on South Service Rd. and then south onto Crago Rd. (formerly known as Solina Rd.) Numbering runs from North to South. #1 and #2 are the northern most fields closest to the highway. #3 and #4 are the full fields in the middle. #5 is the southern-most mini field. Please see the "Hydro Fields Layout" link on the Maps & Locations tab of the website.

**Darlington Sports Centre** – Located at 2276 Taunton Rd, Hampton, ON L0B 1J0. North side of Taunton Rd., east of Holt Rd.

**Elliott Park** – Located at 30 Millstream Ln., Hampton, ON. Go north on Old Scugog Rd., past Taunton Rd, take a left on Millstream Ln. (where the church and General Store are located). Field is located in the park on the right.

**Green Park** – Located near 7 Boswell Drive, Bowmanville, ON. Parking has been made available for the 2016 season on the west side of Green Rd., south of Boswell Drive and north of Aspen Springs Dr.

**Note:** For games at Green Park, note the Green Rd. Parking Lot is now open for use. No parking is permitted on Green Rd. south of Boswell. Vehicles may be ticketed.

**Highland Gardens (Highland Park)** – Located at 41 George Reynolds Dr., Courtice, ON. Hwy #2 to Trulls Rd., turn right, go to Nash Rd., take a left, carry on to George Reynolds Dr., turn right, the field is up on the left-hand side.

**Holy Trinity High School** – Located at 2260 Courtice Rd. S., Courtice, ON. Located across the street from Courtice Memorial Park.

**Note:** Do not park in the laneway on the east end of the school in the "No Parking", "Fire Route" and "Garbage Can Areas". Cars will be ticketed and towed. Please use the designated parking lot.

**Harry Gay Park** – Located at 36 Harry Gay Dr., Courtice, ON. Harry Gay Drive runs north off Nash Road, halfway between Courtice Rd. and Hancock Rd. The park is on the east side of the street.

**John James Public School (aka Guildwood Park)** – Located at 175 Mearns Ave., Bowmanville, ON. Take Hwy #2 E., turn left on Mearns St., just before the Bowmanville Zoo, go north on Mearns past Concession St. and you'll find the field adjacent to John James School.

**Note:** John James will not be used for the Outdoor 2022 season.

**Knox Christian School (Mini N. & S.)** – Located at 410 North Scugog Cr., Bowmanville, ON.

**Note:** Knox Christian will not be used for the Outdoor 2022 season.

**Longworth Park #1 & #2** – Beside Harold Longworth Public School. Located at 380 Longworth Ave., Bowmanville, ON. East of Liberty St. N.



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**Newcastle Memorial Park** – Located near 150 King Ave., Newcastle, ON. Take Hwy #2 (King St.) east of Mill/King intersections (near the Newcastle Library).

**Northglen Neighbourhood Park** – Located at 110 Northglen Boulevard in Bowmanville, ON. Just north of the playground.

**Orono Fairgrounds** – Located near 46 Centreview St., Orono, ON. Take Hwy #35/115 and take Main St. exit. Turn right and carry on towards downtown Orono. Take a right at Centreview St., go to the end of the road. Mini fields are to your right in the middle of the track.

**Orono North & South** – Located near 46 Centreview St., Orono, ON. Same directions as the Orono Fairgrounds, but when you travel to the end of the Centreview St., turn left and the soccer fields are behind the school.

**Pearce Farm** – Located near 300 Shipway Ave., Newcastle, ON. Take Mill St exit off of the 401, go south on Mill St, turn right on to Port of Newcastle Dr. Go past Caldwell Cres., Carveth Cres and Beacham Cres (all on your left) the next right is Shipway Ave. Pearce Farms Park is located on Shipway.

**Penfound Park** – Located at 27 Hemmingway Dr., Courtice, ON. Take Hwy #2, turn south on Prestonvale, turn right on Glenabbey Dr. The field is behind Mother Teresa School.

**Rickard Neighbourhood Park** – Located at 70 Grady Drive in Newcastle, ON.

**Ross Tilley Public School (aka West Side Drive Park)** – Located at 45 W. Side Dr. Bowmanville, ON. Go west of RR #57. Turn north on West Side Dr., the school will be on your right.

**Roswell Park** – Located at 132 Roswell Dr., Courtice, ON. Take Prestonvale Rd. to South Field Ave. (right across from the South Courtice Arena). Go west on South Field Ave. one block to Roswell and then turn south on Roswell.

**R.S. McLaughlin CVI** – Located at 570 Stevenson Rd. N., Oshawa, ON.

**Scugog Street Park** – Located at 375 Scugog Street in Bowmanville, ON. Located across the street from St. Stephen's and is adjacent to Charles Bowman Public School (where parking is available).

**Solina** – Located at 1964 Concession Rd. #6, Solina, ON. From Taunton Rd., take Solina Rd. N. and take a right. The field is located behind the Solina Community Centre.

**Note:** Do not park on Solina Road in the "No Parking" and Fire Route" areas. Vehicles will be ticketed and towed. Please only use the designated parking lot at Solina Community Centre off Concession Rd. #6.

**South Courtice Arena** – Located at 1595 Prestonvale Rd., Courtice, ON. Corner of Prestonvale Rd. and Bloor St. in Courtice. Grass field runs adjacent to the road and the artificial turf is hidden towards the back of the building.

**St. Stephens High School** – Located at 300 Scugog St., Bowmanville, ON. North of the FreshCo.



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**Tyrone Park** – Located near 2716 Concession Rd. 7, Tyrone, ON. Go north on Liberty St. past Taunton Rd. as you enter Tyrone, you will see a sign on your left saying “Tyrone Park” in between houses. Take the driveway to the parking lot and clubhouse where you will find the fields.

**Walbridge #1 & #2** – Located near 50 Glass Court, Newcastle, ON. Take Hwy #401 to Mill St. exit. Then take Mill St. to Edwards St. and then Edward St. to Glass Crt. Then go south while on Glass Crt.

**Waverley (aka Optimist Park)** – Located near 168 Waverley Rd., Bowmanville, ON. Take Waverley Rd. off Bowmanville Ave. Located between Hwy #2 and Baseline. The fields are to your right just past the school.

**Note:** Please make sure you pick up and garbage your team may generate and please make sure that your players do not kick the balls against the resident’s fences. There have been numerous complaints about these issues from residents in the area.

**To receive text notifications regarding field closures due to heavy rain and standing water, you can subscribe to our Field Conditions text service. Text @dscfields to (647) 496-2812.**





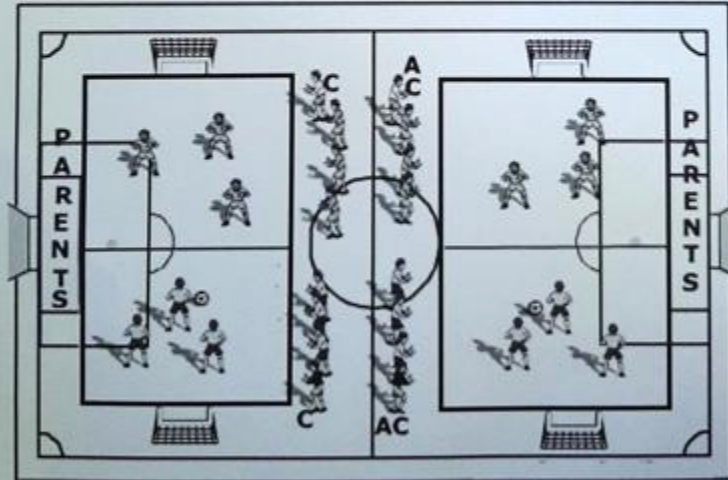
# BOWMANVILLE UNITED SOCCER CLUB



## U5 & U6 - 3v3 Game Format Rules

Darlington Soccer Club is implementing a new set of rules for the U5 and U6 House League age groups to ensure players get more touches on the ball that helps with developing their soccer skills and making sure they are involved in the play at all times while the games are being played. Also we can match player's skill set for each game. See below for a summary of the rules:

- 3v3 format (no goalkeepers)
- Use of smaller fields (two games playing on one mini field; see diagram)
- Substitutes made on the fly
- Two 20-minute halves with 5-minute half time
- Main goal is to keep ball moving with parent-volunteers who run the game
- Play kick ins with goal kicks only (no corner kicks)
- Retreat lines at the half way mark to ensure team gets possession after goal kick
- Smaller fields result in more touches on the ball and better skill development among players



Diagram

\*Two 3v3 fields divided up on one regulation mini field. Coaches and players sit on the inside of the main field with parents sitting on the outside.



## BOWMANVILLE UNITED SOCCER CLUB

### To Keep in Mind When It's Hot Outside

| <b>Heat Exhaustion</b>                            | <b>Heat Stroke</b>                    |
|---|---------------------------------------|
| Increased thirst                                  | Severe headache                       |
| Weakness  | Weakness, dizziness                   |
| Fainting  | Confusion                             |
| Muscle Cramps                                     | Nausea                                |
| Nausea and/or vomiting                            | Rapid breathing & heartbeat           |
| Irritability                                      | Loss of consciousness                 |
| Headache  | Seizure                               |
| Cool, clammy skin                                 | No sweating                           |
| Increased sweating                                | Flushed, hot, dry skin                |
| Elevation of body temperature, but less than 40oC | Temperature of 104oF (40oC) or higher |

Once the temperature is above 32oC (including Humidity) all of Darlington Soccer Club's Referees will permit one water break per half. All Communities under the Darlington umbrella will also be telling their Coaches to allow the Water Break. There should be no Coach agreeing to a Water Break and the opposing Coach denying it. If you run into this situation, please notify your Convener at the conclusion of the game and it will be forwarded along to our President who will handle the matter.

If you have a child that is thirsty and can't change have the player, come to the sidelines and you can pass them their water from there, as long as they don't leave the field they will be OK with the Ref.

A good practice to get into is to bring extra water with you; there may be that one child who forgets their water. You can also consider bringing some cooling packs in a cooler; it will keep your water cool & available in case you need it for one of your players.



## BOWMANVILLE UNITED SOCCER CLUB

### DIY Cold Pack

This is a great recipe for a Cold Pack for your Coach's Bag, it gets very cold but never freezes! If you want something a bit harder, you can always freeze a sponge in a Sandwich Size Ziploc Bag.

- Add 3 cups water to 1 cup of rubbing alcohol
- Close the bag while being careful to force the extra air out
- Put the first bag into a second Ziploc bag and seal the same way
- Throw it in the freezer for a couple of hours.
- You have your own reusable ice pack! Using this method, the pack will not turn into an uncomfortable block of ice. And you have saved yourself a few dollars.





## BOWMANVILLE UNITED SOCCER CLUB

### **A Note About Darlington**

This causes a lot of confusion for people, but Bowmanville United Soccer Club does **not** have an Office at the Bowmanville Indoor Soccer Centre. That office belongs to Darlington Soccer Club, they are our Parent Organization. They are not responsible for anything dropped off there and have lost items of ours in the past.

Please **DO NOT** drop anything off there that is intended for Bowmanville United Soccer Club. If you need to get something to us please reach out to your Convener and they will make arrangements with you. You can find your Convener's contact information in your Coach's information.

Thanks for your understanding and cooperation,

Bowmanville United Soccer Club



## BOWMANVILLE UNITED SOCCER CLUB

### BOWMANVILLE UNITED SOCCER CLUB **MANDATORY** MID SEASON COACH'S NIGHT



**Monday August 15th**

**U5-U10 Coaches  
@ 7:30 p.m.**

**U12-U19 Coaches  
@ 8:00 p.m.**

**PLEASE SUBMIT YOUR PLAYER EVAL BEFORE ATTENDING**

You will be provided with playoff/finals information & your team photos

Please ensure your attendance. If you are unable to attend, please send a parent volunteer in your place

[www.bowmanvillesoccer.ca](http://www.bowmanvillesoccer.ca)



## BOWMANVILLE UNITED SOCCER CLUB

### Equipment Return Policy

Effective January 1, 2019

Each team Head Coach and Assistant Coach that represents Bowmanville United Soccer Club shall take full physical and financial responsibility for all equipment borrowed. You will return all Equipment on one of the two (2) Equipment Return Nights provided to you by Bowmanville United Soccer Club.

For every piece of Equipment you accept responsibility for and do not return in good working condition you will be billed for its replacement. If you do not reimburse Bowmanville United for said cost that amount will be added to your next season's registration fees (Indoor, Outdoor, Rep).

Pug Nets: \$100 each

Ball Bag: \$25 each

Pinneys: \$5 each

Pylons: \$2.00 each

Goalie Jersey: \$45 each



BOWMANVILLE UNITED SOCCER CLUB

**BOWMANVILLE UNITED SOCCER CLUB**

**ANNUAL GENERAL MEETING**



DATE: OCTOBER 24<sup>th</sup> 2022  
TIME: 6:45 P.M.  
LOCATION: BOWMANVILLE INDOOR SOCCER CENTRE  
2375 BASELINE ROAD

**Coaches are asked to return their team equipment at  
6:30 p.m. prior to the meeting.**

All coaches, parents and players over the age of 18 are invited and welcome to attend.

Any new business items must be delivered to the Club in writing to ***bowmanvillesoccer@gmail.com*** 24 hours before --- to be included on the Agenda of the Annual General Meeting. Only items on the Agenda of Meeting will be discussed at the AGM.

[www.bowmanvillesoccer.ca](http://www.bowmanvillesoccer.ca)