

Grand Island Soccer Club 2020 Fall Travel Training



Training Details

2020 fall training sessions will be held at Epic Sports Center: 2793 Wehrle Drive, Williamsville

Parents and Players

1. Print out and sign the [Epic Sports Center Visitor Wavier](#) before you arrive
 - a. Players should be dropped off at the entrance and they will be greeted by a coach inside the facility
 - b. Players must have a signed Epic Sports Center Visitor Wavier to enter the facility
 - c. Waivers will be available at Epic Center if you forget, but parents will have to leave the facility immediately after signing the form – NO spectators are allowed in the building
2. Arrive 15 minutes early to practice
3. Players should be ready to play when they walk in – locker rooms will be closed
4. Masks must be worn at all times when NOT on a playing surface – optional when playing
5. Sneakers ONLY in warm up area; turf shoes or sneakers are allowed on the turf – NO cleats
6. Players must leave the facility immediately after their training ends, following the one way traffic flow

Coaches and Trainers

1. A coach must greet players at the front door ensuring players have their signed waiver
 - a. That coach will direct players to the waiver drop off stations
2. Epic staff at the waiver drop off stations will direct players to the futsal court to warm-up
 - a. A second coach should greet players on futsal court to facilitate warm-up before going to a field
 - b. Sneakers ONLY in warm up area; turf shoes or sneakers are allowed on the turf – NO cleats
3. Training fields are marked open/closed with green/red signage
 - a. Coaches, trainers, and players cannot enter their training field until the previous field event is over and all players have left the area
 - b. Sanitation occurs between each practice
 - c. You may transition to your training field once Epic staff has changed the field signage to green
4. Players must leave the facility immediately after their training ends, following the one way traffic flow

Epic Sports Center COVID-19 Protocols

Epic has implemented rigorous cleaning procedures and protocols to ensure the safety of its visitors:

- The building is cleaned each day before the first visitor arrives
- High touch points are cleaned throughout the day
- Industrial fans will be on throughout the day to increase the air ventilation in each venue
- The building is disinfected each week by an outside vendor who specializes in sanitizing surfaces
- Hand sanitizers are available throughout the building for visitors and employees
- One way traffic is marked with clear signage throughout the facility
- Water fountains are turned off and there is no vending
- A limit of 50 players, trainers, and coaches are allowed on each playing surface – NO spectators
- Masks must be worn at all times when not on a playing surface – optional when playing
- Additional [Epic Center reopening guidelines](#) can be viewed on their website

Please note: Fall training sessions are included with your registration fee. Additional indoor winter team training sessions may be held at each team's discretion. Due to COVID-19 and a shortage of free practice space on Grand Island, additional costs associated with reserving indoor practice space will be incurred by the players. This will be determined through conversation between coaches and parents on a team by team basis.

Grand Island Soccer Club COVID-19 Protocols and General Hygiene Code of Conduct

General Health

1. If a player or coach is sick, has a high temperature, or has symptoms of an illness, stay home regardless of what is causing your illness
2. If you or a player are confirmed or suspected to have COVID-19, practice self-quarantine measures and contact your physician
 - a. To discontinue quarantine and return to sport, obtain appropriate clearance from your medical provider and provide the Club with return to play documentation
3. If you have been in close contact (within 6 feet) with someone who is suspected or confirmed to have COVID 19, begin self-quarantine for 14 days
4. Advise the Club of any possible exposures in your team, training, or Club environment – parents should communicate with the Club or coach

General Hygiene

- Avoid touching your eyes/mouth/nose as much as possible
- Sanitize hands often
- Cover your mouth and nose with your bent elbow or tissue when you cough or sneeze
- Avoid spitting and coughing

Equipment and Training Gear

1. Where possible, use individual equipment
 - a. Do not share personal equipment or gear (e.g. water bottles, towels, pinnies, etc.)
 - b. Soccer balls may be shared provided players only touch the ball with their feet

As a reminder, participation in training sessions is a personal choice.

Epic Sports Center Photos



Entrance



Walkway to Check-in



Waiver Drop Off Stations



Futsal Court – Player Warm-up



Training Field RED – Do Not Enter



Training Field GREEN – Enter

Grand Island Soccer Club 2020 Fall Travel Training Schedule

NOVEMBER			
11/1/2020	12:00-1:00	BOYS U8/U9 & U9/U10 White Lesh/Brand	GIRLS U10 Blue & U10 White Dudek/Moore & Waddington/Bonnevie
	1:00-2:00	BOYS U9/U10 Blue & U11 Muehlbauer/Cassata & Thomas	GIRLS U12 & U14 Gallegos/Sugg & Ulrich/Pachia
11/8/2020	12:00-1:00	BOYS U8/U9 & U9/U10 White Lesh/Brand	GIRLS U10 Blue & U10 White Dudek/Moore & Waddington/Bonnevie
	1:00-2:00	BOYS U9/U10 Blue & U11 Muehlbauer/Cassata & Thomas	BOYS U12 & U13 Wentz & Cummings
11/15/2020	12:00-1:00	GIRLS U12 & U14 Gallegos/Sugg & Ulrich/Pachia	BOYS U12 & U13 Wentz & Cummings
	1:00-2:00	BOYS U14 & U15 & U17 Black/Sargent & McMann & Hofmeyer/Walowitz	
11/22/2020	12:00-1:00	BOYS U8/U9 & U9/U10 White Lesh/Brand	GIRLS U10 Blue & U10 White Dudek/Moore & Waddington/Bonnevie
	1:00-2:00	BOYS U9/U10 Blue & U11 Muehlbauer/Cassata & Thomas	GIRLS U12 & U14 Gallegos/Sugg & Ulrich/Pachia
DECEMBER			
12/6/2020	12:00-1:00	BOYS U8/U9 & U9/U10 White Lesh/Brand	GIRLS U10 Blue & U10 White Dudek/Moore & Waddington/Bonnevie
	1:00-2:00	BOYS U9/U10 Blue & U11 Muehlbauer/Cassata & Thomas	BOYS U12 & U13 Wentz & Cummings
12/13/2020	12:00-1:00	GIRLS U12 & U14 Gallegos/Sugg & Ulrich/Pachia	BOYS U12 & U13 Wentz & Cummings
	1:00-2:00	BOYS U14 & U15 & U17 Black/Sargent & McMann & Hofmeyer/Walowitz	
12/20/2020	12:00-1:00	BOYS U8/U9 & U9/U10 White Lesh/Brand	BOYS U9/U10 Blue & U11 Muehlbauer/Cassata & Thomas
	1:00-2:00	GIRLS U10 Blue & U10 White Dudek/Moore & Waddington/Bonnevie	BOYS U14 & U15 Black/Sargent & McMann