

Soccer Handbook



Lamar County High School Trojan Soccer Player/ Parent Handbook

Philosophy: High school sports are not a “right” but rather a privilege. High School athletics are used as a venue to teach, learn, and develop life skills. Players must realize that they are “students” first and players second. Players must also realize that they are an extension of Lamar County High School, the Lamar County School District, their parents, community and peers. Therefore, they need to maintain a positive attitude in the heat of battle of the game, in the classroom and outside of school. As a staff we are committed to developing these skills within our players by being firm, fair and positive. The career of an athlete is very short but life’s challenges go on. How you face your challenges and develop as an individual begins today! Are you ready?

Roles within Our Program

There are three roles within the Lamar County High School Soccer Program. It is important that these roles do not get confused. They are:

1. Athletes- The individuals who wear the uniforms and participate in the contests and games.
2. Coach- The professional who implements a philosophy and directs the team.
3. Parents- The athletes’ biggest fans and supporters who come to contests and cheer.

In order for our team to have greatest opportunity for success these roles must not become confused.

Communication Guidelines

Athlete to Coach

If an athlete has any issue about their experience within the Lamar County Soccer Program, he/she must first approach the coach. The athletic experience at Lamar County School provides the opportunity for young people to develop communication skills with adults and those in positions of authority. The student athlete and coach must develop a mutual respect and understanding that allows them to discuss issues openly.

Parent to Coach

Appropriate concerns to discuss with coaches:

1. The treatment of your child, mentally, and physically
2. Ways to help your child to improve individually and as a team member
3. Concerns about your child’s behavior

Issues **NOT appropriate** for parents to discuss with coaches:

1. Playing time
2. Team strategy
3. Play calling
4. Other student-athletes
5. Coach’s skill and knowledge of the game

There are situations that may require a meeting between the coach and parent. It is important that both parties have a clear understanding of each other’s position. Please do not attempt to confront a coach immediately before or after a contest.

TEAM RULES/EXPECTATIONS ATTENDANCE AND ELIGIBILITY

All-day attendance is required for a student-athlete to participate in practices and games. 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

In order to meet eligibility requirements, a student-athlete must have passed five classes the previous semester. Each student-athlete is expected to strive for classroom success at all times. The expectations of the coaching staff are simple: if you are enrolled in a class, PASS IT! Anything below a "75" is not considered passing. You cannot head off to college with below average grades. Any player with a grade lower than a "75" and not getting help from that teacher will NOT play in games. Athletes failing a class will not be allowed to play in any games (home or away) and will not be allowed to travel with the team until all classes are being passed. The school offers many opportunities for students to get help including extended learning and after school tutoring. After school tutoring does not constitute an excused absence. Players are expected to attend practice immediately following tutoring. The player must bring a signed note from the teacher including the date of tutoring and time of departure.

PRACTICE ATTENDANCE

Attendance is mandatory in order to play in games! Only special occasions in which the head coach has prior knowledge and agrees to the absence will be excused. Players who miss practice without prior permission will NOT be allowed to play in at least one half of the following game. Players with 5 unexcused missed practices will be dismissed from the program. Please note that practices are scheduled during the school's winter and spring breaks. Any student-athletes not in attendance for these practices will miss at least one half of a soccer game for each practice missed. Athletes are also expected to be at practice on time. Tardiness to practice without prior approval from the head coach will lead to disciplinary action including loss of playing time.

TRAVEL POLICY

The school provides a bus or buses to transport student-athletes to and from games. All players are required to ride the bus to the game. Players may ride home with their parents after the game; however, the parent MUST check in with the head coach prior to leaving the game and sign a release for their child. Per the school's administration, under no circumstances will a player be released to leave with someone other than their parent/legal guardian.

CLASSROOM CONDUCT

Student-athletes WILL conduct themselves as positive role models in every class. They will demonstrate leadership and act as a liaison between the faculty and student body. Respect is gained from peers and faculty by showing respect to peers and faculty. I expect teachers to inform me about your classroom behavior and I will handle any problems if they so desire. Tardiness is also considered a disciplinary problem and the coaching staff will handle these matters accordingly. Each referral received in school will result in loss of playing time and/or consequences. Further referrals will result in suspension for at least one half of a game. This includes both office and classroom referrals. It is the player's responsibility to inform the coach immediately of the referral. Failure to do so will result in a one game suspension.

GAME CONDUCT

Student-athletes are representatives of the soccer program, Lamar County 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 from the focus on the game by jeering the opponents' players or fans at any time. This applies to all players and fans alike. 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 possible 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 the coaching staff.

DRESS

Game day attire is the decision of the coaching staff. Players are expected to adhere to all dress codes set by the coaching staff. Failure to comply will result in disciplinary action.

PRACTICE ATTIRE

Players MUST have shin guards on at all times during practice sessions. Jewelry is not allowed at practice or games. This includes all types of piercings (ear, nose, etc.) as well as necklaces, bracelets, watches, etc. Jewelry poses a safety hazard during competition. Varsity and JV players may have practice uniforms, and if so they will be worn at all times. No revealing clothing is permitted.

UNIFORMS/EQUIPMENT

Players will receive their own game shorts and socks to keep. Games uniforms are reserved for games. Players should keep their game uniforms in pristine condition during the season. Game day attire is NOT to be worn at practice. The school issues jerseys to players on game day and are to be returned after each game. Players are not allowed to take jerseys home after the games. Doing so will result in disciplinary action.

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. Varsity players will eat a pregame meal together on game day. 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 Lamar County Soccer Players will NOT BE TOLERATED AT ANY TIME! Violation of the drug and alcohol policy will result in dismissal from the team FOR THE REMAINDER OF THE SEASON!!

CAPTAINS

Captains are appointed by the coaching staff. They are the spokespeople for the team. They act as liaisons between the team and the staff. Responsibilities include presenting the views of the team to the staff, acting as positive role models, displaying leadership, and assisting players, parents, and coaches. 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 generates 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 pay attention to the game and strategic adjustments and to give positive encouragement to their teammates. Failure to be attentive to the game conveys the message that the player is not prepared to enter the field of play.

LANGUAGE

Abusive and vulgar language will be handled by the individual coach. This will result in physical exercise discipline. If vulgar language is used in a match situation, the player will be removed from the game either by the official with a red card or by the coach.

SPORTSMANSHIP

Respect should be shown to your opponents, the officials, the fans, and your team. Even though an official may miss a flagrant act of un-sportsmanlike conduct, Lamar County players will not retaliate verbally or physically. Doing so will result in immediate removal from the game.

GAME DAY ARRIVAL TIME

Home Games: For varsity games, girl players will meet in the field house at Trojan Field no later than 3:30. Boy players will meet in the field house at Trojan Field at 5:30. Players must be completely dressed (including shin guards) and prepared to leave the locker room one hour before the game starts.

For JV games, girl players will meet in the field house at Trojan Field at 4:00. Boy players will meet at 5:30. Players must be completely dressed (including shin guards) and prepared to leave the locker room one hour before the game starts.

Away Games: For away games, players will meet at the Harris Building (annex). Arrival times for players will be announced at practice the day before the game. Players are expected to be dressed for the game (except for cleats and shin guards) when traveling.

DAILY EQUIPMENT – INCLEMENT WEATHER

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

LETTERING

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 is the exception. To earn a varsity letter a player must have played in a minimum of 20 halves during the season. A player must also take part in all other soccer related events such as community service projects, award ceremonies, and in-school functions. THE FINAL SAY IN LETTERING IS UP TO THE COACH!! IF THE COACH FEELS THAT A PLAYER DESERVES TO LETTER WITHOUT MEETING ALL THE REQUIREMENTS, HE HAS THAT RIGHT. IF THE HEAD COACH FEELS THAT AN ACTION BY A PLAYER WAS NOT SUITABLE, THE COACH ALSO HAS THE RIGHT TO WITHHOLD LETTERING, REGARDLESS OF REQUIREMENTS BEING MET.

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 head coach in private. Arguing with a coach or creating a “public discussion” about playing time will result in disciplinary action. When you choose to inquire, be advised and prepared to hear some things you may not want to hear. It is only fair for the coaching staff to be completely honest with you in order to improve and possibly change your role or status. *Parents are NOT encouraged to challenge the coach’s decision of playing time for their son/daughter.* Make sure your player has talked with the coaching staff prior to meeting with the coach. Often, the answer can be found by asking your player. All parent/coach meetings will require the player being present.

CELL PHONES

Cell phones cause an immense distraction to student-athletes and serve no purpose in soccer. Players are not allowed to use their phones nor have their phones out at team functions. This includes practices, team meetings, pre-game meals, in the locker room before or during a game, and especially in the bench area during a game. Violating the cell phone policy will result in immediate disciplinary action. Based on the severity and number of infractions, disciplinary action can include physical exercise, loss of playing time, or dismissal from the program. The coaching staff understands that many athletes use their phones to contact their parents after games. However, we require phones to be turned off until after practice or games.

MEDICAL RELEASE POLICY

It is the responsibility of student-athletes and their parents/guardians to communicate and provide written documentation to their head coach and trainer anytime they are under the medical care of a physician or licensed medical professional. Any documentation limiting a student's level of participation will be followed, unless written documentation from a physician or licensed medical professional clears them of the restriction(s). Neither a student, parent, nor Lamar County Schools employee has the authority to override restrictions/limitations issued by a doctor or medical professional.

Lamar County Soccer

PLAYER AND PARENT/GUARDIAN ACKNOWLEDGEMENT AND CONSENT FORM

By signing below, I acknowledge that I have read this packet, understand and promise to uphold the expectations, rules, and regulations that are necessary to adhere to in order for this season to be a complete success.

I also understand that significant and/or consistent violations of team guidelines that are outlined this packet can result in the dismissal of my child from the program.

As a parent/guardian, I give my consent for my child to participate in the Lamar County High School Soccer Program.

Player's Name: _____ Signature _____ Date _____
(Print)

Parent's Name: _____ Signature _____ Date _____
(Print)

