



Parents,

Our teams will start the season practicing on the turf field at Oakmont High School.

It is essential that all Oakmont Outlaws Coaches, Players and Parents abide by the rules set by the HS and in consideration of the other programs sharing the available Oakmont turf time, so we can continue to use the facility.

Start and end time for practices: We will be starting from 6:00-6:15 (Depending on HS LAX use) to 7:15. **The HS has priority for turf time and should normally end their use by 6:15 at the latest but could be done as early as 6. Do not use the field if the HS is still on it, as this is a safety concern and we should not be interrupting their field use** (the board will try to provide notification in the event the HS has a schedule change that will interrupt the 6:15 to 7:15 time slot, but in the case this doesn't happen the HS has the priority). **The Sting LAX program has the turf from 7:15 to 8:15, so all soccer activities MUST be off the field at 7:15** (so plan accordingly and end your practice at 7:10 if you have equipment setup). **Again this is for everyone's safety, there shouldn't be any Outlaws players, coaches, parents on the field after 7:15.**

In addition to the posted rules at the Oakmont facility. It is important the following rules be adhered to during out practices;

1. Under no circumstances should any players/coaches be using any HS equipment during our practices. This includes; **No shooting soccer balls at LAX nets**, no moving benches or any other equipment out onto the turf playing area.
2. Players should not be climbing on fences or on any equipment.
3. Only players and coaches are allowed on the turf surface during practices and games.
4. **Water is the only drink allowed on the field during practices, no food, gum, candy etc. allowed onto the turf area.**
5. Remove all empty drinking bottles etc. off the field before the end of practice.
6. No playing soccer on any of the other athletic fields due to the spring conditions. Stay off the grass areas, and use the stairs entering the turf area, to minimize tracking mud etc. onto the playing area.

Throughout the practice season field space is at a premium. Please be considerate of your fellow Outlaws coaches and use the appropriate amount of field space based on roster sizes. *(a U14 team is ~ 20% larger than the U12 and U12 is 20% larger than U10). Based on this an example layout for a session with 1-U14, 1-U12 and 2-U10 teams would be; U14 ~50yards use, the u12 ~40yards field space, and 30 yards in half for the two BU10 teams.*

Team schedule:

	Team #1	Team #2	Team #3	Team #4
Monday - 6:15-7:15	B34A	G78A	B34B	G34A
Tuesday - 6:15-7:15	G56A	G56B	B56B	
Wednesday - 6:15-7:15	G56A	G78A	G56B	B34C
Thursday - 6:15-7:15	B56A	B56B	B78A	B78A
Friday - 7:15-8:15	B34A	G34B	B34B	G34A