



## PTHS Girls' Soccer – Team Manual 2005

### **School Policies:**

- Minimum practices to be eligible to play in a game = 10
- Must pass all subjects in previous grade period, minimum 2.0 GPA. If you haven't met these criteria you are unable to participate in contests until the 3 week checkup with passing grades – you may practice with the team in the meantime.
- Must attend entire day and participate in class activities to attend practice & contests.
- Emergency absences must be approved by the Athletic Director
- No alcohol, tobacco or non-prescribed controlled substance – any infraction results in automatic season suspension.
- No rides with others parents/friends/etc. to/from games without Athletic Director pre-written approval
- If you go home with your parents at an away game instead of riding home on the bus, they **MUST** sign you out.
- No tolerance for hazing. All new players should feel welcome as part of our “soccer family.”

### **Practices:**

- Pre-season practice (all mandatory) will be each afternoon Monday thru Friday 3:30-5:30
- Pre-season fitness sessions will be mandatory Mon, Wed, and Fri, August 24-Sept. 2 from 8-9:30am and are optional on Tues. and Thurs. between those dates. I would encourage you to come to all of the conditioning training, but please honor how your body feels and don't “overdo.”
- Practices during the league (all mandatory) will be Monday 3:30 - 6:00, Wednesday and Friday 3:30-5:30. (Games are Tuesdays and Thursdays.)
- Any changes from the normal practice routine are noted on the schedule. Specifically, please note earlier practice times on early release days and a morning practice on Oct. 14 (when there is no school). No practice will be held on Labor Day.

### **Practice Policies:**

- On-time arrival required – please arrive dressed and ready to go 5-10 minutes early for individual juggling, etc. Practices will begin on time every day. Late-comers will be subject to the team's penalty: First one under 5 minutes free with an apology. After that, 1 lap around entire practice area for every 5 minutes late.
- We will practice as we play: with high intensity and at game speed. If you make no effort in practice, you definitely won't start and you may have your playing time reduced or eliminated in the next game - Coaches have the final word.

- The only bona fide reasons for missing practice are: Religious holiday, pre-arranged at least 2 weeks in advance, Family Emergency (ie. a death), Dr./Dental, and school approved activity – you must call me directly or make arrangements in person and I must know in advance.
- If you miss a practice WITH a bona fide reason, you will not start in the next game and you may have your playing time reduced per coaches' discretion.
- If you are too injured to practice the day before a game, you will not play in the game the next day. However, if you are injured, you are still expected to WATCH practice so that you don't miss out on any skills, tactics, etc. that are discussed.
- If you miss practice WITHOUT a bona fide reason, you will not play in the next game.
- No jewelry of any kind is allowed to be worn: no rings, earrings, necklaces, watches, etc. at any practice (or game)
- No barrettes or other dangerous hair control devices at any practice (or game)
- Must wear shin guards at all practices (and games)
- No gum chewing during practices (and games)
- Bring water: more than you think you'll drink for before, during, and after practice. Come to practice hydrated – which means you need to be drinking WATER throughout the day (soda, coffee, etc. are all dehydrating). If you are thirsty, you are already dehydrated – so drink all day before you feel thirsty.
- Please come dressed appropriately for the weather, we will be practicing outside rain or shine.

### **Team Meetings:**

Team Meetings will be treated as a practice with regard to attendance. All Team Meetings are mandatory whether they are noted on the schedule already or scheduled as the season progresses.

- Team Focus Day (mandatory): Wed., Aug. 31 – 11:00-3pm. Lunch will be provided. We will be discussing the mental aspect of the game, doing team-building exercises, partnering up as Big Sisters/Little Sisters etc. Please wear comfortable street clothes, close-toed tennis shoes, and bring whatever else you need (like sunglasses, sunscreen, jacket etc.) appropriate for outdoor weather. Bring pen and paper, a healthy snack to eat for later in the afternoon, and whatever gear, etc. you need for the scrimmage which will directly follow the session. Don't forget to bring lots of water for the whole afternoon and the scrimmage.

### **Uniforms/Equipment:**

- Each player will be issued a uniform prior to the first interscholastic contest. Each player is responsible for examining her uniform upon receipt and noting any problems or damage with the condition of the uniform at that time. After that, each player is responsible for the care and condition of her uniform.
- Socks – each player is expected to purchase her own socks for the uniform, one red pair, one white pair. Dave Peterson should be personally reimbursed for the socks.
- Since we are representatives of PTHS, uniforms should look clean at the start of each contest. It is expected that they are laundered AT LEAST once a week, twice if necessary.

- All uniforms are expected to be returned in their entirety, laundered, and in good condition at the end of the season. If you do not return your uniform, you will be responsible for the replacement cost, you WILL NOT LETTER, and you may be subject to other sanctions.
- If our team's equipment is lost, stolen, or damaged, any replacements have to come out of the soccer budget. This means we have less money to invest in other things that will improve the quality of our program. Please treat our equipment with respect so it will last for a long time.

### **Safety:**

Every players' safety is of primary concern for our coaches. If you ever notice something you think or feel might be unsafe or dangerous, (ie a hole in the field, an unstable goal, etc.) please let one of our coaches know immediately.

### **Game Days:**

- On-time arrival required – actual arrival times will be determined closer to game dates – approximate leave times for away games are noted on the schedule.
- School Dress Code on game days: To be agreed upon as a team prior to game days.
- Traveling to away games: while you are out with the team, we are representatives of PTHS at all times. It is expected each player is kind, considerate, and respectful to others while we are traveling – especially the bus driver. All transportation will be left in better condition that we found it – with all trash etc. removed when we return home. Bus drivers (and everyone else for that matter) appreciate being appreciated – their job is not an easy one. Please thank them at the end of the day for getting us home safely.
- Don't forget, if you go home with your parents at an away contest, you must have them sign you out prior to leaving.

### **Playing Time:**

On varsity, the primary goal will be to field the strongest team possible. In general, players with more advanced skills will see more playing time than those still in developmental phases. However, a player must be in good standing with the team in order to be eligible for the most amount of minutes in a game. For example: a player who is a gifted athlete, but exerts little effort in practice, perhaps is tardy, or misses practice that week may very well play less than someone who gives her all everyday and motivates her teammates to play their best - even if her skills are not at the same level as the first player. The bottom line: skill matters, but so does attendance, attitude, and fitness. Please do not take decisions about playing time personally – not every player will play every minute of every game – it is just not possible. Keep in mind that each player has an important role on the team whether you are a star player, the substitute for a star player, or a cheerleader. If you have questions or concerns about playing time, please discuss it with me – I'm happy to let you know where I'm coming from or what you need to do in order to improve.

### **Sports"man"ship:**

Good sportsmanship is an important lesson in soccer. It is expected that all players, spectators, parents etc. exemplify good sportsmanship as representatives of PTHS. Coaches, players, referees, etc. all make mistakes – we are all human. It is important to keep some perspective on the whole situation - after all, soccer is only a game. As a player you show respect for yourself by showing respect for all coaches, referees, the opposing team, and your teammates. At PTHS we will train to play aggressive fair soccer, but if you knock a player down in the heat of battle, lend her a hand to get back up when the play stops. Be respectful of the referees even if you believe them to be wrong. The expectation is

that each of our players will treat everyone with the same respect and consideration as you would wish to be treated.

### **Health Stuff:**

Should you be surprised by your period during a practice or game, I will always have tampons and pads with me. No need to feel embarrassed, uncomfortable, or try to makeshift something yourself - I know that stuff like this happens sometimes - just let me know and I'll hook you up.

If you are injured, or otherwise concerned about your health, please let a coach know immediately. Your safety is our primary concern.

### **Big Sister/Little Sister Program:**

Transitioning to a new school/team can be challenging and it is important that everyone feels welcomed as part of our soccer family. As part of our Team Focus Day, Underclassmen (little sisters) will each be matched with an upperclassmen (big sisters). Big sisters can be available for questions about the team, soccer, school, classes, activities, can be another friendly face in the hall at school, a personal cheerleader, etc. Activities will be planned throughout the season.

### **Personal Contract with the Team:**

All athletes will be expected to agree to and sign a contract of personal commitment to the team. (This contract will be developed today as a team and signed individually the next day.)

### **Goal Setting/Performing at Your "Personal Best":**

Are you playing/practicing soccer at the best level you are capable of right in this very moment? If so, you are performing at your "personal best." Your personal best will change over time as you grow as a player and will be different than every other player on our team because your strengths and challenges are different as well. Throughout the season we will work on setting individual goals that will help to expand that "personal best" and help teach you how to get where you want to go in life. (Let's start with 4 personal goals each now, 1 team goal for the week, and 3 team goals for the season.)

As part of this focus on working toward your personal best, you are encouraged to spend as much time with the ball as possible outside of practice. Keep track of the time you spend with the ball in a log in your "soccer journal." Get your friends or teammates together, play 1v1 against your brother, practice moves or trapping or juggling by yourself. The more touches you get with the ball, the better soccer player you will become. An award will be given at the end of the season for time spent with the ball outside of practice (let's chat about which hours will apply today).

### **Lettering:**

The requirements for lettering as a varsity athlete are as follows, all criteria must be met:

- Athlete's grades and academic status meets or is above the minimum.
- The athlete has completed the season . . . this would include commitments to be with the team through the entire post-season schedule.
- Student/athlete is in good standing in school in terms of behavior, attendance and positive attitude.
- Athlete as finished the season in good standing on the athletic field. (An athlete who is ejected from 2 athletic contests will by WIAA rules, not be eligible to letter since they didn't finish the season in good standing.)

- Must play in at least 25% of all contests. (ie. 4 of 14 games)
- If the team participates in the state tournament, all athletes on the team who complete the season will letter.
- Without exception, an athlete will only letter if she returns her complete uniform.

If a player is injured during the course of the season, but completes the season with the team including attending all practices and games, she will letter along with the rest of the team regardless of whether she meets the participation requirement (25% of all games).

### **Awards:**

#### Weekly:

- SuperStar  
Each week on Friday an award will be given out by the coaches for best effort/attitude during practice that week. To be eligible, you must have attended the entirety of all mandatory practices and games that week, arrived to every practice/game on time, and followed all other team policies. This is a traveling award that must be relinquished to the next award winner the following Friday. Each of the weekly SuperStars will be eligible to win the SuperStar of the year award at the End-of-Season award ceremony. The SuperStar of the Year award will be voted on by your teammates.

#### End-Of-Season Awards:

- Letter Certificates (Varsity)
- JV Certifications of Participation
- MVP
- Nisqually Scholar/Athlete Award (Varsity – 3.5 GPA or above)
- WIAA Outstanding Scholar/Athlete (Varsity – 3.5 GPA or above)
- WIAA Distinguished Scholar/Athlete (Varsity 3.0-3.49 GPA)
- SuperStar of the Year
- Best Offense
- Best Defense
- Most Inspirational
- Most Improved
- Most Xtra Time Invested (spent with the ball outside practice/games) (determined by time logs of xtra practice time kept by each player individually)
- 1<sup>st</sup> Team All League (determined by all league coaches) (2<sup>nd</sup> team and 3<sup>rd</sup> team will be acknowledged, but there aren't any awards given out for these.)

### **Communication with Parents:**

The primary means of communication with parents will take place via email. Please make certain that I have your parents correct email address on file so I can include them in any team updates. Should your parent have a concern or issue they would like to discuss, they are welcome to contact me by telephone or make an appointment to speak with me in person.

### **Players' Questions/Concerns Throughout the Season:**

I will be available for 15 minutes following every practice for any personal questions or concerns you might have about soccer, the team, school, or anything else for that matter. If you're having a difficult time, please let me know about it. If you would like to discuss something privately with me, I'm more than happy to have the discussion someplace you will feel comfortable – just let me know. If you want some pointers or some extra tips on a new skill you're having trouble with, I'm available for that also during this time. Of course, I'm also available by telephone 9am-9pm.