

All Conference Schedules and Maps to fields are posted at:

[Northwest Suburban Conference Schedule](http://www.northwestsuburbanconference.org/g5-bin/client.cgi?G5genie=2)

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Interscholastic Sports Philosophy: The philosophy of the high school soccer teams is to play competitively. This means that the winning of a game will not be jeopardized by substitutions. It also means that the more skilled player will play more than lesser skilled players. Some players will see a lot of match playing time and some players will see very little. If the situation allows, each coach will try to play as many players as possible. It is not possible, however, to play everyone in every game. Although not everyone will play the same amount of game time, everyone will be part of the soccer team - an important part - giving team enthusiasm, support and encouragement. Players on the bench are expected to be mentally and physically ready to go into the

game if and when the need arises. Students are encouraged to participate in other sports during the off-season.

Team Organization: There are three high school teams:

- Varsity - Top 16-22 highest skilled players regardless of Grade
 - Junior Varsity - Next 16-22 highest skilled players regardless of Grade
 - B-Squad - Next 16-22 players regardless of Grade There is also a 9th Grade Team - 9th Graders only (May accept 8th Graders *if needed* to fill team). This team is being kept separate from the rest of the high school program.
 - 9th Grade players will be limited to playing on ONLY the 9th Grade Team.
 - If a 9th Grader is highly skilled and is moved up to a higher team they will no longer be eligible to participate with the 9th Grade team.
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Make sure to check website as ALL important dates will be posted.

Equipment: 2 pair of socks will be furnished by each player. Cost will be determined on a yearly basis. They are yours to keep. You will be issued an athletic lock and locker to use for the season. Towels- It is a good idea to keep a clean one handy in case you need it. Training attire: T-shirt, shorts, shin guards, and socks required. Apparel for practice shall not have logos from summer clubs, or teams, or prohibited advertising. If it says Blaine on it OK to wear. Always bring your "flats" - for conditioning.

Uniforms: These will be issued prior to the first game. You are responsible for taking care of them and keeping them clean. All Uniforms must be cleaned and turned in on the scheduled day. Failure to do so will result in forfeiting ALL post season awards! (Letter, All Conference, All State, etc.....)

Grades:

You must be passing in all of your classes to actively continue in the soccer program. If

you find yourself behind in a class or classes, talk with your coach to find an acceptable way to get back on track. Your academics take priority over soccer. Athletes must have earned a minimum number of credits to participate in extracurricular activities.

Soccer Coaches Expectations:

- Show genuine interest and concern for players as individuals, not just as soccer players.
- Be fair and consistent when dealing with players, parents, and school personal, and coaching staff.
- Run an organized fundamentally sound soccer program.
- Assist players in becoming the best they and their team can be.
- Work hard, always striving toward excellence.

□ Be

positive role models.

Bengal Soccer Player Expectations:

1. Actively participate in Fundraisers.
2. Give your best efforts in all training sessions and games always enhancing, not detracting from team member's skill development and training atmosphere.
3. Always conduct yourself in a respectable manner and remember that you are a representative of Blaine High School and the Bengal soccer team.
4. Treat other players and coaches with respect and consideration.
5. Always be a few minutes early for school, training, bus trips, and games.
6. Strive for excellence in your studies. At minimum, maintain passing grades in all your classes.
7. Attend all classes.
8. Abide by the training rules – NO USE OF MOOD- ALTERING CHEMICALS (non-prescription drugs, alcohol or tobacco.)
9. Let coach know when unable to be at a

training or a game. The coach must be notified prior to the training or game.

10. Always put the "team" good ahead of "self-interest." 11. ALWAYS show positive sportsmanship. Control temper

in training and games (refer to #2). 12. Contribute to the team's success by your spirit and

conduct in training and games, whether on the field playing or as a substitute on the bench.

Training:

- Players are expected to be at all training sessions and games.
- Make every effort to schedule doctor and dentist appointments on evenings or weekends.
- If for any reason you are not able to be at a training session or game, you must notify your coach before the event.
- If a coach is not notified before the training session or game, it is considered an unexcused absence.

- An individual who misses the training prior to a game will not start in the next game.
- School policy is that you must be in school by 11:00 a.m. to play in a game that night or participate in training that afternoon (school field trips are an exception).
- It is also school policy that an athlete must make every possible attempt to attend all classes.
- It is not acceptable to miss the first couple of classes to "catch up on your sleep" or other homework. **Penalties for missing:**
 - **FIRST TIME** - Player will be suspended from the next game.
 - **SECOND TIME** - There is no reason to ever have a second time, as the lesson needs to be learned from the first mistake. If it does occur, the player and coach will together examine whether the athlete should or should not continue to be part of the soccer program and team.

Appropriate consequences will be determined at that time.

NOTE: Each case will be reviewed individually; final decisions are to be made by the player's coach.

Training Code of Conduct: Solve the motivation issue. Do not put a coach in the awkward position of making you do the things you have already committed yourself to do. This means trying your best in all activities, scrimmages, and physical conditioning sessions. It means ridding yourself of the many distractions that can prevent your being properly motivated. Be responsible for pushing yourself beyond your comfort zone as often as possible.

- Always be a few minutes early for training sessions.
- (Varsity) You must always wear the required attire.
- Be open-minded and accept coaching provided.
- Do not wear any jewelry to training.

- Listen to your teammate's questions, comments, or concerns as you may have the same.
- When a coach speaks all eyes must be on that coach.
- Set personal and competitive goals before each training.
- Be positive and supportive of your teammates.
- **HUSTLE!!!! Player Development:** There are many opportunities for players to develop their soccer skills. Our expectation is for players to work year-round to improve. There are many available avenues to accomplish this request. They include: spring/summer tournaments, leagues, camps and of course other sports. Players who truly believe in the mission and vision of Blaine High School and Bengal Soccer need to make that kind of commitment if they want to excel in this program. As a staff, we are committed to provide the very best opportunities but it is up to you to make that personal commitment.

Specialization is not the key to a team's success. High school student-athletes need variety in order for their minds and bodies to grow to their potential. Research has shown that specialization increases injury and burn out among high school athletes.

Fund-Raisers:

We as a group must do fundraising to keep the program going. The school pays for refs, nets, game balls, transportation, and 4 coaches. Everything else we as a group must pay for. Fundraising is vital to our success!

ALL fundraising items MUST BE turned in on the date listed on our website. You will not be allowed to participate until all items are turned in.

Jobs:

Some players attempt to keep part-time jobs during the soccer season. It is strongly discouraged. With schoolwork, the intensity of the season, the need to spend time with your family and the necessity for some unstructured time to maintain "healthy"

living, it becomes almost impossible to fit a job in. If, however, a player does have a job, it may NOT interfere with trainings and games.

Game Nights - Away-Games:

Players will wear their uniforms to away matches. Buses will take players to and back from all away games. (Exception for Varsity: When playing at Andover and Coon Rapids players may drive to the game or ride with your parents. Players are still expected to be dressed and ready 45 minutes prior to game time.) Departure times vary depending on the distance. Times will be given to each team. Players are responsible for being on time. If a player misses a bus, **DO NOT DRIVE** to the match because, you will **NOT PLAY** anyway.

For bus rides to away games, this will be policy.

- Phones and other electronic devices are to be in your bag on the way to the game. You may use them on the way home.
- Once at the opponent's school, we must remember that we are "guests" of the

school and act accordingly.

- All players must ride the team bus to and from the game.
 - Exception may be given by the coach in charge in extreme instances; please do not ask coaches, they will make bus-riding exceptions prior to the trip.
- Do not ask to ride home with your friend or friend's parents, etc.

Lettering Requirements:

A participant should be a regular member of the varsity squad both in training and in games. She should play in at least half of the games during the season. A player must work hard at training and games.

An individual must be a team player and a positive asset to the team - skill, attitude, enthusiasm, support, etc. All players must abide by the M.S.H.S.L. and Anoka-Hennepin District 11 eligibility rules. If a player is moved to the Varsity squad, she may be awarded a letter if she has fulfilled the above requirements or upon the coach's decision.

A letter will be awarded a senior who has been a faithful squad member for 4 years but has not met the requirements for a letter . The coaches make all final decisions on letter awards.

An individual must consistently display good sportsmanlike behavior.

Qualities of a Successful Athlete

The following qualities are the primary elements of character we hope to develop and nurture through The Blaine High School soccer experience.

- ***Commitment...****to improving yourself, your teammates and the team. This is where the ideals of persistence and dedication come into play. This can be extended to improving your school and your community.*
- ***Attitude...****toward the game, toward practice, toward the important lessons learned in failure and success. The perspective from which a person approaches their daily life is so important. See the glass as half full (as opposed to half empty)! Attitude is*

everything in life!

- **Respect**...for your teammates and coaches, for your opponents, for the authority of the officials, and for yourself as a person and an athlete. All human beings have potential and a purpose for being, whether discovered or not.
- **Excellence**...is the hallmark of your efforts, your goal both on and off the field, so that people who know you realize that mediocrity is unacceptable to you.
- **Integrity**...you are your own judge at all times. Nothing you do or say is out of your control. You are responsible for all your actions and words. Be a tough judge!
- **Sportsmanship**...respect and appreciate the challenge the opponent provides, playing hard but fair at all times. Offer a hand to a fallen player and let the quality of play do all the talking. Be a first class player! **Sportsmanship Code of Conduct** "Sportsmanship is an overt display of respect for the rules of sports

and for all others – players, coaches, officials and fans.” (National Federation News, March, 1995, p. 10). It also presupposes a commitment to fair play, ethical behavior, and integrity. This simply means: ***Let the players play Let the coaches coach Let the officials officiate And let the fans cheer Encouragement! Team Captains*** At the end of each season the players will nominate two players that will be seniors the following year for the positions of being team captains for the upcoming year. All players that wish to cast their nomination must be present on uniform collection day. **NO ABSENTEE NOMINATIONS WILL BE ACCEPTED.** The coaching staff will look at the nominations and make the final decision of the captains by using the criteria listed below as a guide. As coaches we are looking to a captain(s) to possess these positive traits that will allow you to gain the respect of your teammates, coaching staff, the officials and your opponents. Learning to harness these skills in life will ensure your success for years to come.

- People Skills - has strong interpersonal skills and gets along well with others
- Leadership - takes responsibility early on in team development
- Actions - leads by being the first one on the field for warm up encouraging players, etc
- Organization Skills - initiates actions to accomplish team goals (poster making, helping select uniforms, creating a team slogan or themes, etc.)
- Strong On-field Presence - encourages all to perform their best
- Role Model - models appropriate behaviors for teammates
- Conflict Resolution - resolves conflicts and re-focuses the team on their goals
- Respect - acts and treats others with respect
- Personal Character - exhibits character, integrity, and commitment
- Sportsmanship - displays good

sportsmanship at all times toward opponents, officials, coaches, and spectators. The following negative traits will be highly detrimental to the success of the team and limit your chances to become a captain.

- Bosses others around
- Is late for practice or team functions
- Is emotion driven-insists on having their own way
- Subscribes to the notion of "do as I say, not as I do"
- Forms cliques among players
- Gives minimum of effort in practices
- Ignores the younger and less skilled players
- Does not demonstrate serious behavior during match play
- Is consistently concerned with personal play rather than team performance
- Does not gather the team to focus on team issues

- Does not take a lead role in fundraisers
Team Eligibility Rules: The eligibility rules are set up by the Minnesota State High School League, the Anoka-Hennepin School District and endorsed by this soccer program. Each of you, by signing the rules form, have made a commitment to refrain from smoking, drinking alcoholic beverages, or taking, buying or selling un-prescribed drugs. This is a serious commitment you have made to you, your teammates, parents and coaches and should not be taken lightly. As an athlete, this is a year round commitment, not just during the

soccer season or school year. Remember - right and wrong are not to be determined by whether an individual is caught or who else is doing something. Make wise choices and help others to do the same. If there is a confirmed violation by a player, penalties will be served by the athlete, predetermined by Anoka-Hennepin District 11 and the Minnesota State High School League.

Hopefully, this will discourage any player from violating the training policies. If a player has earned any letters, they will automatically be taken away. If you are at a party where alcohol is being served, it becomes an "unlawful" event and you must leave right away. Your leaving will encourage a "weaker" athlete to say "no" and leave as well. These rules are also in effect for unlawful activities in the community and abiding to school rules as well. We are promoting good citizenship in our program.

PENALTIES SET BY THE HIGH SCHOOL LEAGUE ARE AS FOLLOWS:

- 1st infraction: two weeks suspension or two events, whichever is greater.
- 2nd infraction: six events and professional counseling required.
- 3rd infraction: chemical dependency treatment program required. Student may be certified for reinstatement in MSHSL activities after a minimum of six weeks. **A violation in personal and team commitment breaks trust,**

which is very difficult to re-earn. If you are unable to make a sincere commitment to abide by the team eligibility rules do not come out for the team. We will discuss this issue at the beginning of the season and regularly throughout. **Hard and Soft Red Card Violations:** 1st 1 game suspension MNSHSL + up to 1 game BHSBS. 2nd 4 game suspension MNSHSL + up to 4 games BHSBS. Any and all post-season awards earned or awarded are forfeited. **Injuries:** Soccer is generally a safe sport. Injuries unfortunately do occur at times. Common soccer injuries include sprained ankles,

bruises, blisters, etc. If you do have an injury, make sure your coach is notified right away so proper care may be given as quickly as possible. If injuries do require medical care, we encourage use of the sports injury clinics, which are available in the area. Their staffs are familiar with athletic injuries and active rehabilitative programs. Most insurance policies will cover this care.

Fairview Sports and Orthopedic 10961 Club

West Pkwy NE, Blaine, MN 55449 763-586-5923

Institute for Athletic Medicine (located at the Schwans Center) 1750 105th Ave NE, Blaine, MN 55449 763-780-0356

Problem Solving:

It is best to encourage your daughter to work through problems on his own whenever possible. If a player is having trouble with her teammates or with his coach, sometimes the only thing required is a little time. When a cool-down period doesn't solve the problem, players are encouraged to talk to their coach. Players should remember that good timing and a respectful attitude always brings about better understanding. At times it becomes necessary for parents to discuss their concerns with the coaching staff. As coaches, we are always willing to spend time with parents. **We only ask that you approach us at an appropriate time. Before or after games is not the right time to talk about problems.** It is best to set up a time by phone or in person, to establish a good time to talk over your concerns.

Procedure for Handling Problems that arise:

Have your daughter talk to her coach. If not satisfied with that: Parent talk to the coach. If still not satisfied: Talk with Coach Zachmann

763-506-3049 If still not satisfied: Talk with Mr. Gerrety the Athletic Director.

763-506-6500 If still not satisfied: Talk with Mr. Phelps the High School Principal

763-506-6500

Remember that it is important for your daughter to learn to communicate problems to coaches. Coaches need to spend their time planning effective practices, watching film, etc. The less emails and phone calls we get from parents the better.

Mandatory Items to have:

All Players must have a soccer ball and shin guards at all practices. The following items must be turned into the School BEFORE your daughter may participate:

- A current physical must be on file

- All Fees must be paid
- Athletic eligibility form signed by both parents and players
- Completed Blaine High School Girls Soccer Information Form online at:
<http://www.anoka.k12.mn.us/education/sportszone/sportszone.php?sectionid=23658>& **Missing Tryouts:** If your daughter misses the first week of practice, know that she will be placed on the team that is grade appropriate for her. She may work her way up to a higher-level team during the season. Our coaching staff will promote and relegate players throughout the year.