

VARSIY SOCCER

TEAM GUIDELINES & EXPECTATIONS

FALL 2012

Overall Team Guidelines:

- Order of priorities: School work, the team, clubs and other activities. Joining a team means you may miss out on other things you may want to do. It's a sacrifice everyone who plays needs to make.
- Whenever possible, do things together as a team. Sit by each other in classes when possible, during lunch, at other games and activities. Include everyone on the team even if they're not your favorite person to be around.
- Remember who you represent at all times (yourself, your family, the team, the coach, the school, your friends): act in a way so that you and the team will always be remembered in a positive way. Support other sports teams in the school, help those who need it, remember there are little eyes watching you that idolize what you do, be a good role model!
- Athletes must see the coach about any concerns they have before parents or others become involved.

Practice Guidelines:

- During the pre-season, practice begins at the time stated (8:00am, 8:45am) which means you need to arrive before then to be ready to start. Bring cross trainers as well as your cleats to practice.
- During the school year, go to the weight room changed in shorts, t-shirts, shin-guards and socks. Some days you will have a workout to complete before practice. Other times, you will be taken out to the practice field. Be there by 2:45pm once the school year begins.
- Unless there is lightening, we will have practice outside. Come with extra clothes when it's cold or rainy.
- You **must** bring your own water bottle. There will be no sharing of drinks throughout the season.
- Hard work is expected in all we do. Make a habit of giving a full effort in practice and you will be amazed at how you improve throughout the season. Practice good attitudes at all times. Listen when the coach speaks. Ask questions when the time is appropriate by raising your hand. ***NEVER STOP HUSTLING***
- Practice will end at 5:00pm every day. You must be picked up no later than 5:10pm (this will give the work groups time to pick up the field and put things away). You may stay later to watch other games or help as a ball boy for modified teams or the girls teams.

Game Guidelines:

- You must have your cleats, shin guards, and uniform or you will not be able to play.
- As with practice, bring your own bottle to drink from. Not sharing drinks will help us remain healthy.
- Accept where you are placed on the field. If you have a concern about why you are or are not playing a specific position, please see me before or after a practice. Game day is not the time to ask.
- I expect hard physical play. Whoever said soccer was not a contact sport didn't play soccer with me! That being said, absolutely no dirty play will be tolerated. Period. We're here to play as a team and find success together, not get mad at opponents and look for arguments or fights. I always encourage athletes who are looking to fight to go to a YMCA and take boxing lessons.
- You will need a notebook to keep notes in after each game.
- On our away games, I would prefer have the team ride back together on the bus so be sure to bring food for the ride home!

Frequently asked Questions...

- **Does everyone play the same amount?** At the varsity level, they do not. There may be times where academic or disciplinary reasons may keep people from playing. There may be times where I won't play someone if it would put them in a situation where they would feel like they cost the team the game. That's not fair to them or the team. You may be a talented player, but if you are not a team player or have an overly negative attitude, you will find yourself next to me during games. I try to keep everyone's experience on the team positive. If a player believes they are not playing a fair amount of time, they need to come and talk to me with their concern before or after a practice.
- **What if I'm hurt do I still have to go to practice?** Unless you're in the hospital, you should be at practice. There are things that I can have you do at practice to keep you improving other areas while you heal and you will know what the rest of the team has learned even if you can't do it that day. (It's important when going to a doctor for an injury that you tell the doctor that you are an athlete and need to know what you can still safely do. If your doctor gives me a list of what's acceptable, I'll find beneficial things for you to do during practice. Ask me about sprained ankles).
- **What if I don't like where I'm being told to play?** You need to keep a good attitude. Sometimes as coach, I am looking to see what you are capable of while at other times I may be evaluating someone else and I just need you to play in a different position. Usually I try to put people in the positions where both they and the team will be the most successful, so be patient. If you don't understand why you're playing a certain position, ask me before or after a practice and I'll talk with you (but remember, you may still be playing the same position).
- **Why do athletes have to speak to the coach first instead of parents?** Very simply, 99% of all concerns an athlete has can easily be answered by asking the coach. The important thing is not to let things fester and get ugly. Ask early and usually the problems can be ironed out. Many of the athletes I've coached have told me that they wish their parents had not gotten involved in team issues because it didn't always help the situation. Parents are more than welcome to come with their child when the athlete talks to the coach, but the athlete should be the one outlining the problem.
- **How can the team find the maximum amount of success?** By working hard and working together. Look for solutions to problems, don't dwell on the causes. Encourage others, especially after a mistake on the field. Never focus on negative actions of others or on bad calls by the officials. Every time a player loses focus on the game and instead focuses on an opposing player or argues a call (which is one way to lose playing time!!) they put the entire team at a disadvantage. One bad call probably won't cost us the game unless we let it. If the team works on playing together as a team the way they've been coached, success and good times will naturally follow!
- **Should I ask others to play?** You bet!! Ask everyone who is not already involved in a Fall Sport. Don't assume they don't want to play, most do but just need to be asked. Be the one to ask them!! 18-20 players would be great.