



# **JEFFERSON HIGH SCHOOL Girls Soccer Handbook 2015-2016**

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## Jefferson J-Hawks Girls' Soccer Expectations

1. JV 1 and 2 will practice from 3:45-5:15pm. Varsity will be on an alternating schedule with the Boys Varsity. Times will alternate every 2 weeks between 3:45-5:30pm and 5:15-7pm. All athletes are expected to be dressed and ready to participate by the scheduled practice start time. All athletes must wear a Gray T Shirt, shin guards, and cleats/shoes to participate in practice. No Cut-Off T-shirts are allowed.
2. Any athlete with an unexcused absence will be ineligible to participate in the next match. All athletes should personally communicate with the coach of any conflicts before missing an event. Any athlete that has 3 unexcused absences in a row can, at the coach's discretion, be removed from the team.
3. If the school is having a bus available to take the student-athletes back home, you are REQUIRED to ride the bus back to the school. Under an unusual circumstance, it will be left to the discretion of the coach whether an athlete may ride home with their own parents, provided written consent from the parents.
4. Athletes need to have their uniforms on before getting on the bus for a road match. There will be no changing of uniforms on the sidelines (before or after the game, home or away). Uniforms are the property of Jefferson High School and should only be worn for matches.
5. Jefferson High School and the Athletic Program are not responsible for any lost or stolen items. Please keep valuables in a safe, secure location during practices and matches.
6. Good Sportsmanship will be expected at all times. Negative interactions with teammates, coaches, officials, or opponents may result in your dismissal from the team.
7. A current Physical Examination form and Concussion form must be received by the Activities Office prior to participation in practices or matches.
8. Students may perform drills or live situations against adults (coaches).



## **Playing Time**

*JV 2* – There will be every effort made to have equal playing time proportional to the athlete’s attendance and effort at the practices leading up to that game.

*JV 1* – All athletes will get playing time provided they attend and put forth good effort at the practices leading up to that game. Equal playing time is the goal, but may not be possible at all times and is under the discretion of the coach.

*Varsity* – Playing time is at the sole discretion of the coach and decisions will be made based on the best interest of the team as a whole.

Playing time may be impacted by attitude, practice attendance, and effort at practice for all levels.

Playing time will only be discussed with the athlete. Coaches will not discuss playing time with parents.

## **Captains**

Captains will be chosen by the team’s coach. Consideration of a captain will include, but is not limited to, attitude, practice attendance, overall effort, leadership ability, athleticism, and the best interest of the team and/or program.

Captains are responsible for representing their team and the program to the rest of the school, greater Cedar Rapids community, and all schools we enter competition with. Captains will be a liaison between the rest of the team and the coach. Being a captain is an opportunity and a privilege, not a right, and as such can be revoked at any time at the discretion of the coach.

Selection of captains will only be discussed with the athlete. Coaches will not discuss the decision of captains with parents.

## **Communication**

Please contact the head coach by email or phone to schedule an appointment to discuss any concerns. *All concerns should be discussed between the athlete and the coach prior to parental involvement.*



## Lettering

"Don't mistake activity with achievement."

*-John Wooden*

Athletes who want to achieve in our program should aim to Letter. Lettering is an option for all Varsity and JV 1 athletes. All athletes must complete the season in good standing with the coaching staff and the school administration to be eligible for a Letter. The season ends after the last match for the respected team. All Lettering decisions are left up to the coaching staff's discretion.

### Varsity Lettering

To earn a Varsity Letter, one must satisfy the following minimum requirements.

- Athlete may not have any unexcused absences
- Athlete must turn in all uniform and equipment on time
- Athlete must have participated in at least 10 matches
- Athlete must have no disciplinary issues with the team, on the field, or at school. This includes no Yellow or Red cards for acts of dissent.

### JV 1 Lettering

To earn a Junior Varsity Letter, one must satisfy the same requirements as listed above for a Varsity Letter, with the following exceptions. Ultimate decision is left to the Coach.

- Athlete must participate in all matches
- Athlete must Ball Run for 2 halves of Varsity matches

*Coaches also reserve the right to award letters to deserving athletes who, for reasons beyond their control, failed to meet the playing requirements (Injury, Illness, etc.). Seniors who have played 4 years of soccer and attend all games and practices during their senior year may, at the coach's discretion, be awarded a varsity letter no matter which team they play on.*



## Sideline Etiquette

1. No sideline coaching from coaches or players is acceptable. Sideline coaching undermines what the coach is trying to accomplish and takes away from the game. It is disrespectful to the coach and disruptive to the learning process of those on the field. Our coaches will be happy to discuss strategy and tactics at another time—but not during or right after games.

2. Parents, praise your daughter for things well done, but limit calling out your daughter's name at other times. Let them enjoy the game without distractions.

3. Kids don't like to be yelled at by their parents any time, but especially not in front of their soccer teammates. It's embarrassing and it doesn't accomplish anything productive. For our program, the soccer field should be one place they can express themselves without concern for criticism from their parents.

4. No yelling at or arguing with the referees or linesmen. Please refrain from making any comments to them. Be respectful and patient. These officials will make mistakes; this is soccer after all. But, try to keep in mind that

- a) it is a challenging task,
- b) they are trying to do their best, and
- c) they are there helping our girls.

We don't want our players to argue with the ref EVER. Parents need to avoid setting a bad example. Moreover, there has NEVER been a case where a parent has disputed a referee's decision and convinced him/her to change his/her mind. Relax and remember it's just a game.

5. Similarly, no vocal criticism of the other team, their parents, or coaches. Be respectful of our visitors while we're at home and of our hosts when we are away.

6. In addition to controlling our speech, we need to avoid negative actions including throwing your hat, kicking the Gatorade container, pulling your hair out and so on.

Those are some of the cautions. Here are things you can do to contribute to the game and your own enjoyment of it.

1. Cheer for good effort, hustle, and plays, and also goals, saves, shots, and tackles for both teams.

2. Cheer for any play or player on the team that deserves it – not just your daughter.

3. Acknowledge a great play by the opposing team. It adds to the spirit of the game and speaks volumes about your soccer knowledge.

4. Be there for moral support and positive reinforcement. Your daughter will perform better under these conditions and the coach will be better able to do their job.

5. Relax and enjoy the game. It is a game. Games are for fun and are a break from the pressures of life, both for your daughter and for yourself.