

# Soccer4Life Team Mom Handbook

*Empowering Sideline Support & Team Unity*



## *Volunteer Orientation Volume I*



*Presented by Soccer4Life*

*Reaching Communities. Giving Opportunities!*



# Soccer4Life Team Mom Handbook

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## Empowering Sideline Support & Team Unity

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*Original Framework Developed by Coach K*

### Guiding Principles & Expectations

Team Moms report directly to their team's Coach

#### If a parent asks a question:

- Do not answer directly — respond: "Let me get with the coach and I'll get back to you."
- This eliminates miscommunication and ensures alignment.
- Always be respectful — we are all adults.
- Never use profanity towards a coach, parent, child, opponent, etc.

- Speak professionally and act as if you are at your respectful job.
- Do not make decisions without consulting your coach first.
- Wear appropriate Soccer4Life apparel during games — it signals you are staff.

### **Sideline Expectations**

Keep all players on the bench when not playing

#### **If a player needs the restroom:**

- Signal the parent to assist — you should not leave the sideline.

#### **Monitor behavior on the bench:**

- No hitting, touching, spitting, throwing, or other inappropriate actions.
- Be mindful — parents are watching.
- Coordinate with the coach on substitution times to ensure all players get playtime.

#### **Ensure players bring their own hydration to the bench before the game:**

- Helps with halftime talks and prevents unnecessary movement.
- Help keep parents on the appropriate sideline during games.

**Arrive 30 minutes before game time:**

- Help count players
- Assist with bench setup and other prep

**First Aid kits are located:**

- On the table in front of the equipment room
- Inside the equipment room (ask if unsure)

**Snacks & Drinks**

**Create a snack and drink sign-up sheet:**

- One list for snacks
- One list for drinks
- This encourages parent participation and team spirit.

**Once introduced in GroupMe as the team mom:**

- Ask parents to list any food allergies their child may have
- This ensures everyone stays safe when providing snacks/drinks

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Thank you for serving as a vital part of the Soccer4Life family. Your support helps build a strong, safe, and united environment for every child on the field.

For questions or concerns, always check with your Coach first. We are in this together!