

# Boys Soccer Handbook 2011-12

Boys who want to play soccer at RVHS should consider improving their skills and doing physical conditioning year-round to stay competitive.

Parents and players also need to understand that there are physical risks involved in participating in athletics. Soccer can be physical with bodily contact between players in practices and in games. It is a demanding and competitive sport involving conditioning, coordination, and teamwork. Players may run three to seven miles in a game while working to defend their goal or attacking to score a goal. A high school soccer game is two 40 minute halves of playing time with very few breaks in the action. We hope you will attend many of our games to support your son and his teammates.

Please read the information in this packet in order to understand what is required and expected to enable your son to be involved in this program.

If you have any questions about our practices, the schedule, or any situation feel free to call one of us at home.

**Varsity Coach**  
Jack Harris  
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**Assistant Coach**  
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**RVHS Boys Soccer Website:**  
**<http://www.rv-soccer.org>**

*(you must go to the address directly – River Valley Schools will not link to the website from the high school's website)*

## **Rules:**

We as coaches feel it is our responsibility to not only teach the young men soccer skills, but also life skills as well. Therefore, it is our intent to establish a fair, precise set of ground rules that all participants will follow.

## **Tardy policy:**

### **What is a tardy?**

Not properly dressed out and on the field by the beginning of practice. 1 minute late is still tardy.

### **Excused tardy:**

Note from a teacher, administrator, parent, or school staff member.

### **Unexcused tardy:**

After the start of practice and no note:

- 1<sup>st</sup> unexcused tardy: Oops, I made a mistake. I will be on time the rest of the season
- 2<sup>nd</sup> unexcused tardy: Extra work after practice or cleaning up equipment
- 3<sup>rd</sup> unexcused tardy: Reduced playing time
- 4<sup>th</sup> unexcused tardy: Benched one game

## **Absence policy:**

### **Excused:**

Contact the coach prior to the start of practice. You are expected to be at practice the entire time, so please plan other activities at other times.

### **Unexcused:**

- When the athlete is at school, but is not at practice
- When the athlete is asked to leave practice because of lack of participation or a violation of team rules.
  
- 1st unexcused absence: Reduced playing time
- 2nd unexcused absence: Benched one game
- 3rd unexcused absence: Released from the program

## **Promotion of Soccer:**

- Each player is responsible for the promotion of our sport. Therefore, our behavior will be positive in and out of school.
- We will support all aspects of River Valley High School. We will not judge any other program.
- If we are judged negatively, we will address that issue through the proper channels of authority.
- We will promote our soccer team on the day of **Tuesday** games. We will wear opposing jerseys (away on home games, home on away games) and a nice pair of shorts or jeans.

### **Athlete Expectations:**

- Be on time
- Get good grades - cannot be on the team with poor grades
- Have a positive attitude
- Work hard throughout the season, even if you are not having a good day
- Be respectful of the team, coaches, parents, teachers, and officials at **ALL** times
- Encourage your teammates
- Communicate with coaches
- Good sportsmanship at all times
- Be honest and accountable for your actions
- Have the courage to win together and lose together
- Recognize that you often are a role model for many younger children
- Win without bragging and lose without complaining
- Have fun playing for the RVHS Boys Soccer Team

### **Practices:**

Practices are for team members only. Siblings, parents, significant others and everyone else not on the team need to wait outside of the practice field. The coaches will field all questions and concerns from non-team members ONLY AFTER practice.

If you are injured, you are expected to be at practice. Practice is for mental preparation as well, not just physical preparation. The coaches and your teammates expect that when you are healed you will be ready to re-enter the practice setting without missing a beat. You will also be expected to be seated with the team at games wearing your jersey.

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### **Eight Suggestions for Succeeding**

1. Fear no opponent. Respect every opponent
2. Remember, it's the perfection of the smallest details that make big things happen
3. Keep in mind that hustle makes up for many a mistake
4. Be More interested in character than reputation
5. Be quick, but don't hurry
6. Understand that the harder you work, the more luck you will have
7. Know that valid self-analysis is critical for improvement
8. Remember that there is no substitute for hard work and careful planning. Failing to prepare is preparing to fail.

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### **Ineligible players:**

Players who are ineligible will be expected to be at all games, SEATED WITH THE TEAM. River Valley School District rules state that players cannot dress in uniforms during games while ineligible. However, you are still part of the team and will be expected to be with the team during games, regardless of eligibility status.

### Equipment:

All players are required to purchase game socks which will be available from the coaches. DO NOT WEAR YOUR GAME SOCKS TO PRACTICE.

Also, players are required to have a **set of NOCSAE-approved shinguards**. In order to be approved, the shinguards MUST have the following logo:



### Playing Time:

- All players will be expected to practice every day.
- Players will be evaluated before each game to determine their participation for that game.
- Each game is different. One could compete on varsity one game and not the next. Be prepared to do your best when needed.
- Playing time will be determined on skill level, fitness and attitude.
- Coaches' discretion will be exercised in all circumstances to determine an athlete's playing time. **THE COACHES' DECISION ON PLAYING TIME IS FINAL.**

### Varsity Lettering:

- Players must remain a member of the team, in good standing, for the entire season to receive a letter. Any player who quits the team or who is otherwise removed from the team at any point during the season will not be eligible to receive a letter.
- Players with varsity playing time of greater than **800 minutes** will receive a letter.
- A senior will receive a letter if he has been a member of the team, in good standing, for 2 or more years, regardless of total playing time.
- Players may be disqualified from lettering for failure to meet team standards of discipline, practice attendance, etc, even if the minimum playing time requirements have already been met.

## **Parent/Coach Conference or Meeting:**

- Must be setup in advance.
- Will take place in a face-to-face meeting.
- Will involve at least 2 coaches, 1 parent, and the athlete, or the meeting will not be conducted.
- If the conference does not resolve the concern, a meeting will be setup by the Athletic Director, who will serve as a moderator.
- If there is no resolution, the parent must put in writing the concern and submit it to the District Administrator. Within ten days after receipt of the letter, the District Administrator will meet with the parent in an effort to resolve the concern.

*This is your game...I hope you win...I hope you win for your sake, not mine. I hope so cause winning is nice. It's a good feeling, like the whole world is yours. But this feeling passes. What lasts is what you have learned. And what you have learned about is life. That's what sports are all about.*

*The whole thing is played out in a short afternoon or evening. The happiness of life, the miseries, the joys, the heartbreaks. There is no way of telling if you'll be gone in the first five minutes, or whether you'll stay for the long haul. There is no telling how you will do. You might be a hero, or you might be absolutely nothing. Too much depends on chance, on how the ball bounces. I'm not talking about the game, I'm talking about life.*

*But it's life that the game's all about, because every game is like life, and life is like every game, except that life is deadly serious. But what you do with the serious ones is like any game. You do your best. You take what comes and run with it. Winning is fun, sure, but winning is not the point. Not giving up is the point. Never being satisfied with what you have done is the point. Never letting anyone down is the point. Always play to be a champion, win or lose. Because it's not winning the game that counts. It's trying to be your best that does.*

*That's the importance of the game.*

*-Author Unknown*

## **The Future:**

These rules and requirements are incorporated into the soccer program for the benefit of the program, team and individuals that make it up. If you have a question or concern about any of them, please contact the coaching staff immediately.

Our number one priority as a staff is to enhance student's educational experiences in a meaningful way by providing them opportunities to learn skills that they can apply to their everyday lives in the present and future. Dedication, commitment, sacrifice, and hard work are life skills that we want individuals to learn and demonstrate during, and after, their time in the program. By focusing on high standards and expectations for individual members of the soccer program, we feel that our chances for success on the field, in the classroom, and within society, can reach an all-time high in the future.