

# BASC PRACTICE INFORMATION

**Where:** Practice fields are located within the city limits of Broken Arrow with the exception of the Health Department fields. Over 170 teams and 1800 players share practice fields stretched across the city of BA! Parents should plan accordingly to drive their player to practice within the vicinity of BA or to the health department fields. All BASC coaches pick out their practice field locations based on its availability to them – just because you live in a certain area does NOT mean you will practice close by! You may practice 8 to 10 miles away – plan accordingly!

## **BE AWARE!**

**BASC cannot place a player on a specific team that only practices at a certain location or on a certain day or time of the week. The logistics of placing 1800 players on teams takes several weeks and hundreds of hours by parent volunteers! BASC cannot pick a team based on where or when they practice, this information is not a known factor for the team placement process.**

**Time:** Your coach will let you know what time practice begins.

***Usually*** but not always, practices begin around 5:30pm, depending on the coach's work schedule, daylight savings time and the availability of a practice field for the team. Your coach will let you know what time your child's practice will be at the beginning of the season.

U6 players typically practice once per week.

U7 – U19 players typically practice twice a week.

**When:** Most recreational teams begin practice 2 weeks before the first game of the season.

Rec plus teams may begin as early 3 – 4 weeks before the first game.

# BASC Practice Guidelines

As you begin your practice, please remember the following items.

1. Every player should always come prepared.
  - a. Ball (Correct size with air)
  - b. Water
  - c. Proper clothes for warm/cold days
  - d. Soccer shoes and shin guards
2. NO HANGING ON GOALS – THIS IS EXTREMELY DANGEROUS OR FATAL!
  - a. All goals should be anchored with stakes.
  - b. Please do NOT move the goals!
  - c. Every goal should have 2 stakes, if you are missing any, please let the coach know.
3. Parking areas have been provided at all locations.
  - a. NO ONE is to park within 15 feet of any sideline of any practice field.
  - b. Do NOT park in spaces not designated for parking. Practice fields are precious to BASC and are on loan to us by various property owners. We cannot afford to lose a practice field due to parents who refuse to abide by rules and damage property by tearing turf and making ruts with their vehicles.
  - c. If you have any questions about where your practice field parking is, please contact the coach.
4. Do NOT drive across any field! It might look like a shortcut....but it is NOT. We don't need players at risk just because someone wants to take the shortcut.



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