



As you well know, Kansas weather can be very hot & very cold during our soccer season. Please be sure your players are dressed appropriately for the weather. Sweatshirts & sweatpants (or biking pants) may be worn under the player's regular uniform. Be sure your child has on sunscreen & **brings a water bottle to each practice & game**. Water is the best drink for your child during practices & games. Information about chronic medical conditions (diabetes, asthma, seizures, etc.) must also be included on your player's registration form.

Shin guards are mandatory safety equipment throughout the world for soccer. **Players without shin guards will not be allowed to play. AYSO regulations state that players must wear shin guards which provide a reasonable degree of protection and are covered entirely by the stockings and footwear.** Referees check player's equipment before games.

Experienced soccer parents keep soccer gear such as water bottles, shin guards, extra socks, & sunscreen in their cars throughout the soccer season! Players may wear regulation shoes, gym shoes, or sneakers with or without rubber cleats, but WITHOUT a hard side weld or toe cleat. If you choose to purchase cleats, chose soccer shoes, (different than baseball or football cleats).

Players will be asked to remove any jewelry, earrings, watches, necklaces, wristbands, hair clips, & barrettes during practices & games. Players should not get their ears pierced during the season, unless parents are willing to ensure that they are able to remove earrings at practices & games. Players with hard casts or splints will not be allowed to play. Players may not remove casts or splints in order to play.

Dogs are not permitted on the soccer fields at any time, even if on a leash. This is necessary for the safety of our players. Many children have been bitten by a "normally gentle" dog. Your cooperation is necessary to maintain a safe environment for our children. This includes during practices as well as games.

