

## Southwest Christian High School Boys Soccer Handbook

This handbook is designed so that you will know some of the rules, goals and expectations of the coaches and the SWC Administration as we head into another exciting season. As a high school and collegiate participant in athletics, I know full well how much fun and meaningful an activity like soccer can be. I know that this season will provide you with great moments, and I want to tell you up front what a joy it is for me to be able to share them with you! You should find in the following pages just about everything you will need to know in order to make this season memorable for you and for the whole SWC Boys Soccer program. Please read it carefully and ask any questions you might have. Thanks for choosing to play soccer at Southwest Christian!

### Be Positive

- Be positive with your teammates. Build each other up. Your teammates will never play better than they do when you compliment them.
- Be positive with yourself. How you think and talk about yourself has a tremendous impact on how you perform.
- Be positive toward the referees. You have no control over them or their calls. Let them call the game. Control what you can control – yourself.
- Be positive toward the opponent. Build them up when they make a great play. Sounds funny, but try it! It's much more fun to play when both teams are playing well. Those are the games you will remember.
- Be positive in your interactions with your family and those in attendance at your games. They, like you, have worked very hard to contribute to the spirit of our school and your development as a Christian soccer player.
- Be positive with your teachers and classmates. How you treat people during the day carries over to the soccer field.

### Be Responsible

- Be on time. The bus waits for no man!
- Be prepared with: soccer ball, proper shoes for running and for playing, uniform, shorts, socks, shin pads, water, etc. Keep your own kit. Keep your uniform clean, and keep our locker room clean.
- Cleaning up after practices and games is the responsibility of every player. Leave the fields cleaner than when you arrived.
- Remove your studded shoes before entering the school, and never wear studded shoes on the gym floor.
- If for any reason you cannot attend a practice or game, contact your coach as soon as possible. If you are not going to be in school, call and leave a message for your coach in the morning so plans for practice or games can be altered.
- Missing practice for work is not excused and will affect playing time. You will have your practice and game schedules far enough in advance to make arrangements with your manager to get the time off needed for soccer.

### Use Self Control

- No swearing. Swearing is a cardable offence in soccer. We also have team consequences for using inappropriate language, gestures or acts anytime we are gathered together as a team. If we see or hear something on the field, that the official might have missed, you will still be held accountable.
- Treat referees with respect. Abuse of referees by players or coaches will not be tolerated. Coaches coach, players play, referees ref.

- Playing soccer at SWC is a privilege – a privilege earned by good conduct during school hours as well as after school.

### **School and Soccer**

- School first, soccer second. You are expected to work up to your capabilities in the classroom.
- You must be in school to play in a game or practice, unless the absence is for a special reason that is approved by the office.
- If you are ill in the morning and are late to school, you are probably too ill to play. Check our school policy for the late arrival time if you want to be able to participate that day.

### **Have Fun!**

- Soccer is a game and having fun is why we choose to be involved.
- Having fun does, however, involve hard work, improvement and dedication.

### **MSHSL Rules and SWC penalties for violation**

- We are members of the Minnesota State High School League and, as such, abide by their rules and regulations. There are rules on conduct, harassment, participation and on the use of mood altering chemicals. Penalties are accumulative, beginning with the participation in a league activity and continuing through your high school career.
- Violation of the MSHSL rules not only results in MSHSL penalties, but also in Southwest Christian High School penalties. At SWC, our standard for conduct is high. It is taken seriously. It is our desire to help you become fine young Christian men.

### **Injuries**

- All injuries must be reported to the coach immediately and the trainer as soon as possible.
- If you need to see a doctor about an injury, please inform your coach so he is aware of it.
- It is mandatory that you have a note from your doctor in order for you to participate after an injury that requires a doctor visit.
- If you are injured, you should still report for practice and games as usual. Remember, you are still part of our team.

### **Transportation**

- Every player must ride to and from games on the transportation provided by the school. This builds team unity and safely transports all of the athletes.
- If a parent provides transportation, they must personally see the coach to take over responsibility of transportation.
- A pre-approved note is needed to have any other kind of transportation provided.
- Students are not allowed to drive themselves to a contest, ride with friends or other parents, when parents' and coaches' permission has not been previously granted.
- Bus rules apply for all those riding the bus. The bus driver is in charge.

### **Assigning Players to Teams**

- Following the first full week of practice each player will be assigned to one of the following teams: Varsity, Varsity Reserve (VR), B or C Squad (depending on our number of players that season and the number of teams needed).
- All players will be assigned to a team. We do not cut players. Teams will be picked to best meet the objectives of SWC soccer. The prime consideration is what is best for each player's development as an individual as well as a player. This may not mean the Varsity is always made up of the most skilled players. Attitude, determination and willingness to learn are also to be considered in the selection process.
- The Varsity will consist of players from any grade 9-12. Every effort will be made for all players on the varsity to play in each game, but playing time will not be equal.
- The Varsity Reserve (VR, or may be called JV on the schedules) will consist of seniors and other players whom do not make the Varsity. Playing time will be as equal as possible.
- If we have 4 teams, the B Team (B) will consist primarily of sophomores who do not make the Varsity. Playing time will be as equal as possible.
- The C Team (C) will consist of freshmen who do not make the Varsity. Playing time will be as equal as possible.
- It is likely that during the course of the season players will move between teams. The move may be for one game or for the entire season. Movement of players will be communicated clearly by the coaching staff to the players.

### **Varsity Lettering Policy**

- In order to earn a varsity letter for soccer, a player must practice for a majority of the season as a varsity player and make the section roster. Special circumstances may apply for illness or injury.
- A letter will also be awarded to players having played four years at any level.

### **Captain Selection and Post Season Awards**

- Three captains will be elected at the end of the season by varsity players and coaching staff. It is the responsibility of the captains to provide organization and leadership for the SWC soccer program.
- All post season team awards are determined by a vote in which each varsity player and coach has one equal vote.
- Conference and State awards are determined by a separate selection process.

**A note to Parents:** Thank you for allowing us, the SWC soccer coaching staff, to teach your son this fall. It is an honor for us to be able to coach and spend time with your son. The items mentioned above have come down through the SWC Program over the years from our Coaching Philosophy. Stated simply, it is this:

We will help each player reach his maximum potential by:

- Playing everyone equally (except Varsity – everyone on Varsity will play significantly, but not necessarily equally).
- Building self control, which builds character.
- Encouraging through positive reinforcement to achieve positive self esteem.

- Showing how peer pressure can be used to build up and encourage a player rather than destroy him.
- Provide a positive model from our own lives.

Concerning games, our SWC Boys Soccer philosophy is:

- Commit 1st to doing your best, 2nd to team loyalty and 3rd to the highest total on the scoreboard.
- Respect the contest, yourself, your opponents and the referees.
- Determine to enjoy competition, doing whatever it takes for you, your team and your opponents to have fun at what you are doing. Otherwise, why do it?

This is the “culture” of SWC Boys Soccer. As a coaching staff we will continue to foster this culture, for we have found that it helps to develop not only good soccer players, but fine young Christian men.