

***SMW Lady Vikings Soccer
PLAYER/PARENT
HANDBOOK***



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Shawnee Mission

Working Hard

Enthusiasm

Strength

Teamwork

Lady Vikings

Soccer



The Greatest Game On Earth

THE BUILDING OF TRADITION

Dear Parents and Athletes:

In an effort to organize the lines of communication and keep them open, we, the soccer staff, would hope that you will take a few moments to look through our student-athlete handbook. It is designed to be both informative and honest.

We, the staff, are most interested and concerned about you as a student, athlete, and person. Helping you achieve your goals and wanting to assist you in becoming successful is our objective. Realizing that you have responsibilities and activities outside of soccer, we will do all that we can to help you maintain proper balance in all areas of your life.

There are some school and team policies which must be in place and of which you should be aware. They are intended to be positive rather than negative in nature, and are necessary for us to function as a unit.

Coach John Wooden (UCLA) defines success as "doing the very best you can with the ability that God gave you. And then having the peace of mind of knowing you did your best." Our staff is here to assist each of you in becoming successful.

This handbook is not totally comprehensive, but hopefully it is a positive step in assisting all of us: players, parents, and coaches - in coming together as a unit that will make Shawnee Mission West High School proud and help with the continuing process of building tradition.

PHILOSOPHY OF THE S. M. WEST SOCCER STUDENT-ATHLETE:

High School athletics are used as a venue to teach, learn, and develop life skills. Individuals must give of themselves to make a 'team' both cohesive and successful. How a player reacts to both positive, and especially negative situations, usually is a standard for the measurement of both team and individual success. Players must realize that as a member of the Shawnee Mission West soccer program, they represent not only the soccer program, but further more their parents, coaches, administration, student body, and the Shawnee Mission District and community. This is both a great accomplishment and responsibility. Furthermore, the student-athlete must realize all actions on and off the playing field are a direct reflection on the groups stated above. Act as a proud member of your family, team, and school. Sports are played, coached, and watched for enjoyment, therefore revel in the opportunity in a positive manner so you will be looked upon as a role model.

Sarah Gonzalez, Head Coach

PLAYING EXPERIENCE:

- **2001-2003 KC Mystics Semi Professional Player**
- **Kansas University, NCAA Division I program**
- **Shawnee Mission West High School**
-All-State, All-Metro, All-County, and All-Sunflower League Honors(1999)
- **KCFC Alliance Krushers**
-State Cup Champions (2000)
- **Kansas Olympic Development Program player**

COACHING EXPERIENCE:

- **United States Soccer Federation National “B” Coaching License (’11 -present)**
- **United States Soccer Federation National “C” Coaching License (’09 -present)**
- **United States Soccer Federation National “D” Coaching License (’03 -present)**
- **Shawnee Mission West H.S. Girl’s Assistant Coach (2004-present)**
- **Kansas Olympic Development Program (2004-present)**
- **KSA Club Coach (2004-present)**
- **KU Women’s Soccer Camp**
- **Huw Williams Soccer Camps**
- **US FIFA Region II Soccer Camp**
- **Individual Goalkeeping Training/Clinics**
- **Challenger Sports (2000-2004)**
- **1999 National Youth Female Referee of the Year**

TEAM RULES/EXPECTATIONS

ATTENDANCE AND ELIGIBILITY

All student-athletes are required to be in attendance all day to be eligible to participate in practices and games. Any doctor appointments during the school day must be approved by the Athletic Director in advance. An unexcused absence could result in a change in that player's role, suspension, or dismissal from the team. Exceptions and emergencies will be dealt with through the Athletic Director. The soccer program has the philosophy that attendance is required for sustaining good academic habits. Therefore, the student-athlete should strive to attend all classes.

ELIGIBILITY / GRADES

A student-athlete must have passed five new solid subjects the previous semester to be eligible to participate. Each student-athlete is expected to achieve to their full potential in the classroom at all times. **GET AN EDUCATION! What you are going to be, you are now becoming!** Without school, you would not be participating at this time. If you have plans on playing soccer beyond the high school level, **YOU MUST MAKE YOUR GRADES BOTH IN SCHOOL AND ON YOUR "ACT" TEST!** Therefore, your goal should be to maintain a "C" or better in all of your classes or you risk your eligibility to participate in the soccer program or any future school activities. If the student has to fill out a progress report for the athletic director, they may practice, but not participate in the games until the athletic director has verified the grades are improved to their standards.

A coach has the choice to hold a player out of competition throughout the season if the coach believes it is in the best interest of the student-athlete. Mandatory study hall may be set up in order to help the student-athlete achieve academically.

PRACTICE ATTENDANCE

Practice is necessary for success. Therefore, all players are required to be at practice. Always be on time. That means **DRESSED AND READY TO PRACTICE** by the scheduled practice time. If you are unable to attend, you must notify your coach directly and at least 24 hours prior to the absence. Coach Gonzalez (993-8001 or 486-5258). All messages will be checked by 3:00 p.m. each day and messages need to be called prior to this time in order to be considered an excused absence. Any absence can and will result in a loss of playing time. This is designed not as a punishment for the player absent, but as a reward for the players in attendance. Exceptions and emergencies will be dealt with on an individual basis.

TRAVEL POLICY

"The will to win is nothing unless one has the will to prepare." The bus is a great place to mentally prepare for the game. It is also a place to relax before the work of the game begins. "Bus time" should not be wasted doing trivial things. Horsing around with other team members or talking about other concerns are indications that the player is not ready to play. Use "bus time" wisely.

All players are required to ride the bus when provided, and all athletes must ride home on the bus, with no exceptions. Players should always display proper conduct when riding the bus. We want to represent SM West High School in an outstanding and positive manner.

CLASSROOM CONDUCT

Each student-athlete should carry themselves as a positive role model in each of their classes. She will demonstrate leadership, and act as a liaison between faculty and student body to develop good rapport and classroom discipline at all times. You gain respect from peers and faculty by showing respect to peers and faculty. I will expect teachers to inform me about your classroom behavior and I will handle any problems if they so desire.

Each detention received in school can/will result in loss of playing time. The second detention can/will result in a dismissal for a half of a game, and any other detentions can/will bring a game suspension. This includes both office and classroom detentions. It is a player's responsibility to inform the coach immediately of the detention. Failure to do so will result in a game suspension. Any Saturday school and/or OSS/ISS will result in a loss of participation for the day. All players are expected to still attend the event, but they may not participate in that day's event.

GAME CONDUCT

Each student-athlete is a representative of the soccer program, SM West High School, your parents, and your community. Therefore, you will act as a positive role model at all times.

During all games, our players will: respect all calls made by the officials; be positive towards teammates in their comments and criticisms (constructive); be positive towards coaching decisions; and not distract her focus on the game by jeering the opponents' players or fans at any time. This applies to all our players and fans alike. The failure to do so will result in an immediate removal from the game or practice. All red/yellow cards will be reviewed by the coaches for further disciplinary rulings. Our direct success depends on your game performance.

All concerns or problems should be handled off the field in a private and confidential manner with a coach.

DRESS

As SM West High School Soccer Players and staff, we have a positive image to uphold. Game days should be "special." Therefore, we must dress properly whenever the team plays, home or away. No jeans will be worn as well as any other inappropriate clothing. Players should always dress with class and style (a dress, dress pants or skirts, and a blouse, etc.). Take pride in being a student-athlete.

UNIFORMS/EQUIPMENT

Taking excellent care of all uniforms/equipment checked out to you for the season is vitally important. You are responsible for turning in all uniforms/equipment at the end of the season. You must turn in the same uniform/equipment you were checked out. You will pay for any uniform/equipment you do not turn in. Please take care of the uniforms as if they were your own or even better. They are expensive and difficult to replace individually.

Come properly suited every day to practice. Make sure you always wear shin guards, proper shoes (running shoes, flats, cleats), and proper practice clothes. **YOU CAN NOT PRACTICE WITHOUT SHIN GUARDS!** Also, no one will wear any part of the uniform to practices (socks, shorts, shirts)!!

ATHLETIC TRAINER

A professional athletic trainer is available to you and it is your responsibility to report all injuries to him and the coach, no matter how small or seemingly insignificant. We want to prevent all injuries from occurring, this is why stretching and proper warm-ups as well as cool-downs are important to follow. Let us know how you are feeling at all times.

If you miss a practice because you are injured or with the trainer, you will not play until you are released by him or your physician.

CURFEW

Even though a coach has no control over the sleeping habits of the player, it is highly recommended that the player be in bed by 10:30 each night.

GAME DAY PREPARATION

In order to maximize game day readiness, the student-athlete should keep these ideas in mind:

1. **DO NOT** sleep between the end of school and the start of the game. It is fine to rest and relax. However, sleep prior to game time will take away from your effectiveness.
2. A good night's sleep two nights before the game has been proven to be the most important rest you can get.
3. Avoid sugar and caffeine the day of the game. **NO COKES** on game day!
4. Eat no sooner than 3 1/2 hours before game time. Eat a meal with carbohydrates the night before (pasta).
5. Drink 16 ounces of water two hours before game time to maximize hydration during the game.

DRUGS AND ALCOHOL

The use of alcohol, tobacco or other illegal controlled substances by SM West Soccer Players will **NOT BE TOLERATED AT ANY TIME!** The Shawnee Mission School District's policy states that players who violate the drug and alcohol contract will be meeting with the athletic director, parents/ guardian, and coach to discuss the punishment.

INTIMIDATION OR BULLYING (POLICY JBAA)

The board is committed to a safe and civil educational environment for all students free from intimidation or bullying. Bullying is prohibited on school property, in any vehicle used to transport students for district purposes or at a school-sponsored activity or event. "Intimidation or bullying" means any intentional written, verbal, electronic, or physical act or threat which is severe, persistent, and pervasive enough that it may be expected to:

- o Harm a student or damage the student's property
- o Create fear of harm to student or fear of damage to student's property
- o Interfere with a student's education or participation in a school-sponsored activity or event
- o Create an intimidating or threatening educational environment

"Cyberbullying" is defined as bullying by use of any electronic communication device by means including, but not limited to, e-mail, instant message, text message, blog, cell phone, pager, online games or websites. Coaches and administration decision if these rules are violated.

CAPTAINS

Captains will be either appointed by the coaching staff, voted by the team, or a combination of both. They are the spokespeople for the team. They will act as liaisons between the team and the staff. Presenting the views of the team to the staff, being positive roles models, displaying leadership, and assisting players, parents, and coaches, are some of their responsibilities. Captains are important both on and off the field. Authority will be, and is, delegated to the team captains.

SENIORS

We want our seniors to fulfill our leadership roles. In building tradition, it is important that this group step forward as positive role models for the underclassmen in our program. As a group, you have the responsibility and privilege of being a force within the community that determines positive action. We look to our seniors for leadership both on and off the field.

BENCH ENTHUSIASM

Any player, manager, or ball person in the bench area should be completely focused on the match. Players are expected to give positive encouragement to their teammates. A failure to do the above conveys the message that the player is not prepared to enter the game.

LANGUAGE

All abusive and vulgar language will be handled by the individual coach. This will mean some type of physical exercise discipline, in the hopes of breaking this habit at practice. If the language carries over to match situations, the player will be removed from the game either by the official with a red card or by the coach.

TEAM DINNERS

Even though coaches may not be in attendance, team dinners are an extension to practice. The same attendance policy for practice/games will be adhered to.

SPORTSMANSHIP

Treat your opponent, the officials, the fans, and your team with respect. Even though an official may have missed a flagrant call or an act of unsportsmanlike conduct, it is most probable the coaching staff has seen the act, and they will react with immediate removal from the game. Great plays and goals are meant to be celebrated. Do this as a team for each other, not as a measure to show up the other team.

BALL GIRL

ALL players, except seniors, are required to be a ball girl at least once during the season. JV and C-team players will ball girl for the Varsity, and Varsity and C-team for the JV. We will have a sign-up sheet sometime prior to the first game. If you cannot make your assigned time, it is your responsibility to find a replacement. A failure to make your assigned time is the same result as missing a practice.

FRESHMEN

The coaching staff does not believe in any form of initiation for freshmen, but we do believe in establishing yourself within the program. Therefore, freshmen are responsible for carrying and collecting all equipment before and after all practices and games. A failure to do so will result in some type of physical conditioning disciplinary action.

GAME DAY ARRIVAL TIME

All players need to be at the game site at least one hour before kickoff, and completely equipped for the match 45 minutes prior to game time. Failure to do so will result in a minimum of a loss of 20 minutes of playing time.

DAILY EQUIPMENT - INCLEMENT WEATHER

All players must bring indoor running shoes everyday in case of inclement weather. This includes game days. If a game is canceled, expect to have indoor practice.

LETTERING

All players must complete the season in good standing with the coaching staff and the school administration to be eligible for a letter. The season is complete at the end of the last varsity game. Illness or injury are the exception. To earn a varsity letter a player must have played in a minimum of 18 halves during the season, or start in a state game (quarterfinals on) or at coach's discretion. A player must also take part in all other soccer related events such as team dinners, community services, awards ceremonies, and in-school functions. **LETTERS WILL BE HELD UNTIL ALL UNIFORMS/EQUIPMENT ARE TURNED IN AT THE END OF THE SEASON!**

CONDITIONING

The coaching staff values and realizes the importance of physical fitness and conditioning for the well-being and safety of the players. Soccer, in general, is one of the most physically demanding sports, requiring tremendous endurance for a player to perform and succeed at the high school level. Therefore, players who meet team fitness requirements/goals enhance their chances of playing time.

PLAYING TIME

Playing time is a coaching decision based on many aspects of the player. We were hired as professionals to make such decisions. Before challenging this aspect, please be sure you thoroughly investigate. Any inquiries are welcomed, however, please arrange an appropriate time to meet and discuss with the coach in private. When you choose to inquire, be advised and prepared to hear some things you may not want to hear because it is only fair for the coaching staff to be completely honest with you in order for you to challenge yourself to develop and improve and possibly change your role or status.

GOAL SETTING

1. Goals provide direction. They keep you on course or off course. Goals tell you when to take corrective action.
2. Goals should be specific and provide a time frame for accomplishment.
3. Individual goals should be high, but achievable, and fit into the team goals.
4. Goals should be measurable.
5. Goals must be written for them to be a strong commitment.
6. Think about setting a goal for each practice and each game.

VALUES TO BUILD ON

Self-Confidence and Esteem

Loyalty - to teammates, family, coaches, and school.

Togetherness - our unity includes all four grade levels.

Courage - stand for what you believe in.

Selflessness - Sacrifice individual rewards for the good of the team.

Leadership - through example and action. Be willing to take the initiative.

Positive Self-Image - this leads to ... positive attitude.

Positive Attitude - this leads to positive expectations, to improved behaviors, to improved performance, and to success.

THINGS TO THINK ABOUT:

COMPETITION - The struggle of competition will test your abilities and help you maximize your potential.

DEDICATION - You can choose to become the best if you are willing to put forth the time and effort others are not.

VISION - Your fate is determined by your vision of the future...expect the best.

EFFORT - The inner drive to outwork your rivals will free you from the momentum of mediocrity.

PERSERVERANCE - Big ideas happen when you are committed to excellence, dedicated to detail, and determined to never give up.

Shawnee Mission West **Lady Vikings Soccer**

Player/Parent Handbook Pledge

I have read and agree to participate in the Shawnee Mission West Lady Vikings soccer program under the policies and procedures communicated to me in the Player and Parent Handbook.

I will adhere to the guidelines outlined and expressed in the Player and Parent Handbook and the designated representatives of the Lady Vikings Soccer Program.

Print Player Name _____

Player Signature _____

Date _____

Parent/Guardian Signature _____

Date _____