



Girls Soccer

Player/Parent Handbook

Welcome

The purpose of this handbook is to outline the goals of the program, answer some of the recurring questions, and team policies in a number of different areas.

Teams

Rosters serve as a baseline for how teams will train and practice together. Rosters will be formed after being evaluated by the coaching staff during the first week of tryouts. At the discretion of the coaching staff, some players may be asked to practice and/or play with a different team for specific games.

C-Squad-Coach Mohammad Belal

The goal of the team is to improve individual fundamental soccer skills and to learn more about the game. Playing time should be comparable for every player throughout the season.

Junior Varsity Coach David Champion

The goal of the team is to continue to improve their soccer skills while learning new tactical skills that are related to the varsity squad. All players should see playing time in every game at this level.

Varsity Coach: Brian Dahl

The team's goal is to be playing at a competitive level and try to win games. Playing time is unequal at this level, and not every player will see playing time. Substitutes may see an increase in playing time when down by three or more goals with 20 minutes remaining.

Letter Requirements:

Team movement:

Players may move between teams during the season. Reasons for movement include Low numbers due to injuries, developmental reasons for that individual player, or developmental reasons for the team.

Expectations for players, parents, and coaches

Players will:

- Attend all tryouts, practices, and games. Players should plan accordingly and schedule study time, work, vacations, appointments, etc. to avoid conflicts.
- Give 100% effort at all practices and games and make efforts to improve by training on their own outside of scheduled practices. Not giving your best effort may result in less playing time.
- Demonstrate fair play and good sportsmanship at every practice and game.
- Accept the decisions of the referee without gesture or argument.
- Report any injuries to the coach as soon as possible.
- Understand they represent their family, their team, and John Marshall.
- Understand that poor behavior during practices or games may result in lost playing time.

Parents will:

- Parents will model good sportsmanship toward all youth participants. All parents will do their part to keep sports fun and positive for every youth participant. They will not belittle or ridicule anyone involved in a youth sporting event—in public, private, in-person, or online.
- Let the coaches do their job and not confuse the players by telling them what to do (do not coach from the sidelines of games or practices).
- Never engage in, or tolerate offensive, insulting, or abusive language or behavior.
- Always respect the referees' decisions.
- Applaud effort and good play as well as success.
- Never criticize a player for making a mistake – mistakes are part of learning.
- Place the emotional and physical well-being of the players ahead of a personal desire to win.
- Understand that as a fan, they represent John Marshall and the community.
- Understand that poor behavior during practices or games may result in being asked to leave the event and not invited to future events.

Coaches will:

- Represent the Rockets in a professional manner on and off the field.
- Be a positive adult role model on and off the soccer field.
- Show genuine interest and concern for each player as an individual.
- Be fair and consistent when dealing with players and various situations that arise.
- Run an organized, fundamentally sound soccer team.
- Assist players in improving as individuals and assist the team in performing at its optimal level.
- Work hard and always strive towards excellence.

Communication

Chain of Communication

From time to time, problems or conflicts may arise during a season. The most important thing to remember in handling these problems or conflicts is proper communication. When a problem arises, you first need to discuss the issue with your team head coach. If, after consulting with the coach, you still feel that additional attention to the problem is needed, then you should refer the matter to the varsity coach. If you still feel the issue has not been resolved, you communicate the problem with the athletic director. Players should try to communicate with their coach before having parents get involved.

1. Players Coach
2. Varsity Coach
3. Athletic Director

24-hour rule

Players/parents must wait 24 hours before discussing any aspect of the game (Playing time, style of play, questions of game management, etc.) with their coach. No parent shall approach a coach after any match to discuss these matters.

Ways of Communication

The team will use numerous ways of communicating important news to players/parents.

- Team webpage: This will be the main place to find information about the club.
<https://www.johnmarshallrockets.org/page/show/4225416-girls-soccer-2019->
- Remind: Will be used to send out quick notes about practice changes, field changes, or pasta feeds.

How to Join Remind:

1. Go to the JM girls soccer page on the John Marshall athletics page
<https://www.johnmarshallrockets.org/page/show/4225416-girls-soccer-2019->
2. Find the tab on the right side of the webpage that says remind notifications.
3. Click the link and set up an account

Missing practice or games

All practices and games are mandatory to attend. However, if you are not able to be at a team event, you MUST notify the coach at least 24 hours before the event. If a coach is not notified before the team event, it is considered an unexcused absence and will result in consequences. Please refer to the team consequences at the bottom.

John Marshall Rockets Girls Soccer Standards

Respect

- We will be respectful of each other and be civil with one another at all times.
- There will be no gossiping, making fun of people, excluding players from games, play, or social events, talking behind people's backs, or spreading rumors. etc
- We will be respectful of the Coaching staff - when a coach is talking, everyone is attentive.
- We will be respectful of our environment - Locker room, playing field, practice area, school, restaurant, wherever we occupy - we will leave better than we found it.
- We will respect our opponents, referees, and everyone associated with our game. There will be no talking back, arguing, swearing, or trash-talking, verbally or on social media.
- We will respect our parents and our teachers and treat others the way we expect to be treated.

Responsibility

- We will be responsible for being at practice every day and on time.
- We will be responsible to our teammates.
- We will keep ourselves healthy and fit.
- We will know our assignments and carry them out to the best of our ability.
- We hold a responsibility to the team and make sure we help our teammates improve.
- We will be responsible at home and in the classroom - Academics are a priority.

Integrity

- What are you doing when no one is watching? Do what you say you are going to do. Integrity is honesty.

Team

- Team first attitude.
- Always do what is best for the team. Do not do anything that would bring embarrassment to the team.
- Support your teammates - We are a FAMILY!!
- Put the team above self - regardless of your role.

Expectations for players, parents, and coaches

Players will:

- Attend all tryouts, practices, and games. Players should plan accordingly and schedule study time, work, vacations, appointments, etc. to avoid conflicts.
- Give 100% effort at all practices and games and make efforts to improve by training on their own outside of scheduled practices. Not giving your best effort may result in less playing time.
- Demonstrate fair play and good sportsmanship at every practice and game.
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- Never criticize a player for making a mistake – mistakes are part of learning.
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- Work hard and always strive towards excellence.

Consequences

- Communication with the coaching staff is a top priority. Missing a practice without communicating with your coach will result in an unexcused absence.
 - 1st unexcused practice will result in not being able to start the next game.
 - 2nd time results in the missing half of the first half.
 - 3rd time results in missing an entire half.
 - 4th time results in a meeting with the head coach and varsity coach.
- Missing practice the day before a game will result in being unable to start that game (Excused absence).
- Missing a game will result in missing the 1st half of the next game. Some exceptions may apply.
- Players are responsible for being on time for all practices and games. Being more than 15 minutes late to practice will be an unexcused absence. Being late to a game will result in not being able to start that game.
- All players should respect other players, coaches, and referees. We are a family! If players are not respecting others by gossiping, spreading rumors, talking behind the back of others, etc., it will result in loss of playing time.
- Any use of illegal substances is against all of our character values. Consequences will follow the MSHSL rules.

Varsity Lettering Requirements

- AFTER the Qualifying Standards have been met. Any athlete may letter by achieving at least 100 points through the following: *An Athlete may only receive points from each tier once*.

PARTICIPATION STANDARDS

50 Points for any of the following:

- Play in 8 halves of varsity games.

40 Points for any of the following:

- Participate in at least 80% of Summer SAQ.
- Participation in at least 80% of Summer training.

30 Points for any of the following:

- Hold a 3.0 GPA or higher
- Help with the future Rocket Summer Youth Camp (coming back in 2025).

20 Points for any of the following:

- Meet the Individual Fundraiser Goals
- Receive an end-of-the-season award for academic or player achievement

10 Points for any of the following:

- Called up to be part of the sectional playoff team.

Exceptions for the following:

- Coaches' discretion will be implemented on an individual basis due to injuries or seniors who have played in the program for four years but have not yet lettered.
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JM Girls SOCCER STUDENT ATHLETE CONTRACT

NAME _____ I understand that a fulfilling educational sports experience requires the exercise of responsibilities on the part of both personnel associated with the athletics program and student-athletes. As a student-athlete, I understand my responsibility to commit to the principles of self-discipline, collaborative effort, and team building and to be an ambassador for the institution. I agree to accept the participation standards and policies listed above and knowingly accept that violations of these standards may result in a variety of sanctions by the athletics department, including, but not limited to, restriction, suspension, or termination of participation in the athletics program.

Student-Athlete Signature: _____

Date: _____

Parent Signature: _____

Date: _____