



Eastern Pennsylvania Youth Soccer News Release

FOR IMMEDIATE RELEASE

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Eastern Pennsylvania Youth Soccer Announces Player Performance Guidelines & Resources

These recommendations come in consultation with the Eastern Pennsylvania Youth Soccer Medical Advisory Committee

Plymouth Meeting, PA— Eastern Pennsylvania Youth Soccer has announced Player Performance guidelines and resources, with an emphasis on player safety, for the start of the 2018-19 season. The initiative was put forth by the Eastern Pennsylvania Youth Soccer Medical Advisory Committee with consultation from Eastern Pennsylvania Youth Soccer Director of Soccer Development & Performance Gary Stephenson.

“Part of the coaching philosophy of U.S. Soccer is to establish and maintain a strong performance environment,” Stephenson said. “Player safety is a big part of that. We feel that by providing these resources to coaches and club officials, they can best serve their players and families.”

The state association recommends member organizations implement these guidelines going forward.

“Ensuring player safety has always been a large part of the mission for the promotion of youth soccer in eastern Pennsylvania,” Chair of the Medical Advisory Committee Dr. Kevin Freedman, M.D., said. “This year, the Medical Advisory Committee is enhancing its resources and recommendations to all of the clubs, coaches, players and parents throughout eastern Pennsylvania.”

The Player Performance recommendations and guidelines include:

- Appointment of a Club Safety Officer
- Establishment of an Emergency Action Plan (EAP)
- Coaches toolkit for player safety
- Safe return to play following concussion protocols
- First aid essentials
- Medical history information
- Heat, lighting and goal safety

The above resources and information, in addition to U.S. Soccer’s Recognize to Recover, can be found at EPYSA.org/player_performance.

About the Eastern Pennsylvania Youth Soccer Medical Advisory Committee>> The Medical Advisory Committee includes experts in a variety of medical fields pertaining to athletes. The goal of the committee is to enhance player safety, promote health and wellness, and reduce the incidents of injury to the best of our ability. The Medical Advisory Committee seeks to provide guidance to Eastern Pennsylvania Youth Soccer member organizations and to the individual families on trending and impactful issues such as concussions, overtraining, nutrition and safe return to play protocols, as well as assist with creation of curriculum, policy and procedure.

About Eastern Pennsylvania Youth Soccer>> Since 1972, Eastern Pennsylvania Youth Soccer has worked throughout Eastern Pennsylvania to promote, foster and perpetuate the game of soccer to the region’s youth. Through competitions, educational programs, outreach efforts and coaching clinics, Eastern Pennsylvania Youth Soccer impacts the lives of more than 120,000 youth soccer players from ages 5 to 19. Eastern Pennsylvania Youth Soccer is one of 55 state associations in US Youth Soccer and a member of the United States Soccer Federation. Additional information about Eastern Pennsylvania Youth Soccer can be found at www.EPYSA.org.