

SOUTHWEST GIRLS SOCCER

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Welcome to the Southwest Girls Soccer Program.

This handbook describes the rules, policies and guidelines in which the Southwest Girls program will function.

Student-athletes and parents/guardians need to thoroughly read the following information.

Coaching Staff

Head Coach

Simon Whitehead

Assistant Varsity Coach

Edi Buro

Junior Varsity Coach

Fuad "Ibee" Ibrahim

Goalkeeper Coach

Chuck Korpi

B Squad Coach

Quoc Le

C-Squad" Coach

Sam Ebute

Booster Club

All members of the program are thankful to the Booster Club; the program would not be able to survive without your time, effort and energy. Please get involved with the Booster Club activities in any way possible and support the program in whatever way you can.

Philosophy

FIERCE BUT FRIENDLY

The Southwest Girls Soccer program will provide an environment where players will succeed as individuals and as a team both on and off the soccer field.

Keeping enjoyment as the key ingredient, players will be fostered to reach their potential as well as understanding their roles as part of a team and a program as a whole.

Coach Expectations

COMPETE: every practice, every game.

ATTEND: every practice, every game.

Player Expectations:

1. always be a COMPETITOR
2. be EARLY
3. be a positive life force (be happy)
4. be HEALTHY
5. be a good student - do well in school
6. be a great team member
7. be on the hardest working team in the state
8. be EMPOWERED: make decisions
9. be THE ONE who makes us better every raining session
10. be dedicated to improving your game - practice, practice, practice

Make yourself better - Make your Teammates better - Honor the game of soccer

High School soccer is a very competitive environment. Coaches will continually encourage players to improve their game and raise their level of play.

Squad Selection

It is the decision of the coaching staff to determine the number of players on each squad for each year. Each tryout year brings in a new group and based on talent and numbers we will make the best decision for the program.

Your placement for the fall does not guarantee you a return to any squad for the following fall season. All placements are made following the tryouts in August each year.

Playing Time (aka: Game Time)

As with any quality development program our vision is to maximize potential at the entry level of our program. We aim to then have players progress up into a higher level of competition within their team as well as within the program.

Varsity: Coach will attempt to play every player but this is not guaranteed

Junior Varsity: Every Player will play in Every Game but that amount of time will be determined by ability, attitude, attendance

B-Squad and C-Squad: All players will play at least half the game time, unless there are attendance, attitude or other issues.

Sideline Etiquette

Positive Reinforcement is so important for players on the sidelines. Every time a teammate is subbed out all sideline players will high five the outgoing player as they come out.

Players should not be asking questions during games such as:

Can I go on now?

Can I play a different position?

Why am I not playing?

Coaches will aim to communicate to players on days other than game days as to the player's role in regards to playing time, positions and feedback on performance, therefore these questions are not helpful during a time where the coach is focused on analyzing the game for the benefit of the team.

Parent Expectations

Parents play a critical role in our program on a volunteer level and supporting the overall program. We understand that your daughter's soccer experience is important to you.

Here are some suggested ways you can help your daughter have a successful season:

Attend as many events as possible – the players (and coaches) love having you there!

Try to be objective – all players have faults, no matter what level they are at and they all need correction, re-direction, occasional discipline and encouragement.

Support the coach's judgment, actions, strategy and philosophy. Encourage your player to talk to the coaching staff.

Questions are welcome – be tactful and positive: Timing is important!

It is important to us that players and parent know that they will not be negatively impacted because of communications with the coaching staff.

Be as flexible as possible. Planning is done months ahead of time but there can always be last minute changes that are beyond our control.

Build up – every player has a role, and those roles make up the team and the program.

Be sensitive to those around you as you watch games.

Communication

All communication should be done by players to the coach. In the case of injury/sickness parental involvement is acceptable.

If your player has concerns/issues, please encourage her to speak with the coach.

Please choose an appropriate time to speak with the coach involved. When approaching a coach please do so with the intent of resolving the concern/issue positively.

Before or after a game is not the appropriate time to approach a coach about an issue, the procedure is:

- Talk to your player first, the “issue” may have and in most circumstances will have been addressed and solved between player and coach already.
- Do NOT call or talk to the coach within 24 hours of a game.
- E-mail the coach, leaving the best way to contact you (e-mail or phone).
- Coaches will follow up in the appropriate manner.
- If a meeting is needed, the player, coach and parent will be present.

The Coaches will NOT answer any questions about:

- PLAYING TIME
- OTHER PLAYERS
- TACTICS – FORMATIONS – TEAM MATTERS

If a concern/issue cannot be addressed and resolved, it will be referred to the Athletic Director.

Leadership

“Few things are harder to put up with than a good example” (Mark Twain)

Leaders are not just captains, there are players who will be natural leaders who do not receive or need a title to be vital in the leadership of the team, these players will be identified and given their responsibilities as the coaching staff deems appropriate.

All players have a role in this program – this will be clear and communicated by the coaching staff.

Captains will represent the team and be responsible until the end of the school year in order to work with the coaching staff on bringing the next group of players into the program.

Athlete Expectations

Being a member of the Southwest Girls Soccer program is a fulfillment of an early ambition for many students. This accomplishment carries with it certain traditions and responsibilities that must be maintained. A great athletic tradition is not built overnight; it takes the hard work of many people over many years.

As a member of the girls soccer program you have inherited a competitive tradition, a tradition you are challenged to uphold and improve upon. Every year players will be asked the following questions:

How would you like your class to be remembered?

What will you bring to the soccer program this year?

Southwest Traditions

- Performing at your potential in the classroom
- Winning with honor and class
- Losing with grace and humility
- Training at game level pace and perfection
- Being a positive force to other players, coaches, officials, opponents and parents
- Embracing criticism as a compliment

Training Etiquette

"Hard work beats talent when talent doesn't work hard!"

Unknown

"We are what we repeatedly do. Excellence, therefore, is not an act, but a habit."

Aristotle

Players should be dressed and equipped appropriately. Soccer shorts, Southwest Training Shirt, soccer socks, shin guards, and soccer cleats and JOGGING SHOES. Water bottle and soccer ball also required.

Attire for practice: Look Like a Soccer Player!

Weather appropriate gear also includes rain coats, soccer jackets, and soccer pants.

All players must arrive on time (e.g. if the session starts at 3.45pm you should be dressed and ready to go 15 minutes before)

Players should "**check in**" with the coach prior to the start of each training session. Try to get 1000 touches on the ball before the warm up and/or training session starts.

During the session when the coach is talking, please make eye contact with the coach delivering the message/coaching point.

Players should come to training and/or games and be able to focus on soccer – please refrain from bringing issues to the field, while the coaching staff cares and wants to know, players should feel that soccer is an environment where they can attempt to forget everything else and have fun and enjoy themselves.

Players who are negative, unmotivated and cannot follow directions will be removed from the training session.

Travel

Parents and/or students may have to provide transportation to and from some training sessions and games. **Please respect the coach's time and be prompt for pick up.**

When transportation is provided by the school – ALL ATHLETES are expected to travel to games as a team. Athletes are also expected to travel back to Southwest High School in

the same transportation. You will be notified of bus departure and arrival times. **Players arriving late may not be permitted to travel.**

There may be times when a parent/guardian is at an away site and may wish to take their player home with them due to a family function or church event. In these cases, a transportation release form must be submitted to the Athletic Director at least 24 hours prior to the event.

If under an extreme circumstance an athlete must leave with someone other than a parent/guardian, it must be pre-arranged two days in advance with the Athletic Director and the coach. A signed release form must be on file in the Athletic Office. At all times the coach reserves the final decision on how a player can return from away events.

Injuries

All injuries must be reported to the coach immediately.

If the injury requires medical attention by a physician, it will be necessary to have a written notification from the physician, stating when the player may return to competition. All notes should go to the coach to be turned into the Athletic Director or the Athletic Trainer. All home Varsity games will be covered by a Southwest Athletic Trainer.

Discipline

The use or possession of alcohol or drugs will not be tolerated. Not only are the use of these substances detrimental to your body, it greatly impacts upon the unity, morale and performance of the team.

Even further, possession/abuse of alcohol or drugs is inconsistent with the philosophy of athletics at Southwest High School and the Minnesota State High School League.

The abuse/possession of alcohol or drugs by a team member will automatically result in disciplinary measures, as follows:

1st Violation: Misses three (3) weeks of the soccer season (6–9 games)

Referred to a chemical counselor
Lose the right to be a captain for the year
Lose eligibility for All-Conference

Athletes must continue to follow all team rules, practices, team functions etc in order for the penalty to be served.

2nd Violation: Miss nine (9) weeks of the season
Referred to a chemical counselor
Lose the right to be a captain for High School career

3rd Violation Miss the next twelve months

Athletes must complete their entire season; otherwise it carries over into the next season. Penalties are cumulative and continue throughout an athlete's high school career.

This is a year-round commitment – not just during the soccer season or the school year!

If you are at a party where alcohol is being served, it becomes an “unlawful” event and you must leave right away. Should you choose to stay, you are guilty by association.

Please remember – you always have the choice to do the right thing!

If in Doubt – make a call and remove yourself

HAZING

Hazing is **not** to be a part of the Southwest Soccer Program. Hazing is defined as an initiation process conducted against a player (s) or prospective player (s) of a team.

Any behavior directed toward another athlete that endangers the mental or physical health or safety of the student for the purpose of initiation or admission into or continued membership on any team is not acceptable behavior.

End of the Season/Athletic Awards

The Southwest Girls Soccer Booster Club will organize and communicate the date and time of the banquet to be held at the end of the season. The banquet is mandatory for all players at all levels. Formal dress code, no jeans etc.

Varsity Awards

Letter: A Varsity Letter will be presented to an athlete or manager, who satisfies the participation requirements as listed, completes all team obligations and receives the recommendations of the coach. The coach may recommend a waiver of these requirements under an unusual circumstance.

- 1) Must Play in at least half the Varsity Games
- 2) Must show good work ethic in training and games
- 3) Must display consistent sportsmanlike behavior
- 4) Must be a team player and a positive asset to the team in skill, attitude, enthusiasm and support
- 5) Must abide by the MSHSL and Southwest High School Eligibility Rules
- 6) Seniors who have played four years of soccer will Letter

If the team goes to State ALL team members on the roster letter!

ACADEMIC: Certificates will be awarded for those who maintain a 3.0 or higher GPA

SECTION ACADEMIC: Certificate to the top two Varsity Athletes with the highest GPA

TEAM AWARDS: Player of the Year, Most Improved etc. will be determined by team votes at the conclusion of the season.

ALL-CONFERENCE: Number of player selections is determined by conference standings. Players are selected by votes from all conference coaches.

ALL STATE: This award is given to the top 1% of truly outstanding high school soccer players who excel in their position compared to other player's performance that year. It is a process that the MSHSSCA takes very seriously.

TO BE AN ALL STATE PLAYER YOU MUST FIRST BE AN ALL-CONFERENCE PLAYER

This process includes: each coach nominating up to three players from their team and presenting a biography from as to why they believe they have an "ALL STATE" player. The conference coaches vote to rank that nominees by position, then the top 10-12 players are selected and placed on a list that is taken by the conference representative to the State meeting where the final ALL STATE selections are made.

SENIOR FALL CLASSIC: Seniors from the ALL STATE team will be chosen to play in this "Senior Game" in the Metrodome.

ALL STATE TOURNAMENT TEAM: Determined by a panel of select coaches who watch players in each State Tournament game.

JV, 10th and 9th Grade Awards

PARTICIPATION: Certificates will be awarded to all athletes who completed the entire season.

ACADEMIC: Certificates will be awarded to all athletes 10th grade and higher who maintain a 3.0 GPA.

TEAM AWARDS: Player of the Year, Most Improved etc. will be determined by team coach at the conclusion of the season.

Nutrition, Hydration and Rest

NUTRITION

Players are responsible for taking care of their own personal nutritional needs. Please make sure that you plan ahead as far as the training/game schedule so that you bring snack/fruit in the instance that you have lunch early and we have an away game before you will eat again.

Players need to remember that they are athletes and fuel is VITAL for performance!

Some suggested “appropriate” snacks include:

- Dried fruit
- Yogurt
- Bagels with low fat cream cheese
- Fresh fruit and vegetables
- Whole grain breads with peanut butter or jam
- Pastas
- Cereal

It is advisable to have one or two of these in the player’s bag as an option.

HYDRATION

Players are also responsible for their hydration needs. Water bottles should be with them throughout the day as well as at practices/games.

During the season please limit:

- Caffeinated drinks
- Carbonated drinks

REST

Players need to ensure that they are getting an adequate amount of rest and recuperation. To do this here are some tips:

- Manage your time well!
- Set yourself a schedule based on the week's events as to when you will get homework done
- Get at least 7–8 hours of sleep per night, no matter what! (It is better to get to bed and get up early than stay up into the early hours of the morning.)
- Find times to relax!
- Avoid sleepovers within 24 hours of a game

Sports Psychology

Sports Psychology exists to help coaches and players achieve performance goals but it also helps them grow and benefit as human beings.

Consider these points then:

- “Look good, feel good, play good” develop the image of a good player
- Be positive about yourself – “you cannot be what you think you are not”
- Discuss with your coach and set yourself a number of small, achievable targets on the route to excellence
- Build a positive support group – family and friends who reinforce your belief
- Become a continual learner – listen to the coach(es) and show her/him/them that you can put their advice into action
- Love to practice – it is the key to success!
- Work on mental toughness – can I concentrate for the whole game/practice/meeting, when does my mind start to wander? And why?
- Beware of negative self-talk after a mistake – learn the discipline of letting go and recovering
- Be strong enough to take responsibility for your mistakes – don't blame others
- Listen and learn from criticism – its part of developing excellence!

- Concentrate on personal excellence and let results take care of themselves
- Accept team responsibility – how can I help the players around me?
- Develop composure – deal with incidents calmly, don't react emotionally and lose control
- Develop as a whole person – excellent players are excellent people
- Get soccer into perspective – “an enjoyable life–experience, possible something you will play at the college level or beyond, but definitely NOT life or death”

SPORTS COMPETITIVE ANXIETY TEST (RESOURCE)

Read each statement below. Decide if you "Rarely", "Sometimes" or "Often" feel this way when competing in your sport. Place a check in the appropriate box to indicate your response. **Players who are interested can fill this in and meet with one of the coaching staff to work on areas that need improvement. All information is confidential.**

	Rarely	Sometimes	Often
1. Competing against others is socially enjoyable	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Before I compete I feel uneasy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Before I compete I worry about not performing well	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I am a good sportsman when I compete	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. When I compete, I worry about making mistakes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Before I compete I am calm	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Setting a goal is important when competing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Before I compete I get a queasy feeling in my stomach	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Just before competing, I notice my heart beats faster than usual	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

10. I like to compete in games that demands a lot of physical energy
11. Before I compete I feel relaxed
12. Before I compete I am nervous
13. Team sports are more exciting than individual sports
14. I get nervous wanting to start the game
15. Before I compete I usually get uptight

Athlete's Name _____

SCAT Score

Less than 17

You have a low level of anxiety

17 to 24

You have an average level of anxiety

More than 24

You have a high level of anxiety