Spring Valley High School Soccer

Congratulations on becoming a member of the 2019-2020 Spring Valley High School Women’s Soccer Team. Along with being a member of a team comes commitment. If our team is to be successful, all team members must adhere to the rules. Each member of the team must follow rules and regulations. If, at any time during the season a student-athlete breaks team or school regulations she may be asked to turn in her uniform for the remainder of the season.

**TEAM EXPECTATIONS**

First and foremost, it is important to note that all student-athletes are expected to follow Clark County School District and Spring Valley High School policies at all times.

 1. Sportsmanship is of upmost importance.

2. Playing time is **NOT** given, it is **EARNED.**

3. High Academics is an expectation of all athletes on the team.

4. No member of the soccer team may be a member of any other sport that conflicts with practices/games.

5. The coaches and players will work together to choose team captains.

6. If you have questions concerning your daughter’s role on the team, please do not approach a coach on a game day.

7. Responsibility of being on time, attending every scheduled practice and game, and following the rules and guidelines set forth by coaches and the Spring Valley Athletic Department is required.

**SOCIAL MEDIA POLICY**

Any soccer player should not have inappropriate photographs, language, or other undesirable objects associated with them on the internet. Instagram, Facebook, Snapchat, Blogs, etc. are expected to be age appropriate and should positively reflect SVHS and the Spring Valley Soccer team. Any posting that harms the reputation of the school or team will result in benching and possible removal from the team.

**ACADEMICS**

1. Our first priority at Spring Valley HS is academics. We expect our student-athletes to concentrate on their studies. The discipline necessary for student-athletes to manage their time effectively is a quality we value and expect in all of our student-athletes.

2. To be eligible, all students must have a 2.0 average for their first quarter grades and maintain a 2.0 average for their semester grades. Any student with an “F” during a week with games will not be eligible to play. There is no probationary period with the Spring Valley Soccer program as we hold our athletes to a higher standard.

3. Any student-athlete who appears on the **INELIGIBILITY LIST** will be suspended from playing in all games that week; however she will be expected to attend all practices and games. Although the player will be in attendance at the game, she will not be allowed to suit up.

4. Players who are ineligible are expected to meet with the teacher of the failing subject to determine a plan to raise the grade.

**HEALTH AND NUTRITION**

Practicing for 90 minutes a day can be physically demanding. Ensure that your diet is appropriate so that you can maintain the best health for the duration of the season. Some helpful suggestions are listed below.

-Ensure that you eat THREE balanced meals a day. Never miss a meal.

-Increase your calorie intake too…

-Proteins help with recovery…

**EQUIPMENT**

1. All student-athletes will be issued game uniforms, team bags, socks and spirit pack shirts.

2. Student-athletes are responsible for keeping all articles of clothing in good condition.

3. Proper adherence to instructions should be used in washing and drying uniforms.

1. Wash clothing in cold water, do not put game uniforms in a hot dryer, instead hang them up to dry.
2. Wash uniforms separate from other clothes.

4. Game uniforms should be clean for each game

5. Game uniforms should be hung to avoid wrinkles.

6. Student-athletes should check all equipment prior to leaving home to make certain they have all necessary equipment for games (cleats, socks, both home and away uniforms, shin guards, hair bands, water)

7. Players will be charged for lost or damaged equipment at the end of the season, including discoloration of uniforms. Please keep in mind, each article of clothing expected to return to the program will have to be specially ordered and much more expensive.

**PLAYING TIME**

Playing time is determined by the coaches. Attitude, hard work, individual ability and teamwork are factors in determining how much playing time the athlete gets. The players know what is expected of them in order to receive time. This is a competitive level of soccer, not a recreational or church league. If the player is not receiving the time they desire, they need to individually work on the areas that the coaches have determined they need improvement on.

**GAME DAYS**

**Attendance is the biggest issue during the season. Any athlete that is absent from any class without prior written consent will be forced to sit out of that day's contest. If an absence is unexcused within the 3-day mark, the athlete is ineligible to play for the week. You have 3 days to make an unexcused absence, excused.**

1. Student-athletes will not be allowed to leave early from games unless an emergency occurs. We ask parents to help us with this matter.

2. Players should sit together while supporting teams at both home and away games.

3. Positive comments and encouragements should be given to the playing team. Negative comments and/or improper behavior in stands, or on the bench will not be tolerated and will be dealt with appropriately.

4. Good sportsmanship should be displayed at all times.

5. Student athletes will be required to wear any of their Spring Valley soccer apparel on game days to school, unless otherwise specified.

6. Uniforms for home and away games should be worn during games appropriately and never worn outside of games or school functions.

**BUS RIDES**

1. Student-athletes must be in designated area appointed by coaches and ready to leave 15 minutes before the bus is scheduled to leave.

2. All athletes must ride the bus on game day.

3. Players should find a seat and remain in that seat until the bus stops at the visiting school.

4. Food and drink are permitted only **IF** the bus driver allows it. If allowed, all trash is to be cleaned up before the players get off the bus.

5. Do not leave equipment or personal belongings on the bus.

6. Student-athletes are not allowed to leave the soccer field for any reason without the permission from a coach. **FAILURE TO FOLLOW THIS RULE COULD RESULT IN DISMISSAL FROM THE TEAM.**

7. A player may go home with **HER** parents from the visiting school after one of the player’s parents have signed the player out with the coach.

1. Players are only allowed to go home with their own parents.
2. If it is necessary for a player to go home with another player’s parent(s), proper written authorization must be obtained from the player’s parent and turned in to the coach ahead of time. Written authorization must be in the coach’s possession prior to the start of the game.

8. Players should have their parents waiting for them after home games and upon returning from the visiting school to avoid delays in getting home after the game. Keep in mind; coaches and staff have families waiting for them at home, too.

1. Phone calls should be made once loading the bus to return on away games.

**ATTENDANCE**

Attendance involving soccer practices, games, and team meetings are mandatory. Attendance will be taken at the beginning of every practice. Punctuality is crucial in order to be able to take full advantage of the 90 minutes of practice time given to our team.

Attendance standards:

* An unexcused absence and failure to inform a coach of an absence will result in not participating in the following match. Keep in mind that players would still be required to attend the match even if they are not actually playing. Such players are still considered to be part of the team.
* A medical issue or personal illness results in an excused absence. But a note from a **doctor** is required and the coaches will determine the possibility of participating in matches for that week.
* Homework and school projects are not legitimate reasons to miss practice or matches and will result in unexcused absences. Plan accordingly and wisely in an effort to balance academics and athletics.
* Three tardies during a two-week period will result in a suspension from the next game. As determined by coaches, one or two tardies will result in limited participation in the upcoming match for that week, such as limited playing time on the pitch.
* Excessive absences and/or tardies will be cause for removal from the team. Please schedule doctor appointments around the soccer schedule.

**BEHAVIOR**

* Spring Valley High School athletes should demonstrate the highest level of sportsmanship at all times. Poor behavior or poor sportsmanship may result in suspension from future matches and/ or removal from team. Show respect at all times for coaches, teammates, opponents, officials, bus drivers, and bystanders.
* The best behavior in the classroom is required at all times.
* The best behavior is required while traveling on busses. Loud noises and inappropriate language will not be tolerated.

**THE MATCHES**

* Never approach an official to discuss any issues before, during, or after a match. Talk with your coaches regarding any concerns you may have during a match.
* Cheer for your teammates and encourage your teammates.
* Always know that you may be called to go into a game at any moment. Always be aware of match situations.
* It is considered disrespectful and poor sportsmanship if the team does not acknowledge the efforts of the officials, players, and coaches after a match.

**INELIGIBLE PLAYERS**

No ineligible players will be permitted to be on the team. All other ineligible players are expected to participate in all soccer related activities conducted by the team upon *Coach JC’s or Coach Tullis’ discretion*. This includes, but not limited to, study hall, practices, certain soccer games, etc. Ineligible players are not on the official NIAA roster until they are cleared to play at the end of the first grading period. Once cleared, the players will receive a team jersey and will be able to participate in competitions. Only those on the NIAA roster will receive team jerseys and be in the team photo. Ineligible will receive socks and a team shirt.

***The listed procedures are subject to change to meet the mandates of the school district, the school, and the needs of the athletes participating in Spring Valley Athletics.***

**PRACTICES**

1. A schedule of all practices will be available to each player. The student-athlete must attend all practices except in the case of a family emergency or prior consent of the coach.

2. A player who will miss practice must contact his/her coach by 12:00p.m. that day.

3. Players will only be excused from practice for the following reasons:

A. Illness

B. Injury

C. Family Emergency

4. Any student-athlete who misses practice the day before a game, and has not called, will sit out the entire game.

5. All weekly practices are closed practices, which means only players and coaches will be allowed at the field during practice time. This rule exists to keep our players focused on the practice.

6. Any student-athlete who is home ill may not attend practice that day.

7. In order to have a successful program, all student-athletes must attend classes and practices on a daily basis. If a player does not attend class, she cannot attend practice.

8. Players must be at the soccer field at least 10 minutes before practice.

9. Players must wear Spring Valley appropriate spirit attire (practice shirts) to every practice or they will do extra running and/or be revoked of some or all playing time for the next game.

10. Foul language, laziness, or disrespectful behavior toward a teammate or coaches will not be tolerated. **PLAYERS MAY BE SENT HOME OR KEPT FROM PLAYING IN THE GAMES.**

11. Absolutely no jewelry is to be worn at practices or during games. This includes jewelry for the tongue, ears, eyes, or any other type of piercing. Jewelry should be left at home on game days to avoid possible theft.

12. Players should remember to always practice hard, teams play like they practice!

13. Never leave gear, backpacks, or any personal belongings unattended on the pitch. Always leave such items at our designated game area.

14. You are responsible for keeping our soccer facilities looking sharp!

15. All players must participate in the setup and take down of equipment. There will be an equipment rotation that all players must follow.

16. Pay attention to those around you at all time (safety precautions). All athletic equipment that is used inappropriately creates a dangerous and volatile environment. Because we spend so much time on the pitch, we may develop a sense of comfort that could cause us to take for granted how dangerous this sport can be. Thus, responsible behavior is required at all times.

**Varsity Letter Requirements**

Below are the letter requirements established by the Spring Valley High School Soccer Program. All of the requirements below must be met in order to receive a letter at the end of the season. Any violation will not be tolerated.

1. Respect for self, teammates, coaching staff, spectators, opponents, and Spring Valley High School.
2. On time for meetings, practices, study halls, and games with full participation and dedication.
3. Eligibility(maintaining a 2.0) throughout the duration of the season.
4. Games and practices are mandatory regardless of injury. Injured players are a part of the team and are expected to show their support. Those that are injured or sick must be cleared by a doctor.
5. 2 unexcused practices are permitted unless otherwise cleared by Coach JC or Coach Tullis
6. Attending study hall with full participation is considered a practice.
7. Participation in fundraising events.
8. Must participate the entire season.
9. Signed contract turned in along with a paid soccer fee.

\*Floating JV players on Varsity are eligible to receive a Varsity Letter as long as they meet the requirements above.

**FUNDRAISING**

Fundraising is not one of the most exciting aspects of athletics, but it is a necessary part of our program. We encourage all student-athletes to do their part during the season to help with fundraising activities. It is a part of the teamwork necessary to build our program.

We look forward to an exciting year at Spring Valley High School. Each and every player has the potential to make this season a fun, competitive, and memorable one. We would like to thank you in advance for your help and support in make the Spring Valley High School Soccer Program one we will be proud of on and off the field. We look forward to seeing our friends and family in the stands come game time!

**Spirit Pack Information**

**Varsity & JV**

Gildan Performance Long Sleeve T-Shirt: Silk Screen……………………………………………………$25.00

Ogio Endurance Nexus ¼ Zip Pullover: Embroidered…………………………………………………….$45.00

Sport-Tek PosiCharge Competitor SV-Neck Tee: Silk Screen…………………………………………...$20.00

Sport-Tek PosiCharge Tough Tee: SIlk Screen……………………………………………………………$20.00

Sport-Tek PosiCharge Tri-Blend Hooded Pullover: Silk Screen…………………………………………$40.00

Eastbay Nike Club Team Swoosh Backpack: Embroidered……………………………………………...$50.00

 Total: $200.00

\*See Remind and website for Proofs of apparel.

**\*\*\*Spirit pack money is due by Friday August 30th, 2019 to Mrs. Herzig (school banker) by 1:30pm.**

**TEAM FEE**

All players, eligible and ineligible, are required to pay a team fee of **$25.00**. The team fee will cover socks, practice equipment, as well as the end of season banquet. Those that do not pay the fee will not be able to practice or participate in any of the games.

**\*\*\*Team fee money is due by Friday August 16th, 2019 to Mrs. Herzig (school banker) by 1:30pm.**

UNIFORM GUIDELINES

All players will be issued a game uniform that will be returned to coach at the end of the season. These are the expectations/guidelines in regards to your uniforms:

1. You are responsible to keep uniforms in good condition.

2. There will be a **$125.00 fee** for any damaged or lost article.

3. Uniforms should be washed separately in cold water and **hung to dry.**

4. Game uniforms should be **clean** and worn to every game; therefore, they should be washed at least every other day.

5. Game uniforms must be **clean** and worn to every game; therefore washed after every game. If you forget your uniform, you will not play.

*By signing the lines below, I am expressing my understanding of the above rules/regulations it takes to be in the Women’s Soccer program. I understand that there will be* ***NO REFUND*** *given for spirit packs if you are removed and/or quit the team. I also understand that a fine will be issued on* ***10/10/19*** *for any payment not received in full.*

Athlete Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**COACHING PHILOSOPHY**

 I am a coach because of the kids and the passion I have for the sport itself. There is no other feeling quite like helping young athletes further develop their natural persistence, determination, discipline, dedication, resiliency, work ethic, heart, leadership skills, connection with, and respect for others, not only in competition, but life!. It is ultimately up to the individual student to put forth the effort because learning requires participation. I want to address that education will always come before soccer.

 High school soccer is not so much based on winning. The overall goal of soccer in high school is to provide student-athletes a safe environment in order to *educate* the players to play the game properly. The team is made up of players with diverse abilities from individuals that have never touched a ball to club players that can never stop touching a ball. This approach is a happy medium which will benefit players of all skill levels.

 The most dangerous component in soccer is to believe that one is good enough. This delays player development even for players that have potential of playing at collegiate level, but many are left behind due to this vicious cycle. Remember, the most important component to the game is player development. At this level, developed players make games a success, not playing formations. Properly developed players will succeed in almost any position in any formation once they are properly educated.

Education of the game is a winning philosophy for the future.

Warmly,

Coach JC Juan Castillo & Coach Jenna Tullis

Spring Valley High School

Spring Valley High School

Contract for Parents of Athletes (2019-20)

The following expectations of the Spring Valley High School Athletic Department and school administration exist as the basis for proper conduct and support of our athletic program

A) Playing time is earned through performance and is not guaranteed to any student- athlete at Spring Valley High School.

B) Only student-athletes should request a meeting with their respective coaches regarding playing time if it is an issue. Coaches will provide honest feedback to the athlete and identify performance areas that can be improved in order to gain additional playing time and experience.

C) The following items will not be discussed with a parent:

 1. Playing time

2. Other athletes in the program

3. Coaches and their strategies or techniques

D) A 24 hour “cool-down” period immediately after each contest will be in place during which there will be no contact or discussions with a coach.

E) Parents must follow the proper chain of command pertaining to any issues, concerns or questions. This process begins first with the coach, followed by the athletic director.

F) All spectators are required to demonstrate appropriate behavior at all athletic events. Admission to an athletic event entitles the spectator to enjoy a competitive contest in an educational setting. With this in mind, please give all student-athletes, coaches, and officials positive encouragement and support. Booing, taunting or intimidating the officials, coaches, athletes or spectators is unacceptable and will result in the offender being asked to leave that event and possibly be prohibited from attending other athletic events within Spring Valley High School.

G) Parents who offer coaching advice to their child on the sidelines or at home interferes with the goals and success of the team. An athlete needs to focus and listen to only one source of instruction and motivation, and this has to be the coach. Parents should encourage their child, but please allow the coach to perform his/her job.

As a parent, I want my son/daughter to have a positive experience participating on an athletic team at Spring Valley High School, and I am committed to contributing to this outcome.

I have read and agree to the previous guidelines and expectations for the Spring Valley Soccer program. I also understand the uniform guidelines and agree to those terms as well.

Parent/Guardian Printed Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_

Player Printed Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Player Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Parent or Guardian contact information**

E-mail:

Contact Number: