

BASC EXPRESS

Competitive Program Handbook

Prepared from the March 2, 2026 committee recommendations with additional non-conflicting updates integrated. Approved by the BASC Executive Board on April 1, 2026.

This handbook defines the framework in which BASC Express operates. It exists to create clarity, consistency, and accountability for players, families, coaches, and leadership. Express is designed to be a high-quality, development-driven competitive soccer program that aligns with BASC's mission and long-term health.

This document answers:

- How teams are formed
- How coaches are selected and evaluated
- How players develop and move
- How decisions are made
- What families should expect

I. Express Program Philosophy

Core Principles

- Player-First Development - Long-term growth over short-term results
- Consistency - Shared standards across all teams
- Transparency - Clear reasons for decisions
- Merit-Based Opportunity - Earned roles and advancement
- Club Alignment - Express strengthens BASC, not separates from it

Winning matters, but development, culture, and integrity matter more. Standards over personalities. Development over shortcuts. Club over Individuals.

The purpose of the Express Competitive and Academy Programs is to provide a higher level of competition for soccer players to aspire to and to provide support to each player who aspires, to field the most competitive teams possible with the available eligible players, and return to the focus on being the best, not the biggest.

II. Governance & Decision Structure

BASC Executive Board

BASC Express Competitive Committee

Role: Express program operations

- Tryout logistics and recruiting pipelines
- Registration and compliance
- League placement support
- Competitive program events and tournaments
- Administration and technical operation of the Express program

Director of Coaching Responsibilities (DOC)

- Curriculum and standards
- Coach evaluations, education, and development
- Player evaluations and development standards
- Team formation recommendations
- Recruitment of coaches for Legacy and Express
- Player recruitment for Express

Age Group Coordination (AGC)

The Age Group Coordinator (AGC) serves as the bridge between the Competitive Head Coach/DOC, current age-group coaches, and the club competitive structure.

The AGC is responsible for organizing coach input, aligning coaches to club philosophy, and presenting a unified team formation plan prior to tryouts.

Express Advisory Committee (EAC)

The Express Advisory Committee (EAC) will evaluate player movement and team movement matters and make recommendations to the Express Competitive Committee. The purpose of the EAC is to provide a consistent, fair, and development-focused review process that supports the Express Competitive Committee, player growth, team balance, and overall program alignment.

The EAC should review matters involving player movement between teams, team formation adjustments, and other team-placement questions that may arise during tryouts or throughout the competitive year. In completing its review, the EAC should consider factors such as player development, team needs, roster balance, prior evaluations, coach input, and the best interests of the player and program as a whole.

The EAC serves in an advisory role only and does not have final decision-making authority. After review, the EAC will provide its recommendation to the Express Competitive Committee, which will make the final decision. All recommendations should be guided by club standards, competitive integrity, and the long-term development of players within BASC Express.

Communication Pathway

All questions, concerns, and issues should follow this communication pathway in order:

1. **Team Head Coach**
2. **Express Age Group Coordinator**
3. **Express Competitive Head Coach**
4. **BASC DOC**
5. **Express Competitive Director**
6. **BASC Executive Director** (who will review and communicate to appropriate Board Member or other persons as applicable)

This communication pathway must be followed at all times. At each step, the person receiving the concern should confirm whether the matter has already been addressed with the previous level. If it has not, the individual should be directed back to the appropriate level where the communication pathway was not followed before the matter moves forward.

III. Team Formation & Tryouts

Tryout Philosophy

Tryouts are evaluation events, not guarantees.

Players are evaluated on:

- Technical Skills (dribbling, passing, shooting, first touch, tackling)
- Tactical Awareness (decision-making, positioning, game sense, vision, movement off the ball, creating plays)
- Physical Attributes (speed, agility, strength, endurance, balance, quickness)
- Psychological and Character Traits (attitude, coachability, leadership, competitiveness, communication, work ethic, bravery)

Team Count Planning

Before tryouts, the Competitive Committee, age-group leads/advisory committee, and DOC determine the number of teams per age group, target roster sizes, league placement targets, school-age and play-up movement considerations, and any other tryout specifics.

- Teams playing 9v9 and below may field as many teams as truly qualify to compete at the competitive level for that age group as determined by the advisory committee
- At the 11v11 format, BASC Express will field no more than three teams per age group.

Roster Formation Process

1. Coaches evaluate players
2. DOC reviews and normalizes evaluations
3. DOC recommends rosters and tier ranking
4. EAC meets and reviews and makes change suggestions
5. Committee executes administration and placement

No single coach controls a roster.

School-Age Group / Play-Up Guidance

- USSF school age-group change uses an August 1 through July 31 age cutoff.
- Broken Arrow school-age recognition will be used for school-age references.
- August-born players may be treated as hybrids and may have the option to follow the appropriate class year where permitted by applicable rules.
- Playing up is treated as a competitive placement decision made during the tryout window, not mid-season, unless approved as an exception.
- A player may play up if evaluation supports first-team placement, subject to roster needs and competitive fit.
- Parent Coaches who are coaching their own children must follow the age group recommendation for the player.

Tryout and Open Session Rules

- Hierarchy picking order: Premier, Classic, Elite, Select, Novus
- Spot offers follow hierarchy
- Only head coaches may offer a spot unless a head coach grants prior authorization for a specific assistant-coach offer
- Friendship coaches are not to conduct open session events or participate in Tryouts.
- Friendship players who are not open to receiving spot offers from other coaches within their age group are not required to attend tryouts or open sessions
- New and existing Express players should be encouraged to attend tryouts and open sessions so they can make informed decisions through an unbiased evaluation process
- No existing Express player movements are granted between February 1 and June 1 except for extenuating circumstances Team Formation Rules
- Any new team formation must be approved by the Express Committee before any player is offered a spot for that team
- Any team ranking movement is decided by the Express Committee, BASC DOC, and a committee if applicable
- Any approved new team must have enough players to have substitutes and compete independently without guest players for league play

Friendship Teams

- Friendship team rosters are set at the time of handbook approval and shall not change at any time absent club-approved exception. Should the roster fall below acceptable play level, the team shall dissolve and the players will be subject to tryouts.
- Tournament teams will be treated as Friendship teams for handbook purposes where applicable.

Level of League Play

- The Competitive League Commissioner is directly responsible for determining and approving each team's level of league play in consultation with the Express Committee and BASC DOC for alignment.
- A team's level of play should consider both the previous season's performance and roster comparison.
- Level-of-play decisions are generally made during the summer and winter breaks.
- Only true Express teams formed by tryouts qualify to play in top level play i.e. Pre-ECNL, ECNL-RL etc.

IV. Coach Selection & Assignment

Coach Standards

All Express coaches must:

- Meet licensing requirements or timeline, or be approved by the DOC and Express Committee
- Meet the minimum required licensing for the league in which the team competes
- Pass background checks and all club and league requirements
- Sign the commitment and code of conduct
- Conduct themselves professionally while representing BAEX
- Provide a positive and productive environment that furthers player skill and development

- Maintain an open line of communication with players' parents
- Share their vision with the team and parents at formation and throughout the year
- Ask questions as events and concerns occur and do not wait
- Help other coaches when asked and offer help when they see another coach struggling
- Continue coaching education
- Not contact BAEX players or parents who are not primary players on that coach's roster; the player's head coach is always the first point of contact

Coach Assignment Criteria

Assignments are based on:

- Experience
- Development ability
- Communication skills
- Prior evaluations
- Child team placement considerations where applicable

Seniority and parent pressure do not determine placement.

If a child and/or parent does not want to play for a specific coach, the request to move will be reviewed through the established escalation pathway. Leadership may interview parents regarding specific issues to support coach training and movement decisions.

Current coach tiers:

- Tier 1 - Volunteer - No pay - Background and club requirements passed
- Tier 2 - Elite Coach - USSF D license or higher and all other background and club requirements passed – may request to charge team up to \$800 per month, after an approved application and evaluation by the Express Committee and BASC Director of Coaching.

Coaching Pay

- Tier 2 Coaches may assess fees to be compensated as Express coaching staff only as permitted by club policy.
- Any fee must be communicated to parents.
- Compensation must be reported to the BASC Executive Director to ensure appropriate documentation and 1099 handling.
- All compensation must follow the BASC flexible compensation model.
- Any deviation from the BASC approved coaching pay policies shall result in immediate dismissal from BASC Express.
- Coaching expenses paid by the team that are not related to coach compensation do not need to be reported to BASC; however, those expenses must be fully disclosed to parents in the interest of transparency.

V. Coach Development & Evaluation

Evaluation Categories

All evaluations are to be documented and conducted in a fair manner.

Coach evaluations are based on:

- Alignment with BASC Standards, Vision and Culture
- Technical Knowledge - Ability to implement a consistent, age-appropriate coaching style
- Player Improvement - Evidence of development in technical skills and tactical understanding
- Game Management - Decision-making, tactical adjustments, and composure under pressure
- Communication and Ethics - Interaction with parents, players, and referees that fosters a positive, safe environment; mature and respectful communication with other Express coaches
- Organization and Professionalism - Practice planning, game preparation, and compliance with club and league rules

Evaluation Inputs

- DOC observations
- Age-group leads/advisory committee evaluations
- Player progress

- Structured parent feedback
- Coach self-evaluation

Outcomes

- Continued assignment within Express
- Reassignment within Express
- Development plan for improvement
- Removal if necessary, subject to approval from the Executive Board

Coach Conduct and Handbook Compliance

Violations of any portion of this handbook may result in sanctions including, but not limited to, removal from tryouts, loss of picking position, suspension from BASC competitive activities, or referral to the appropriate governing body.

These rules are in place to protect the integrity of the club and its members.

VI. Player Development & Movement

Development Benchmarks

- Technical goals
- Tactical understanding
- Physical development expectations

Player Movement

- Players may move up or down based on development.
- Each team's head coach may recommend player movement by communicating with the other head coaches and the DOC.
- The DOC may also recommend player movement based on observation during the competitive fiscal year.
- Player movement decisions should be reviewed by the EAC with final confirmation from the Express Committee.
- All player movements must be explained clearly to parents or legal guardians, who reserve the right to refuse an offered move from the player's originally rostered team.

VII. Playing Time Philosophy

Development Ages (U6-U12)

- Emphasis on meaningful playing time
- Development over results

Performance Ages (U13+)

- Merit-based playing time
- Development remains the priority
- Commitment to the team

Expectations should be communicated verbally and/or in writing before a player is rostered.

VIII. Parent Communication & Expectations

Communication Pathway

- Team Head Coach
- Express Age Group Coordinator
- Express Competitive Head Coach
- DOC
- Express Competitive Director

Board members are not part of the escalation path. The Executive Board will redirect families to this pathway unless Board involvement is formally required.

Parent Standards

- Honor the Express contract with the club and team
- Support the club in volunteering opportunities
- Be encouraging toward the club, its players, and its coaches
- Refrain from sideline coaching

- Respect officials
- No roster lobbying
- Maintain professional communications at all times

Violations may result in disciplinary action.

24-Hour Rule

The 24-Hour Rule is intended to prevent emotional confrontations and ensure the focus remains on the child's enjoyment of the game and development.

- Parents and players should wait at least 24 hours after a game or practice before discussing a negative situation with the coach or team.
- The rule encourages a cooling-off period so emotions can settle before concerns are raised.
- After the 24-hour period, parents should first communicate privately and respectfully with the head coach, then continue through the established communication pathway if unresolved.
- The rule is intended to maintain a positive and supportive atmosphere centered on the child.
- By following the rule, parents model sportsmanship and appropriate behavior for players.
- Violations of the rule may result in penalties for parents and/or players.

IX. Season Operating Rhythm

Pre-Season

- Coach planning
- Parent meetings
- Player goal setting
- Fundraising and processes
- Team manager/treasurer meeting

In-Season

- Monthly coach check-ins
- Mid-season evaluations
- Parent pulse surveys
- Team manager/treasurer coordination

Post-Season

- Player evaluations
- Coach evaluations
- Program review

Team Expectations

Every Express team shall play in one of the two BASC tournaments each year.

X. Measuring Success

- Player retention
- Player advancement
- Coach retention
- Parent behavior and satisfaction
- Competitive placement accuracy
- Alignment with BASC pathways, vision, and mission

XI. BASC Academy Program (U6-U10)

The Express Handbook Review Committee did not finalize substantive changes to the BASC Academy section and recommended additional discussion while continuing to use the existing structure and available programming.

Purpose of the Academy

The BASC Academy is designed for individual player development for ages U6 through U10. It bridges the gap between recreational soccer, rec select, and competitive soccer by providing higher-quality training without full competitive demands.

The Academy is player-based first, not team-based first.

Academy Philosophy

- Focus on technical mastery and love of the game
- Emphasis on learning, creativity, and confidence
- Age-appropriate training over results
- Clear pathway into Express for players who are ready

The Academy exists to develop players, not win standings.

Academy Structure & Oversight

Reports through: Director of Coaching - Express Head Coach - Legacy Head Coach - Executive Head Coach

- Academy operates under BASC programming
- Support provided through the Legacy and Express Directors and Coach Coordinators
- Technical and administrative duties provided by the Director of Coaching
- Technical vision and strategy provided by the Executive Head Coach and DOC

Key rule: The Academy is governed by specific technical leadership, not committees.

Academy Age Groups

- U6
- U7
- U8
- U9
- U10

Players are grouped by developmental readiness, not strictly by birth year when appropriate.

Training Model

Training focus areas:

- Ball mastery
- Dribbling and turning
- Passing and receiving
- 1v1 attacking and defending
- Movement and spacing (age appropriate)

Training environment:

- Small-sided activities
- High repetition
- Minimal lines
- Encouragement of creativity and risk-taking

Competition & Games

- Games are secondary to training
- Emphasis on equal opportunity to play
- Results are not tracked as success metrics
- Coaches rotate players through positions

At Academy ages, playing time is developmentally driven, not performance-based.

Coach Assignment & Standards (Academy)

- Be development-focused
- Demonstrate strong communication with young players
- Be committed to BASC curriculum and standards

Academy coaches are selected and assigned by the Director of Coaching and Express Committee and approved by the Executive Head Coach.

Player Evaluation & Progression

Evaluation focus:

- Technical growth
- Confidence on the ball
- Coachability
- Enjoyment of the game

Formal rankings are avoided.

Movement From Academy to Express

- Academy players may be recommended for Express tryouts or to Legacy teams
- Recommendation is made by the Director of Coaching
- Readiness is based on development, not age alone

Families are guided clearly on expectations before transitioning.

Parent Communication & Expectations (Academy)

- Clear communication on development goals
- Positive sideline behavior
- No emphasis on winning or standings
- Sideline coaching is discouraged

Academy Success Metrics

- Player retention
- Player confidence and enjoyment
- Technical improvement
- Smooth transitions into Express

XII. Training and Scheduling

Submission & Scheduling

- All sessions must be requested via the online JotForm available on the BASC website.
- All requests must be submitted at least 13 days in advance of the first session.
- Fields are limited and assigned in the order requests are received.
- Teams are given precedence for turf, when grass is closed, by the order in which the request was originally received.
- Available timeslots are 6:00 p.m. and 7:30 p.m., Monday through Friday.
- Sessions are assigned through GotSport, where field assignments appear the same way league games do.
- Sessions are scheduled two to three weeks in advance.
- All sessions are scheduled at ISSC using the internal training complex naming convention.
- Inside the training complex, each field is split in half and labeled accordingly.

Cancellations

- All cancellations must be submitted by email to games@basoccer.club with the date and event number specified.
- Cancellations for anything besides extreme weather must be submitted at least 48 hours in advance.
- Extreme-weather cancellations must be submitted by noon on the day of the extreme weather event to avoid being charged.
- If a team no-shows or cancels after the deadline, the team is charged for the session.
- If lightning detectors prevent a session from happening, the team is not charged for the session.

Payment

- Teams are billed within the first week of the month for the prior month's usage with a net 10-day payment requirement.
- If the outstanding balance is not paid in full within 10 days of invoice, all future sessions are suspended until payment is received.
- Invoices are sent to the team's head coach.
- The team's head coach is responsible for ensuring payment is made.

Closing Statement

BASC Express exists to provide a high-quality competitive soccer experience built on standards, accountability, and development.

This handbook protects players, families, coaches, and the club by ensuring decisions are made fairly, professionally, and consistently.

Express Advisory Committee (EAC)

The Express Advisory Committee (EAC) shall be established to review player movement, team movement, and team formation matters and to make recommendations to the Express Competitive Committee. The purpose of the EAC is to promote consistency, fairness, transparency, and player-centered decision-making across the BASC Express program.

Purpose

The EAC exists to:

- evaluate player movement between teams
- review team movement or restructuring when needed
- provide recommendations related to roster balance and competitive placement
- support alignment between player development, team needs, and club philosophy

Committee Composition

The EAC should be comprised of the following members, when available:

1. Age Group Coordinator
2. Competitive Head Coach
3. Director of Coaching (DOC)
4. Express Director

The Express Committee may designate alternate or additional members when necessary to ensure a complete and impartial review.

Responsibilities

The EAC will review matters including, but not limited to:

- player movement between teams
- team movement within the competitive structure
- roster balance concerns
- team formation recommendations
- play-up or play-down considerations
- special circumstances affecting player or team placement

In conducting its review, the EAC should consider:

- player evaluations
- coach input
- roster needs
- prior season performance
- current team composition
- player development needs
- the best interests of both the player and the program

Role of the EAC

The EAC serves in an advisory capacity only. The EAC does not make final decisions regarding player placement or team movement. After review, the EAC will submit its recommendation to the Express Competitive Committee, which retains final decision-making authority.

Process

1. A concern, request, or recommendation regarding player or team movement is submitted through the appropriate communication pathway.
2. The EAC reviews the matter using available evaluations, observations, and input from relevant coaches and leadership.
3. The EAC discusses the issue and develops a recommendation based on club standards and competitive philosophy.
4. The recommendation is presented to the Express Competitive Committee for review and final decision.
5. Once a decision is made, it will be communicated clearly to the appropriate coach(es) and parent(s)/guardian(s), when applicable.

Guiding Principle

All EAC recommendations shall be made with a focus on player development, competitive integrity, roster balance, and consistency across the BASC Express program.