

EAST THUNDERBIRDS

BOYS SOCCER

2019

PLAYER/PARENT HANDBOOK

GENERAL INFORMATION

Coaching Staff

Phone Numbers

Head Coach

-Ryan Cameron (c) 307-214-9252

Assistant Coaches

-Cody Fournier (w) 307-771-2663

-Alex Stratton (w) 307-771-2663

Athletic Trainer

-Alan Hill (w) 307-771-2663

Administration

Phone Numbers

Principal -Sam Mirich (w) 307-771-2663

Activities Director -Tommy Cress (w) 307-771-2663

Athletic Director -Jerry Schlabs (w) 307-771-2663

Website

East High Athletics: www.easthighathletics.org

❖ Click on Boys Soccer for:

- Player/parent handbook/other pertinent information
- 2019 calendar featuring practice/game schedules
- Player/coaches profiles and contact information
- Game results/standings
- Links to Wyoming high school sports coverage

A VISION FOR SUCCESS

Coach Cameron

East has long been a school with great success when it comes to boys soccer. As a graduate of East and former member of the soccer program, I understand and cherish that history. I believe we have had the two greatest coaches in Wyoming High School Boys Soccer history coach here at East High: Kosta Tsandes and Steve Carroll. I am incredibly humbled and grateful for the opportunity to continue that tradition of soccer here at East High. It is my goal to make East a State Championship contender on a yearly basis.

Philosophy

Our goal within the Cheyenne East Boys Soccer program is to use the game of soccer to teach our student/athletes how to become positive members of our community. Athletics and soccer provide a great avenue to teach many of life's lessons. Hard work, team work, time management, and dealing with both success and failure are just a few of life's lessons taught through the game of soccer. As a varsity sport, results are important, but they are not as important as the process. Our team will be successful if we implement those qualities into our program. I contest that the three most important things in sports and life are character, attitude, and effort. Much of our focus as a coaching staff will be on teaching those three attributes. High school soccer is only played for a short time in these boys' lives. I want our student/athletes to use the game of soccer to help prepare them for the rest of their lives.

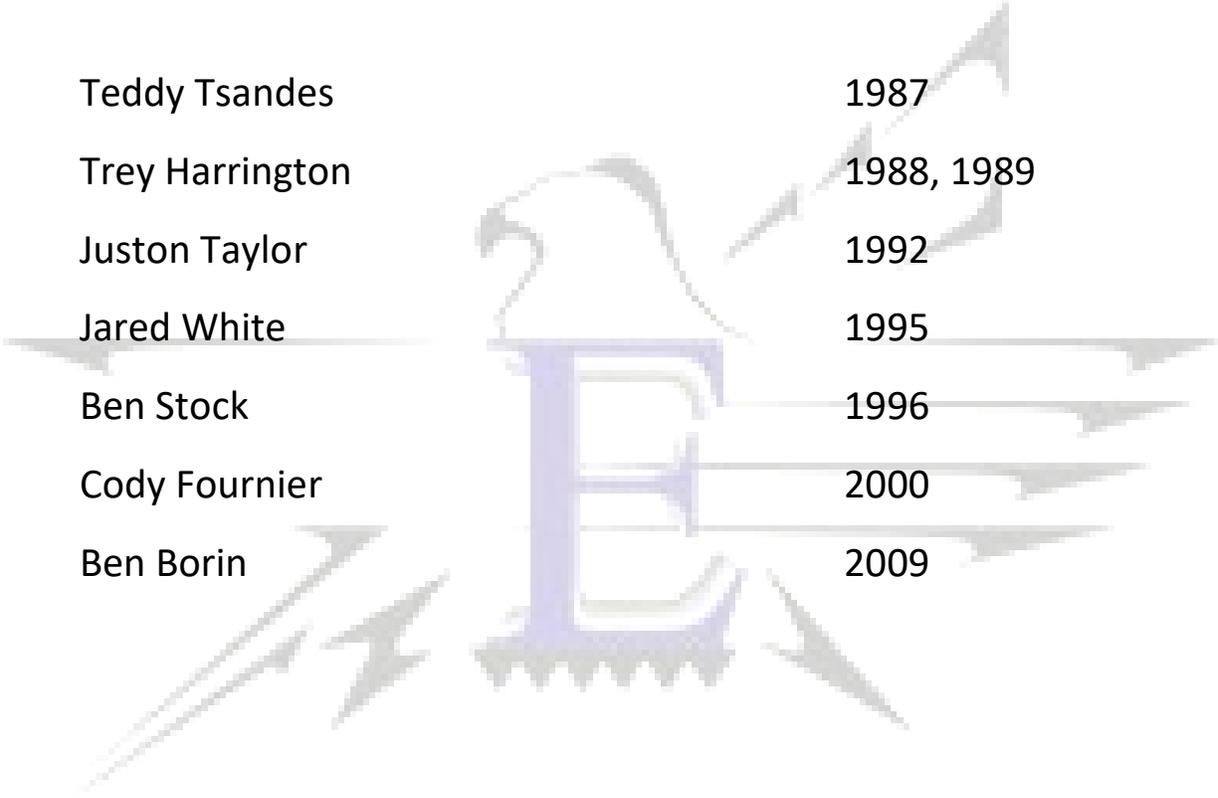
It will take an all-encompassing effort and approach by all those involved to ensure long-term success for the East High Boys Soccer Program. We will need the help and investment of coaches, players, managers, and the community to achieve that success!

History of East Boys Soccer

State Championships (9)

86, 87, 88, 89, 92, 95, 01, 04, 17

Gatorade Players of the Year (8)



Teddy Tsandes	1987
Trey Harrington	1988, 1989
Juston Taylor	1992
Jared White	1995
Ben Stock	1996
Cody Fournier	2000
Ben Borin	2009

COACHES EXPECTATIONS

- ❖ Create excellence on the Soccer Field
- ❖ Graduate 100% of our student-athletes
- ❖ Develop athletes and programs at the lower levels of the East triad
- ❖ Develop a quality Soccer image
- ❖ Increase physical conditioning and soccer skills in every player
- ❖ Improve player morale and pride in the program
- ❖ Improve student, faculty, and community support
- ❖ Put players in a system that will allow them to be successful
- ❖ Find a game plan that will give team an opportunity to win
- ❖ Make sure team is prepared for any situation that could arise in a game
- ❖ Motivate players to play hard, play smart, and play together
- ❖ Play tough defense, control the tempo, impose teams' will on opponents
- ❖ Make sure team is better conditioned, better prepared, and more disciplined than opponents

PLAYER EXPECTATIONS

- ❖ Work hard and accept only the best from yourself at all times, on the field and in class
- ❖ Work smart and play within the framework of the teams' offensive and defensive schemes
- ❖ Work together and be positive while holding each other accountable
- ❖ Be on time, on time means 15 minutes early
- ❖ Overcome adversity by believing in yourself, each other, coaches, and the system
- ❖ Make no excuses for mistakes, learn from them and try not to repeat them
- ❖ Be coachable and apply what is learned on the field
- ❖ Stay focused, ignore outside distractions that can get in the way of being successful
- ❖ Have class and be proud that you are representing East High School
- ❖ Have fun

RULES FOR PRACTICE

1. Punctuality and proper dress for practice is expected
2. Ask questions if you are confused or do not understand something as well as you'd like
3. Be an attentive listener
4. Players will take care of and respect all equipment
5. Locker rooms will be just as clean when we leave as when we arrived
6. Horseplay will not be tolerated before, during, or after practice
7. The training room is to be used on your own time, being late for practice because of taping or other treatment is inexcusable so plan your time accordingly
8. Once lockers and locks have been assigned, players should only bring what they need for practice into the gym, no cell phones, music players, etc., allowed during practice
9. East High School is not responsible for lost or stolen equipment or personal belongings, so please make sure that all valuables are secured in a safe place while at practice

Practice is mandatory! If you are in school, your attendance at practice is expected. If you miss part of the school day, you must have your absence cleared prior to attending practice. The coaching staff will be given a daily report of those student-athletes who were absent from class. If you cannot attend practice, you must contact a coach directly and let the coach know why you will not be at practice. Three unexcused absences may mean dismissal from the team. **A general definition of an excused absence or excused late arrival:** any circumstance that makes it extremely difficult to be at practice, i.e. sickness, family tragedy, appointments that cannot be changed, required teacher meeting, etc. Players must have a signed note by a parent/guardian explaining the reason for the absence or late arrival. If a player needs to meet with a teacher after school, resulting in late attendance for practice, the player needs to bring a signed note from that teacher to excuse the tardiness. If a player is excused from practice due to illness, that player may not attend any other events that same day. If this happens, it will be treated as an unexcused absence. **Examples of unexcused absences:** no transportation, had to work, lost my practice schedule, decided to go skiing, go to a concert, etc. Any player with one unexcused absence will lose playing time for the next game. If a player has two unexcused absences, the coaching staff will meet with the player and discuss the problem. If it is evident after this meeting that the player has little or no interest in being a part of the program, the player will be removed from the team and all uniforms/equipment will be immediately checked in. If the player with two unexcused absences displays a desire to continue in the program, the coaching staff may or may not decide to allow the player to participate. A player with three unexcused absences may be dismissed from the program immediately. **Report all injuries.** Be sure to inform your coach if an injury results in medical attention so proper procedures can quickly go into effect. If you are injured, you will be required to attend practice even if you can't participate. If you are injured, you will not travel with the team on road trips unless coaches determine otherwise.

Failure to comply with any of the above expectations may result in loss of playing time, suspension, and/or dismissal from the team

PLAYING TIME

As coaches and parents, we understand the desire you have to see your son on the field in games. You want the best for your son. Please understand that we want that too. But we also want what's best for the program and that includes all the young men on our various teams. As coaches, we reserve the right to make decisions about playing time and our philosophy regarding who plays will be consistent at all levels.

-No guarantees will be made to any player regarding playing time

-Players can move up but not down from their grade level to play on any team at any point in the season

-Individuals who give their team the best possible chance of being successful will play (not always the best overall players)

-Our goal is to be successful at the varsity level and competitive at every other level (lower levels are to serve as preparatory stage for the varsity)

-Players may be halved during games (can play a total of 3 in one day)

To determine playing time, players will be assessed in a variety of ways, from their overall playing ability and skill level, to commitment level and hard work (including off-season participation), to their understanding of offensive and defensive schemes, to their ability to work well with others and fulfill a role (as a team player), as well as their ability to be a positive and responsible member of society, in and out of the classroom.

Your attitude as parents will likely play a large part in determining the attitude of your son. Respectfully, we would ask that you be positive regardless of who plays in games. Please support the program. It is a wonderful thing to be a part of a team. Whether your son plays every minute of every game, or doesn't play but cheers on his teammates and helps them prepare in practice, there are many wonderful life lessons and skills to be learned. Negativity can be very damaging to a team and to individuals and it cannot be tolerated.

If you have questions about playing time, please call or make an appointment with the individual coach or coaches at the level in which your son is playing. We will not discuss playing time on game days.

ACADEMIC REQUIREMENTS

All players must maintain at least a **60%** grade point average in all of their classes. ***Players will be placed on academic probation the first week they are failing any class.*** If a player is put on academic probation, he can practice and compete in games as long as he is attempting to bring his grade up to passing by the following week.

There may be consequences handed out in practice for anyone who is on probation. As coaches, we feel very strongly about the necessity for athletes to be working as hard in the classroom as they do on the field.

Players will be ineligible if they are failing any class for a second consecutive week. If a player is ineligible, he can practice but cannot compete in games. Eligibility may change throughout the week.

An ineligible player has until 4:00 p.m. on the day prior to a game to bring his failing grade up to passing. The player must have a grade report signed by his teacher by 4:00 p.m. on the day before the next game.

CONDUCT DETRIMENTAL TO THE TEAM

❖ Activity code violations:

- Will be punished according to the level of the violation plus whatever actions the team takes
- Will also result in loss of playing time for the athlete

❖ Social Media Misconduct

- School/coach/player bashing on the internet should not occur
 - If you tweet, blog, or post comments regarding East High School and/or East High School Soccer, please be positive and encouraging

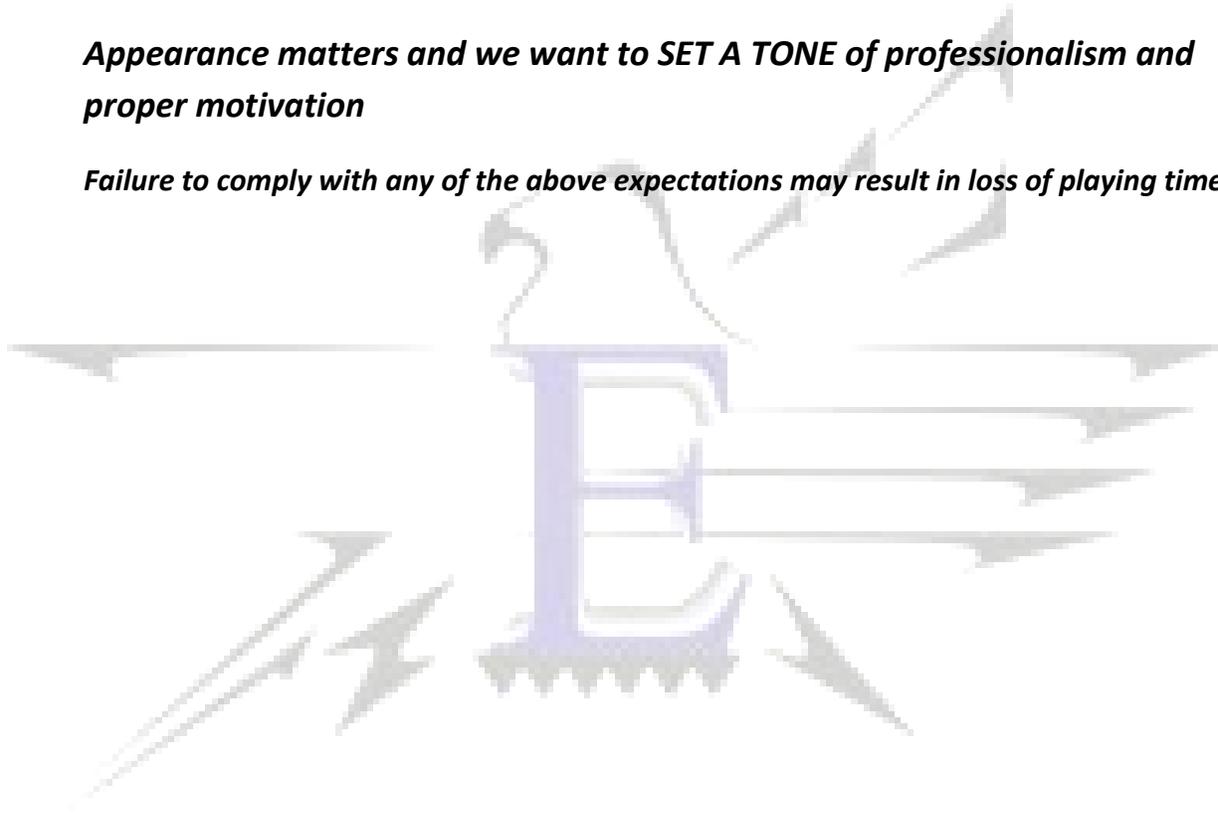
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GROOMING AND ATTIRE

- ❖ Players will be expected to maintain a clean-cut, clean-shaven appearance during the soccer season.
- ❖ Players will be expected to wear a collar shirt and tie on home game days, unless directed to do otherwise by his coach/coaches. We will look our best at home, as well as when we are guests on the road.

Appearance matters and we want to SET A TONE of professionalism and proper motivation

Failure to comply with any of the above expectations may result in loss of playing time



EQUIPMENT

All uniforms and equipment checked out to players must be turned in immediately following the end of the season so future teams can wear them. Uniforms are very expensive. Please take care of your uniforms and make sure they are locked up or in your possession at all times. ***It is your responsibility to pay for any equipment item returned in poor/unacceptable condition or an item that becomes lost or stolen.***

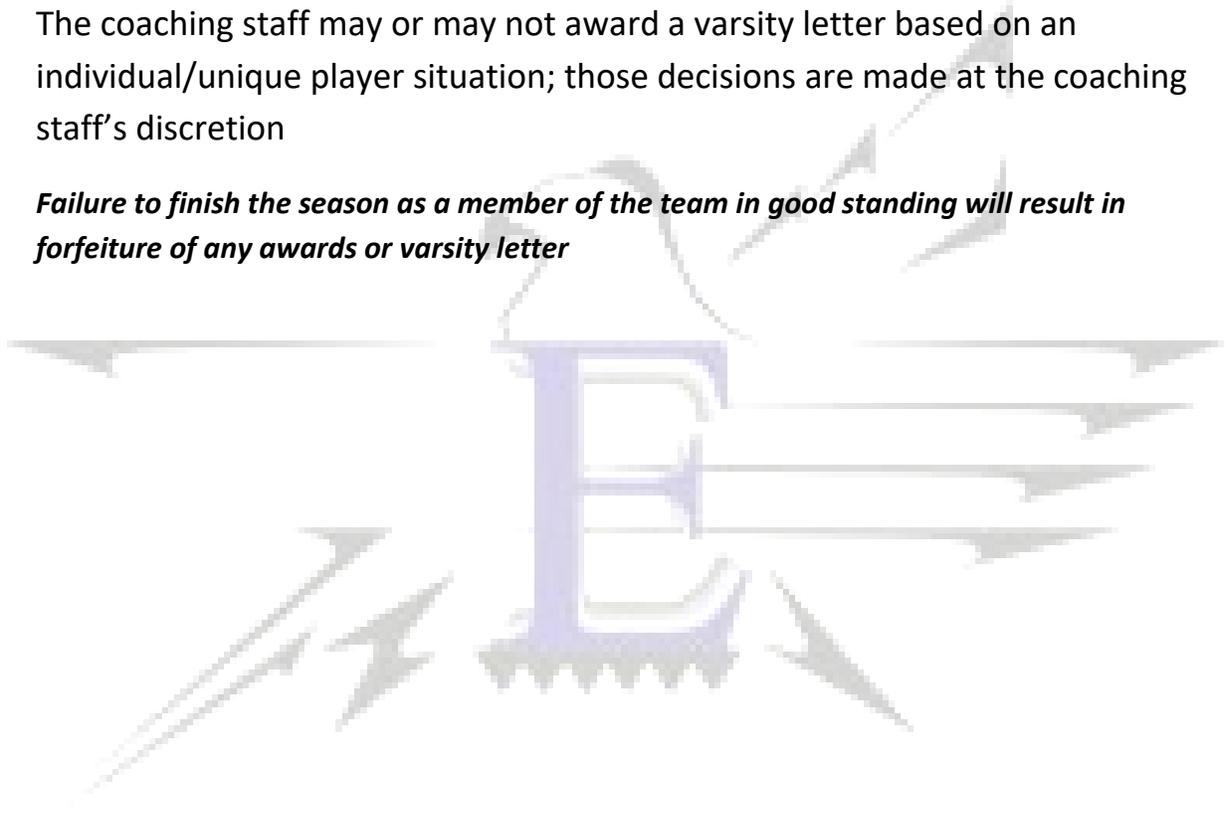
Clean all washable equipment/clothes often ACCORDING TO WASHING INSTRUCTIONS ON CLOTHES TAGS. It is your responsibility to account for all equipment checked out to you. Please return all soccer equipment checked out to you at the conclusion of the soccer season. If you decide to leave the program early, all equipment must be turned in the day you leave the program.

VARSIY LETTER POLICY

- ❖ A player must make a positive contribution to the success of the team (play in at least ½ of all varsity games) **OR**
- ❖ A player must be selected for the Regional/State Tournament Team **OR**
- ❖ A player is a senior and has been part of the soccer program for 4 years

The coaching staff may or may not award a varsity letter based on an individual/unique player situation; those decisions are made at the coaching staff's discretion

Failure to finish the season as a member of the team in good standing will result in forfeiture of any awards or varsity letter

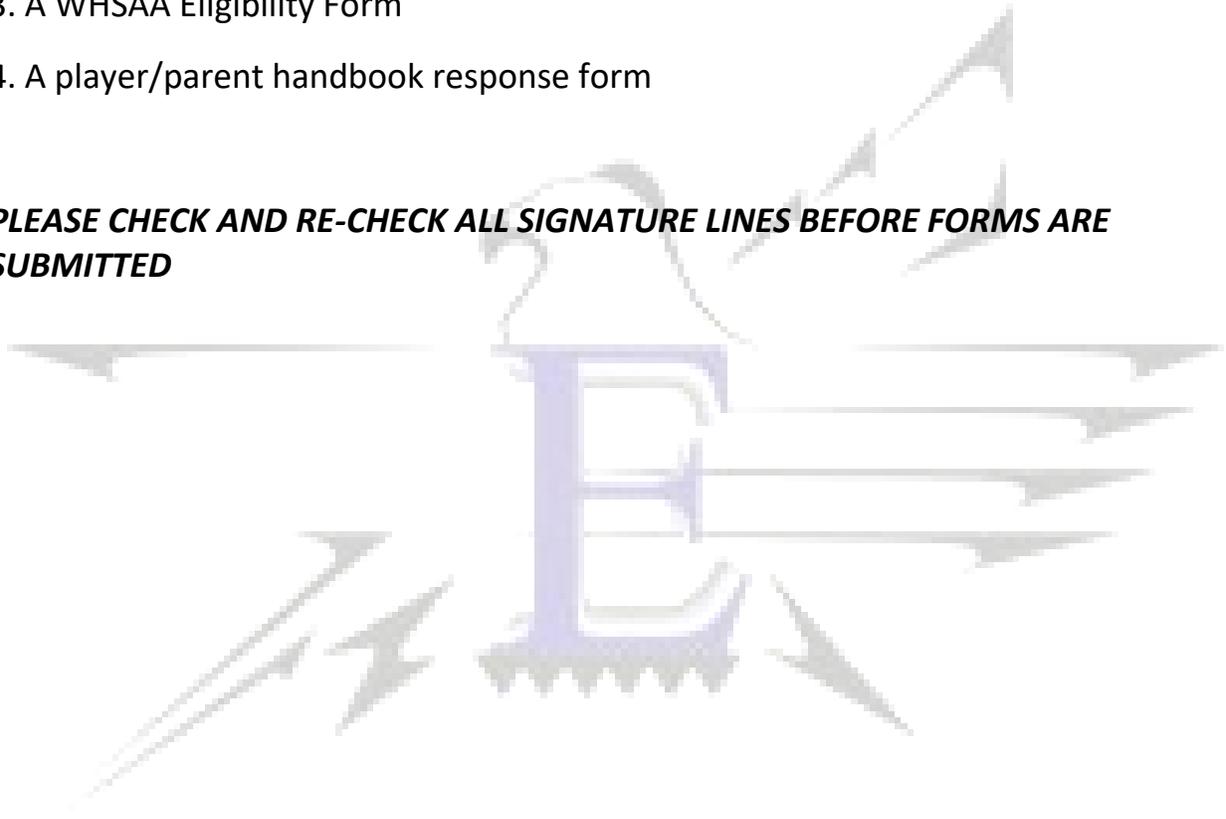


REQUIRED FORMS

The following forms are required to be completed (***double check***) and handed in to Coach Cameron before the player is allowed to participate in practice (***forms are located on the team website in the HANDOUTS section***)

1. A completed physical form (all sections of the form need to be completed, please double check before they are submitted to Coach Cameron)
2. A completed LCSD #1 Activity Code Form
3. A WHSAA Eligibility Form
4. A player/parent handbook response form

PLEASE CHECK AND RE-CHECK ALL SIGNATURE LINES BEFORE FORMS ARE SUBMITTED



Player/Parent Handbook Response Form

I, _____, on behalf of _____,
Parent/Guardian Signature Player Name/Please Print

have read and understand the expectations as outlined in the player/parent handbook.

