Poolesville High School

Soccer Program

Expectations and Guidelines

Fall 2019

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Contact Information

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General PHS Soccer Tryouts Information

Participation Clearance

1. All Montgomery County HS medical forms need to be turned in before participation in tryouts takes place, no exceptions.
2. **Deadline for completion on online paperwork k Aug 13th in order to be able to tryout**
3. The forms may be downloaded from the MCPS Athletics website at <http://www.montgomeryschoolsmd.org/departments/athletics/parent/forms.aspx>
4. Baseline Impact Testing - Once teams are selected, a concussion baseline test must be completed by student-athletes before our ﬁrst scrimmage or game. The impact test will be carried out by our school’s athletic trainer and must be completed by all freshmen, juniors and any student new to Poolesville HS or high school sports. The date, time and location for impact testing will be set by the athletic trainer.

Tryout Dates

1. Tryouts to be held on August 14-17, 2019.
2. Tryouts will be held on the PHS practice ﬁeld.
3. Players should arrive at least 20 minutes prior to the start time, in order to check in.
4. At check in players may be assigned a tryout number. It will be used to identify players and must be worn for entire tryout process.

Team Selection

1. Final Varsity team selections will be made after 3 tryout days. Cuts may be made after the second day of tryouts at the coach’s discretion. JV team selection will be made 1-3 days later at the coach’s discretion.
2. Players not selected on either rosters will be provided with feedback from the coach.
3. After team selection, there may be opportunities during the season for certain JV players to play for the Varsity team due to injuries and/or absences. Usually at the end of the season, players may be asked to join the varsity team for playoffs, but this may occur at any time during the season.

Parent Volunteer Jobs

1. Team Parent (JV and V).
* Be point of contact for other parents.
* Assist coaches with team emails and important information.
* Help with coordinating team events like team cookouts etc
* Duties will vary depending on the parent.
1. Summer League Soccer
* Collect money from players
* Order team jerseys
* Register team for chosen league
1. Carpool Coordinator (JV and V).
* Ensure all players have rides to away games
* Set pick up times and locations.
1. Team photographer (JV and V).
* Take pictures throughout the season.
* Compile photo slideshow for end of season banquet.
1. Party/Team Lunch planner (JV and V). Organize team lunches.
2. Organize end of season banquet.
3. Team Camera-operator (V only - video camera required).
* Film games for game analysis and college highlight reel.
* Upload Games to HUDL.com (or other video analysis platform).
1. Scoreboard Operator (JV and V).
* Set up and manage scoreboard for all Varsity/JV home games.
* Announce players prior to national anthem
* Play MCPS message and National Anthem prior to game start.
1. Concessions Schedule – Varsity covers JV games and JV covers Varsity games in order for you not to miss your child’s game.
2. Ball Boys\Girls are needed for each Varsity game – need your help to find volunteers or parents will have to assist
3. Booster Club meeting representative – each team will send one
4. Optional: Stats Collector: Assists \ Goals \Saves

**BOYS SOCCER SECTION**

**Criteria used to select the Poolesville Boys’ Soccer team**

Name/ Tryout Number: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Position(s): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**1 - 10 Endurance/Strength/Agility/Balance/Quickness, etc. \_\_\_\_\_**

* You should be in top shape, able to work hard for long periods of time with a minimum amount of fatigue.  Everyone should be prepared to play 90 minutes at a high rate. You should have the ability to change direction and pace quickly and effectively, without hesitation, with and without the ball.

**1 - 10 Tactical Awareness/Movement with and without the ball/Transitions, etc. \_\_\_\_\_**

* Every player should be able to move intelligently with and without the ball, both offensively and defensively. Players should be constantly involved in the game, rather than simply reacting to events around them. How well a player “reads” the game and reacts to evolving situations is vitally important.

**1 - 10 Technical Ability/Footwork, etc. \_\_\_\_\_**

* Players should have good touch on the ball, including dribbling, controlling the ball, passing, heading, feinting, shooting, etc.

**1 - 10 Attitude/Coachability/Sportsmanship/Ability to listen, etc. \_\_\_\_\_**

* You should be able to listen to directions and demonstrate an ability to apply what was learned on the playing field.
* Players must respond positively to coaching, as well as instructions and guidance from teammates. All players must get along with each other and work well together, and respond favorably to constructive criticism. Sportsmanlike interaction with teammates and opponents is expected, demonstrating a high level of respect for the game and its participants.

**1 – 10 Work Ethic/Timeliness\_\_\_\_\_**

* Your approach to work during training and games is very important. A hard-working athlete has a ball on their foot and is constantly practicing. He pays attention during training, watches other teammates to learn, and is always trying to improve. He helps his teammates. He takes initiative in all phases of being on the team.
* You must attend all practices and games, unless cleared in advance by the coach. Any unexcused absence may justify termination from the team or sitting out for a game.
Notes:

**Player Expectations, Responsibilities and Understandings**

1. Attend every scheduled practice.
	1. Bring cleats, sneakers, shin guards and plenty of water to every practice. You are responsible for your own water.
	2. If you can’t attend a practice, call or text Coach Wills -240-812-2056. Follow up with a doctor’s note, attendance note from the school, etc., otherwise it’s unexcused.
	3. Unexcused missed practices will result in restricted or suspended playing time, and eventual team dismissal. All disciplinary measures will be decided upon and implemented by the coach on a case by case basis.
	4. If you are hurt, contact Coach Wills, see trainer or doctor for treatment. Do not miss practice if you are injured without notifying Coach Wills.
2. At practices
	1. Practice how you play. Play with same intensity in practice as in games. This is the only way to improve and is vital to our program. Always give 100%.
	2. Don’t be afraid to make mistakes, this is how you will grow as a player, get out of your comfort zone.
	3. Coach each other – provide positive, constructive coaching, think about how you like to receive help, and offer help in the same way.
	4. Practice what is being taught, work towards game speed as quick as possible.
	5. Stay positive and involved from beginning to end.
3. Communications
	1. Talk directly to the coach about player issues and team matters.
	2. Don’t talk to the coach through your parents – parents are welcome to be involved in the discussion when a meeting is set up.
	3. The coach will talk to parents separately, if necessary, about other matters.
	4. Eﬀective communication is the essence of great teams. Learn from your mistakes, get performance feedback, ask questions, share information, and celebrate successes. Take corrective feedback as a compliment.
	5. One voice… Do not interrupt coaches, or teammates, when they are speaking.
	6. All injuries, regardless of perceived severity, must be communicated to the coach.
4. Games
	1. No guaranteed playing time.
	2. Best 11 will start, may change game to game, based on your effort/attitude in practices.
	3. Give 100% every minute you are on the field – that’s how you earn more playing time.
	4. Field cleanup is the responsibility of the team- all equipment will be accounted for and the field will be trash free before anyone leaves.
5. Absences

Absences from games or practices will be handled as listed below. Keep in mind that in order to establish a successful program, commitment is at the top of the list. There is a high expectation to make every effort to attend practices and games. Players, who know they will be late/absent, must inform the coach as soon as possible, before the practice or game.

* 1. Excusable: For illness, religious commitments, or unforeseen emergencies players will be excused. Players must make an effort to inform their coach as soon as possible about their absence.
	2. Understandable: Important family functions or similar events, players may be allowed if time permits to make-up their absence by getting prior approval from their coach. Playing time may be reduced and is left up to the coaches’ discretion.
	3. Unexcused: Missing a required team event without prior notification, will result in reduced playing time. A regular occurrence will result in game suspensions and potential removal from the team.
1. Attitude
	1. Selflessness- team comes first-always work hard for your teammates-every minute we are together.
	2. Accept responsibility for outcomes. Look in the mirror ﬁrst when improvement is required. This is one area you have control over.
	3. Try to always make the right decisions, not necessarily the easy ones.
	4. Choose to be positive – your attitude is your choice.
	5. Be committed to our soccer program - no excuses.
	6. Respect: Rules, Officials, Opponents, Teammates.
	7. Strive to be cooperative, teachable, and receptive to instruction.
	8. Keep in mind the impact you have on those around you.
	9. Establish and display excellent work habits on the field and in the classroom.
	10. Be a positive force in our program. Don’t be persuaded by peer pressure or negativity.
	11. Do the right thing always, not when you think someone is watching – walk the talk.
	12. Show responsibility and return all issued uniforms at the end of the season ($150 fee for uniform replacement if any part of the uniform isn’t returned at the end of the season).
2. If a player has any issues or concerns, aﬀecting performance, participation and/or overall enjoyment of being part of the PHS Boys Soccer Program, they should communicate with a coach OR team captain immediately. Issues taken care of immediately don’t turn into problems that affect the team or individual.

**Game Day Routine**

1. Player/ﬁeld preparation (see player jobs).
2. Meet in locker room one hour prior to kick-oﬀ.
3. Team meeting in locker room.
4. Leave locker room as a team.
5. Warm-up starts 40 minutes before kick-oﬀ.
6. Individual talks with captains and starting 11 during warm up.
7. Hydrate throughout warm-up.
8. Half time - team talk.
9. End of game – Team talk, cool down, clean field and put equipment away.

**Player Jobs**

Individual jobs will be assigned at the beginning of the season. Team Captains are responsible for making sure players carry out their duties. Players not carrying out their assigned role will face disciplinary action.

1. Corner Flags - Before and after games. (1)
2. Goals –
* Set up before, and take down after practice. (6)
* Set up and lock up for home games. (6)
1. Set-up warm up before games. (Captains)
2. Ensure all balls are counted and in bags, and all other equipment is placed in correct bags. Place by Coach’s car after every practice. (2)
3. Clear all trash after games and practices. (entire team)
4. Move team benches. (4)
5. Clean locker room. (2)
6. Game day music. (1)

**Directions to Montgomery County High Schools:**  <http://www.montgomeryschoolsmd.org/uploadedFiles/departments/athletics/events/hs_directions.pdf>

**Qualities and Expectations of the Team Captain**

The role of team captain is challenging and rewarding. The captain’s role is important to the team’s performance. Not only is the captain a player, he is a leader, communicator, key decision maker, and an important link between the team and coach.

**Qualities and Expectations of a Team Captain:**

* Strive to always have a positive, confident, up-beat attitude to keep team morale high, especially in difficult times. It’s easy when things are going well, it is harder, but even more important, to do so when the going gets tough.
* Understand a team captain is not just a title. Be able to sacrifice your own desires and put the best interest of the team first.
* Listen for ways to help the team.
* Ability to properly lead warm-ups and cool-downs before and after matches and practices.
* Show interest in everything you do. If you look disinterested, you can't expect the team to feel any differently. You can't take a day off, as a captain, so you have to fake it sometimes. Know that people watch you, and watch how you respond to different situations. If they see you slack off in fitness or not going as hard in a scrimmage, then they think that's okay, and it's not.
* Lead by example during games, practices and other situations involving your teammates. Your attitude and work ethic are crucial to being a successful leader
* Always speak with the refs in a polite and respectful manner.
* Look and listen for the coach during games.
* If players have a problem on the team, take an interest to make sure it doesn't affect everyone on the team.
* Carry yourself with respect and treat everyone with the same respect you would expect others to give you.
* Strive to always show your teammates that you believe in each of them and the team as a whole.
* Help your teammates improve. Never get down on someone who makes a mistake - encourage improvement with positive feedback – teach them the right way instead of criticizing.
* Be mentally strong and physically tough. You will work hard during all the workouts, practices and games. When everybody else wants to give up, you don’t.
* Discuss disagreements with the coach privately.
* No tolerance for mistreatment of players by other teammates.
* Develop and preserve team chemistry – no cliques– inspire everyone to work together.
* Ensure proper cleanup of the field after all practices and games.

**Parent Expectations**

1. Fully support our program, as a whole.
2. Cheer and support the team, but do not coach from the sidelines. Directions given by a parent/spectator always creates confusion, as well as distracting the student/athlete and the team.
3. Show respect and good sportsmanship to all players, coaches, the opposing team, all spectators and oﬃcials.
4. Be excellent hosts and visitors; follow any rules set in place at our school and when visiting other facilities.
5. Always set a good example for your son to follow.
6. Be a positive force in our program through volunteering.

Our ultimate responsibility as a parent, coach, guardian or spectator is to set great examples for all of our student/athletes to follow. Below are examples of acceptable and unacceptable behavior of persons attending PHS events.

**Acceptable Behavior for Coaches, Player and Parents**

* Applaud during the introduction of players, coaches and officials.
* Recognizing a player’s good performance with applause.
* Maintain composure with all decisions made by game officials regardless of opinions.
* Treat the competition as an athletic event and NOT a War.
* Show concern for an injured player regardless of which team he or she plays.
* Encourage only sportsmanlike conduct which exudes dignity and respect.

 **Unacceptable Behavior:**

* Performing disrespectful, derogatory, or individually directed chants, songs, or gestures.
* Excessive booing or continuous heckling an official’s decision.
* Constant, loud criticism of officials and outward displays of anger over calls made.
* Antagonizing the opponents.
* Refusing to shake hands or give recognition for good performances.
* Blaming loss of game on officials, coaches, or participants.
* Taunting or name-calling to distract an opponent.
* Using profanity or displays of anger that draws attention away from the game.
* Performing your own cheers instead of following lead of the cheerleaders.

**Parent Communication**

The parents will:

1. Allow and encourage their son to communicate directly with the coach.
2. Communicate openly, honestly, and with respect concerning their son.
3. Not approach the coach immediately before, or after, a game or practice. A meeting time must be set to allow proper communication. This will keep feeling and emotions out of the way, which will allow a positive meeting to take place.
4. Communicate issues and concerns in a timely manner including those of physical and emotional well-being on behalf of their son.
5. Follow an appropriate chain of communication such as:
	* + - 1. Coach/JV coach
				2. Coach/Athletic Director
				3. Coach/Athletic Director/Principal
6. Attend parent meetings and read information given out by the coaches.

**Sportsmanship**

Since athletic activities are educational in nature, it is important that all parents, players and coaches demonstrate good sportsmanship that reflects a positive impression onto our community. Sportsmanship is an overt display of respect for the rules of sport and for all others. It also involves a commitment to fair play, ethical behavior, and integrity.

Without a doubt, we will always question officiating calls that do not go our way. It’s part of the nature of healthy competition. However, there are some very important considerations to be made before criticisms become uncontrollable. First off, game officials agree to and follow a code of ethics and, although their judgments aren’t always perfect, they are the most informed professionals available to conduct the game by the agreed upon rules. Try to look at calls made by officials over the entire season instead of game by game. Usually the calls for and against our team will even out over time. Don’t let one call, which you consider to be a bad call, ruin the enjoyment of watching our student/athletes on the field.

It is also important to understand that officials rarely have an interest in who wins the game so their judgments and rule interpretations are what they are. Something else to that’s important to know is that officials are rated, observed periodically and scrutinized by professionals, so please do not allow emotions to cause any embarrassment. As well, it is also important to remember that the game officials are in charge of the contest and they are charged with the safety of the event; and when needed, they have complete authority to have unruly spectators removed.

**Poolesville High School Boys Soccer Program**

**Player & Parent Contract**

We have read the Poolesville High School Boys Soccer Program handbook. By signing below, we acknowledge that we understand its contents and agree to the terms of the handbook. We understand the guidelines for attendance, punctuality, playing time, volunteering expectations, and other guidelines outlined in this handbook. We will do our best to work together to provide a positive experience for every player in our program. We are aware of the commitment it takes to be a part of the PHS Boys Soccer Program and are aware that all decisions that are made are for the betterment of the student athlete and the program.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Player Name (printed) Parent/Guardian Name (printed)

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Player Signature Parent Signature

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date Date

**GIRLS SOCCER SECTION**

**General Criteria used to select the Poolesville Girls’ Soccer team**

**Fitness: Endurance/Strength/Agility/Balance/Quickness, etc.**

* Players will be evaluated on their fitness components and their readiness in this area demonstrates their commitment to team fitness requirements. Summer fitness package provided to all returning players at Spring team meeting. If followed, it will enable you to meet the criteria of the fitness test. There will be a high bar for Varsity to be able to play 90 minutes at a high pace. The Summer fitness package will provide you the tools and means to be ready for this.

**Tactical Awareness and Understanding**

* Players will be evaluated on their understanding and awareness of the game through a series of
4 v 4 and 1 v 1 games. Player need to demonstrate their ability to move with and without the ball, both offensively and defensively. Players should be constantly engaged during tryouts.

**Technical Ability:**

* Players will be evaluated on ball control, including dribbling, receiving, passing, shooting.

**Coachability/Sportsmanship/Team oriented view**

* Players will be evaluated on coachability and how you adjust to corrections and directions.
* Players will be evaluated how they adjust and work with different teammates
* Sportsmanship during the tryout session

**Work Ethic/Timeliness**

* Ready to start on time
* Work rate during tryout sessions
* Ability to adjust and improve during the tryout sessions

Note: You must attend all tryout sessions to be considered for Varsity. If you miss tryout dates, you may be able to try out for JV. This is at the discretion of JV Coach

Game Day

* Player/ﬁeld preparation (see player jobs).
* Meet on the field 60 minutes prior to game start
* Pregame discussion
* Warm-up commences 40 minutes before kick-oﬀ.
* Individual talks with players as needed during warm up.
* Half time - team talk.
* End of game – Team talk, cool down, liter clean up, put equipment away.
* No one departs prior to coach releasing the players.

Team Responsibilities

* Team Captains: See section on expectations of this role
* Game Day
	+ Goals: Set up and moved off the field for home games.
	+ Corner Flags – set up and return to shed after the game.
	+ Set up both team benches for home games
	+ Warm up before games. (Captain led)
	+ Ensure all game balls are accounted for and place in ball bag
	+ Clean up around both benches
* Practice
	+ Goals: Set up before, and take down after practice.
	+ Warm ups will be led by Captains under Coach direction
	+ Ensure all balls are accounted for and in bags, and all other equipment is placed in correct bags.
	+ No trash or bottles left on the field

**Directions to Montgomery County High Schools:**  <http://www.montgomeryschoolsmd.org/uploadedFiles/departments/athletics/events/hs_directions.pdf>

**Falcons Training Curriculum**

**Training Priority:** Tactical training linking thirds of the field / High-level of physical fitness / Strong mental capacity / Desire to Compete / Technical Development.

* **Technical Goals**

Redefine and further develop all areas of technical execution; investment in non-dominant foot with every technique.

* **Goalies**

Advance technical, tactical and physical activities; strong mentality with good physical presence; stronger attacking of crosses and high balls in the box, excellent communications, and first attacker role.

* **Tactical**

Understanding of advance tactics; including acute angle and distance of support\pressure, patterns of play, transitional shape and set plays, ability to switch systems and roles during play.

* **Physical**

Continued preseason focus on high level soccer specific fitness; maintenance of fitness throughout the season.

* **Psychological**

Good training attitude, commitment to the team, work ethic, goal-setting plan [short and long term], use of mental imagery\visualization – mentally fit for games and practices.

**Overall: Fun \ Competitive \ Disciplined:**

DISCIPLINED \ COMPETITIVE \ FUN! Players still not fully formed physically, emotionally or technically. A greater commitment to training and playing at a good level is now required so clear decisions can be made about college play and beyond. Players are now at an age \ level where the game itself will hold them accountable for their performance – it is much more likely that mistakes will be punished by the game.

**Season planner – will be adjusted as we play our matches**

Weeks 1 &-2: Develop the team – fitness – technical and tactical work

Weeks 3 & 4: Fitness Possession and Fitness Group Possession

Week 5: Fitness tactical work – adjust based on initial matches

Week 6: Group and Team Defending

Week 7 & 8: Group Attacking and Team Attacking

Week 9-11: Tactical Fine tuning

Week 12 & out: Playoff prep - planning

A lot of small sided games – 4 v 4; 5 v 5 and 1 v 1 competitions

Group = small sided training Team = 11 v 11 training \ Offense v Defense

**Falcon’s Code of Conduct**

Soccer is a wonderful sport and a passionate game. We should always remember our attitude is contagious. The referees, the players, the coaches and the fans should come together to match wits and skills. The other team is our opponent not our enemy and thus should be treated with respect.

While winning is important, playing well and fairly is the essence of the game. As Coaches, Parents and Players we all have our piece to make this standard of behavior and expectations successful.

As Coaches, Parents and players, we will all strive to best represent Poolesville High School by adhering to these expectations as best as we can:

* We will not criticize the referee openly or directly ... during or after games.
* We will only give positive feedback to players.
* We will cheer at all games within the spirit of fair play and shall do our best to cheer the effort regardless of the outcome. We will be mindful in "lopsided" games where cheering our own "winning" team might be misunderstood.
* We shall do our best to teach our players to become students of the game.
* We shall find the "little successes" that our players have during each match.
* We shall show the quality of our sportsmanship during and after each and every match we will remember to thank the referee crew after the match without regard to the result or how well we believe they did.
* Coaches shall do our very best to have our players prepared for every match.
* Coaches shall support the learning effort of the players by demonstrating our patience.
* Parents understand that improper behavior at a match by parents may result being asked to leave the field by the referee, or a school official so the coach does not receive a yellow card caution or even a red card ejection due to the actions of the parent spectator.
* Parents shall leave the coaching to the coach during match. Do not assume silence equals lack of coaching. Do not put the players in a position to decide between Coaches and Parents.
* Parents agree to do our best to have as much fun watching the game as the players should have playing the game.
* Parents & Coaches’ #1 priority: take care of our player’s enjoyment of the learning experience.
* Parents and coaches have our expected role to represent and support the team.
* All members of the Falcons family will all strive to be positive and on our best behavior.
* Players and Parents understand that play time is not guaranteed as well as starting positions.
* We understand the concept we practice like we play – our practice and game performance are treated equally.

# **Falcons Girls Soccer Contract**

# I recognize that sports are a privilege, & I have certain responsibilities to my family, teammates, & coaches that I must meet to keep this privilege. I make this promise to my family, teammates & coaches because they have made the same promises to me. You should take pride in the fact that you play for the Falcons. You are expected at all times, on and off the field, to conduct yourself in a manner that brings honor to your team, your school and yourself. Your conduct as a player and person is reflected in that your opponents and peers give you. Dishonorable conduct as a player or person will at no time be acceptable or tolerated.

I therefore commit to these values and code of conduct as a member of the Falcons soccer team:

* I will give my best effort at school, because a smart player is a better player. I recognize that the coaches will support and enforce any decision by my parents to limit or terminate my soccer privileges based on school performance (includes behavior, effort, grades and homework).
* I will let the coaches know when soccer is no longer fun – we will work it out.
* I will give my best effort every practice and game because my teammates, parents and coaches are giving their best efforts to help me succeed.
* I will defer to PHS Falcon team in the event of any conflict between my club team and high school team events.

**Training Rules:**

* Players are expected to be present [ready to train] and punctual at all training sessions beginning 14 August. This includes Saturday practices and games.
* I will notify my coach in advance if I have to miss a practice by email, text or phone call.
* I recognize the importance of attending practices and games. Missing training will impact starting and game minutes – coach discretion.
* Players are responsible to have all necessary equipment with them; this includes but is not limited to: shin guards, proper practice attire, boots, water, etc
* All players will have an active part in cleaning up after the training sessions. Trash, equipment etc
* Bags will be lined up at the sidelines during practice and at the game.
* Any player (s) who is being counterproductive to the goals and aims of any training session will be asked to leave the field and sit out.

**Reporting for Matches**

* Players will be expected to report to the field ready for warm-up on time. Lateness will result in loss of playing time as determined by the coach.
* All players will be dressed in the appropriate team uniform of the day. They will have their alternate uniform packed and ready to go in case there is a change – sometimes this can happen and we will be prepared.

**Medical**

* All injuries must be reported to the coach.
* When possible, schedule doctor & dentist appts for times that do not interfere with training and game times.

**Sportsmanship**

* All players will be expected to exhibit good sportsmanship at all times. For example: helping other players up, shaking hands before and after matches, kicking the ball out or returning throw-in on injury situations, etc.
* Players will have the responsibility of making sure that their family and friends are exhibiting good sportsmanship at all matches.

**Falcons Players Commitment**

It is not a right, but rather a privilege to be a member of the PHS Soccer Program. You should take great pride in the fact that you wear the jersey of this team. You are expected at all times, on and off the field, to conduct yourself in a manner that brings honor to your family, your team, and yourself. Your conduct as a player and person is reflected in the respect that your peers and opponents give you. Dishonorable conduct as a player or person will at no time be acceptable or tolerated.

1. Any player, who is being counterproductive to the goals and aims of any training or game session, will be asked to leave the field and sit out for the remainder of training or game.
2. All players will have their shirts tucked in at all times - practice and games. In addition, all uniforms and shoes will be clean.
3. Learn, understand, and obey completely the Laws of the Game [I will provide them if you need].
4. Be gracious and humble if you win and show dignity if you lose.
5. No cursing or foul language during practice, game period
6. Avoid yelling at an Official or question an Official’s call.
7. Avoid yelling at or criticize a teammate or opponent under any circumstances.
8. Always play fairly – Sportsmanship is a must!!
9. No one player ever wins or loses a game for their team. This is a team sport!
10. Play soccer aggressively, but never in retaliation.
11. Losing is not a tragedy, just a small setback to overcome. We will learn from our losses.
12. Better to try your best and fail than to not try at all.
13. Recognize and be proud of your own individual and teammates’ accomplishments.
14. Work hard outside formal training to better your skills and fitness level.
15. Respect and listen to and learn from your coaches in every setting.
16. Solid performance in school is a must for all Falcons team members.
17. Always play the best that you can, in games and in training. Personal Best!

1. Social media use: Up hold standards of behavior on all social media sites – nothing derogatory with respect to your team and school.
2. Team Discipline: All disciplinary measures will be decided upon and implemented by the coaching staff on a case by case basis. The coaching staff may impose disciplinary measures for conduct both on and off the field. Items included: Tardiness, profanity, absence, dissent (ref\players\coaches), lying, yellow card, red card, fighting, or any other team code violations.

**Play Hard and Have Fun!!**

 **Role of the Captain**

The role of team captain is both the most challenging and the most rewarding role of all for a player. The captain’s role remains central to the team’s performance. Not only is the captain a player, she is a leader, communicator, key decision maker, and an important link between team and coach.

* Always have a positive, up-beat attitude. People are attracted to a person with a positive attitude.
* Always show your teammates that you believe in them and the whole team
* Help your teammates improve. (if you help them improve they will respect you). Never get down on someone who makes a mistake - encourage improvement – teach them the right way.
* It’s easy when things are going well, it is harder, but even more important, to do so when the going gets tough. The captain needs to make sure she at least gives the impression of confidence – a confident captain inspires others.
* Team captain leads by example during games, practices and other situations involving your teammates. If players have a problem on the team, the captain should take an interest to make sure it doesn't affect everyone on the team. Being a leader isn't about how good you are but how you carry yourself and how you treat everyone with the respect. A good captain is not only respected by the team but the captain respects everyone on the field as well!
* No tolerance for mistreatment of players by other teammates especially by another Captain – nonnegotiable. Develops and preserves team chemistry – no cliques. The squad has been decided on – you need to work with all.
* Cheer! that's my favorite part of soccer because you can be loud and cheer for your teammates
* If the team captains do have a disagreement with the coach, discuss it privately with him. The team captains are on the coaches’ side, anytime the team is complaining about what they have to do; the team captains are there to guide the team in the direction that the coach intended.
* A team captain is not just a title, it means sacrificing the glory of self for the betterment of the team.
* Look and listen for the coach during the game.
* A team captain is smart – An athlete’s grades in school are important. I emphasize academics, because I know that if Falcon players are smart enough to work hard in the classroom, then they will be smart on the field.
* Team captains are the ones who never give up, they help their teammates improve, and they are the first to get a cheer going, the first to be out on the field, the first to help coaches, teammates and opponents.
* Lead the team in all practice and workout sessions. If you look disinterested, you can't expect the players to feel any differently. Sometimes you have to act like you want to be out there every single day. You can't take a day off, as a captain, as a leader. So you have to fake it sometimes. Be prepared that people are watching you, and watching how you're responding to different situations. If they see you slacking off in fitness or if they see you not going as hard in a scrimmage, then they think that's okay. And it's not. Not if you want to be the best.
* As a role model the example set by the captain must meet every expectation she has of the players.
* Remember to speak with the refs in a polite and respectful manner, though, since you do not want to get a card.
* A team captain is humble – A team captain is constantly sacrificing her/her own desires and putting the best interest of the team first. This also means listening; the team captain is listening for ways to help the team.
* A team captain is strong/tough – A team captain is strong mentally and tough physically. They hang in there during all the workouts, games etc. when everybody else wants to give up, they don’t.
* Team Captain is NOT responsible for any team discipline – that is the responsibility of the Coach.

A good team captain will display most, if not all of the characteristics mentioned above. To maintain a good communication between the coach and the team captain. Keep a good dialogue going this will help ensure that the team captain understands everything that the coach wants out of the team, and it will help the coach to see or understand any concerns or needs the team might have. The team captain is the person who sets the tone for everyone else.