

# 2012 Canfield High School

## Boys and Girls Team Policy Handbook



**“The vision of a champion is someone who is bent over, drenched in sweat, at the point of exhaustion when no one else is watching.” – Anson Dorrance**

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# I take GREAT PRIDE in being part of the SOCCER PROGRAM at Canfield High School and I expect EVERYONE ASSOCIATED with the program to EXEMPLIFY that same PRIDE

Welcome to the Canfield High School Boys and Girls Soccer program. This booklet contains information about the program and can be referenced throughout the season, so please keep it.

## Program Philosophy

My philosophy is geared toward player development both on and off the field, developing confidence and skills, as well as a strong desire to excel, and getting the players to the level that they will be able to solve soccer problems on their own.

- I believe that the way a person trains reveals **his/her true character**.
  - I believe that success doesn't happen by accident; it requires hard work, dedication and sacrifice.
  - I believe that it is the player's job to please the coach, not the coach's job to please the player.
  - I believe winning builds confidence and a program's reputation.
  - I believe that adversity and losing builds character and defines what type of person we are.
  - I believe in giving 100% effort in training, and work hard on improving ones weaknesses.
  - I believe that sportsmanship and team unity is more important than individual achievement.
  - I believe in creating an atmosphere that will encourage, nurture and challenge your sons and daughters.
  - I believe that both negativism and positivism are highly contagious.
  - I believe in time management: one can manage school and sports.
  - I believe that players must be fully responsible for themselves; do not get in the habit of blaming others for your performance.
  - I believe in putting players in situations that push and enable players to raise their level of play so they will be able to identify and solve soccer problems on their own.
  - I believe in **Total Soccer**: Possessing the ball with a purpose; **Everyone Attacking, Everyone Defending**; moving the ball "out-in-out"; Attacking the Flanks.
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- Respect our game and all persons connected with it.
  - **Be a person of integrity**. Try to do the right thing, because it is the right thing to do.
  - **Lead by example**. Always strive for excellence but be humble.
  - **Pay Attention!** Never talk while a coach is talking. More importantly, **NEVER TALK** back to any coach. Keep your mouth closed and ears open!
  - **Do your best and help your teammates so they can do their best**.
  - Tolerate mistakes from teammates, opponents, coaches and officials who are doing their best.
  - Have fun playing and training. Always keep a sense of humor and be able to laugh at yourself.
  - **Play to win, but not at any cost. Never forget, soccer is only a game.**

## What will the team look like?

For the 2012-13 school year, my goal is to field two teams per program (varsity and JV). We will field 15-22 on Varsity and 15-22 on JV. **Tryouts will determine placement**. Players may fluctuate throughout the year between varsity and JV.

## How will training be organized?

- We will be sticking to the schedule indicated in the soccer calendar for June – August practices. Once school begins, we will train at 3:15 except game days. **Change in the gym locker after school and not the fields!**
- Both mental and physical conditioning and fitness is something we work on everyday. I whole heartily believe that what is done on the game field must be done on the practice field as well. There is no way athletic skills can be developed other than disciplined repetition and disciplined work habits during practices. Practices will stress both; you should also.

### What is the policy for attendance of Training and Games?

Attendance should never be an issue; we are looking for complete and total commitment to this program. Players are expected to have 100% attendance (from August 6 until end of season) at training sessions and other team functions. **A Soccer team cannot function properly if all members are not present.** OHSAA states from June 1 to July 31, we are allowed ten days of instruction. This time frame is not mandatory but your participation in these events will help you in your preparation for tryouts. Obviously, emergencies such as a death in the family are recognized and excused. Major sicknesses are also excused, although I expect an e-mail ([coachsimone@aol.com](mailto:coachsimone@aol.com)) that day or a phone call or text message that day or evening (330-720-3785).

Remember that colds, doctor's appointments, headaches, stomachaches and allergies are inconveniences, not major illnesses. Other exceptional needs will be evaluated on a case by case basis and must be approved in advance. Some school functions, for example, are approved in advance. Also, you will receive a complete practice and match schedule well in advance of the season.

If you are injured and cannot train, you must see the athletic trainer **AND** you must report to Coach Simone **prior** to practice. **As a member of the team, you must still come to training to learn and provide support to your teammates!**

You may not be late to any scheduled meetings, training sessions or games. **Be early!! People who are always early are never late!! It is your responsibility to be on time. Do not blame anyone else! 7:31 is late for a 7:30 training session.**

**Schedules are provided well in advance.** Players must build their additional activities around soccer. It is impossible to develop any type of effective organization without the participation and commitment from the members. Anyone with a conflict must contact the coaching staff as soon as possible. We will travel as a team, not with families.

In order to participate in a training session or game after school, the student athlete must have attended two blocks. Excused absences made in advance through the Attendance Office are permitted.

### Will I be guaranteed playing time?

The OHSAA permits a player 38 halves a year. Any individual player can play up to 3 halves per day. For example, if we have a JV and Varsity game on the same day, a player can play 2 halves JV and 1 half of the Varsity game. A half is defined as stepping on the field for even one second.

There are no restrictions on the amount of halves played during tournaments. The only restriction is on the varsity roster size for OHSAA tournament (22).

While we as coaches try to teach athletes many lessons beyond the results that end in the "win" and "loss" columns, we must also recognize that, by the time players reach the high school level of competition, match results are important. **Varsity playing time is determined by a combination of individual talent, commitment, and the needs of the team in a given situation.** We will use training as a means of evaluating skill level and performance. Therefore, we try to put the best possible **TEAM** on the field in all matches. **The result is that all players will not play in all matches.**

We encourage athletes to strive to improve themselves in all facets of the game. The key to remember is that we are pushing each other to excellence. **Playing time is earned, not given.** At the varsity level, there are no guarantees of playing time for any player. At the same time, coaches will, under normal circumstances, make an effort to allow every player to play in matches where the outcome is no longer in question, although this is not always possible.

At the JV level, outcome is still important, especially to the players on the team. We do, though, make more of an effort to allow each player to play in each match. Unless benched for discipline, injury or some other similar issue, each player should expect to play for at least a few minutes each half. However, playing time generally will not be equitably distributed.

### **What about tryouts?**

Any event that is organized in the off-season is designed to improve the player and give them the chance to improve their play. **The decisions that the coaching staff makes as to Varsity and JV are based on the quality of play observed in August training when the official preseason starts.**

Tryouts will be on August 6 & 7. Rosters will be finalized and posted on our webpage ([www.canfieldsoccer.org](http://www.canfieldsoccer.org)) on Tuesday night August 7 between 10PM and midnight.

All coaches on staff will evaluate players (boys staff - boys and girls staff - girls). Initial evaluation will generally take place through small sided games and scrimmages. Certain drills may also be used. Fitness times in speed and endurance tests will be used. All players who are present at all tryout dates will be fairly evaluated to the point that the player's abilities are clear to the coaching staff.

Players who make a team will be named to either the Varsity or JV teams after the completion of all tryout phases. **Please note that grade level does not denote automatic placement on varsity.**

**Sole discretion pertaining to selection of players will rest with the coaching staff and the decisions of the head coach will be FINAL!**

The goal of tryouts is to field the most competitive varsity team from the pool of given players based upon talent and ability and **regardless of grade and placement on last year's team.**

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

- Three captains will be elected by the team.
- All post season awards (banquet) are voted on by the players of the team.

### **What if I, as a parent, have a question?**

If a player has concerns about his/her role on the team, he/she should come and talk to the coach about it. It gives them **ownership** and **accountability** for their own growth as a player.

**The coaching staff reserves the right to place each player in the position he/she will most benefit the team.** If a parent has a question, please follow the **24 hour rule**:

- **Write down your question and wait 24 hours before approaching the coach.** We are more than happy to talk, but we do ask that you schedule an appointment. **Please do not approach coaches before a training session, before a game or after a game.** Never question the coaches in front of players. **My boy's assistant**

**coach is not involved with the girl's team and my girl's assistant coach is not involved with the boy's team! Under no circumstances are they to be bothered with the opposite program. Moreover, all conversations with parents will EXCLUDE discussions regarding:**

- Their son's/daughter's playing time or their son's/daughter's position on the field.
- Team strategy
- The capabilities of other players on the team.

### **How are varsity letters awarded?**

The following criteria will be applied to determine which **varsity soccer players** receive letters after the season ends:

- Only varsity players are eligible to letter. To be eligible to letter, a player must remain a member of the team, in good standing, for the entire season. Any player who quits the team or who is otherwise removed from the team at any point during the season will not be eligible to receive a letter.
- All **senior players in good standing** will receive a letter.
- All underclassmen must play at least one-third of the possible halves or play a strong role in a majority of the matches during the course of the season in order to letter. Exceptions to this rule may occur, such as a player becoming a starter and/or stellar performer late in the season, major injuries, etc, and the sole discretion of whether to award a letter in such an instance will rest with the head coach.

### **What equipment will I need to purchase? What about Uniforms?**

- Each day for training, you will need cleats, soccer shorts, shin guards, soccer ball, running shoes and a t-shirt (boys are to keep shirts ON at all times. Both boys and girls, sleeveless shirts are NOT permitted.) Have a **Water Container** and **enough** water **with you at all games and training sessions**. DO NOT share water.

It is mandatory that all players, for their own protection as well as the protection of other players, wear their shin guards during all training sessions unless otherwise noted. Not only must they be worn, all players must wear socks over their shin guards during all practices. Make sure your shin guards meet NFHS standards and have the mandatory high school shin guards with the **NOCSAE** stamp on them.

**All teams are provided with home and away jerseys and shorts, warm ups and a back pack.**

All school equipment and uniforms **MUST** be handled with care and pride! If you abuse the equipment or uniforms, you are telling me that you do not have PRIDE in this program. **IF YOU LOSE IT, YOU WILL BUY IT!!!**

### **Items to purchase**

- You are encouraged to purchase ALL white compression shorts and t-shirt/ long sleeve shirt such as Under Armour. OHSAA requires everyone must wear the same color under their uniforms, if not, you will have to change.

### **Proper Academic Standards**

**Academic Integrity is a must.** Players are students first. You are expected to maintain a positive academic standing at all times. I expect nothing but the best from my players in the classroom.

### Team Rules and Code of Conduct

1. **What you do off the field is a reflection of the entire program.** All players **Must**
  - a. Meet all academic eligibility policies.
  - b. Demonstrate conduct and behavior that meets and exceeds school and program guidelines.
  - c. Eat a healthy, balanced diet and avoid junk food and carbonated beverages.
  - d. Not engage in any behavior that would be detrimental to themselves or to the team as a whole.
    - i. Abide by the Canfield Athletic Department code of Conduct.
  - e. **Not Swear! Though shalt not swear on my field.** Profanity or vulgar language is not permitted anywhere, **EVER!** This is the unmistakable mark of lack of discipline. Refrain from using abusive or foul language on the training field, on the bus, on the bench or on the game field.
2. **The way a person trains reveals their true character.** The way you train will be the way you play. You are required to bring all of your required equipment to training.
  - a. Always have running shoes available.
  - b. No Jewelry! Take off the necklaces and earrings before games and practice.
  - c. If a player is unable to train, he or she must contact the coach **PRIOR** to the start of training and Prior to visiting the athletic trainer.
  - d. **All Players must be on the field and completely dressed at the start of practice.**
  - e. **All training sessions are mandatory except for illness or family emergency.**
3. **Attitude is everything. PRIDE and spirit is something that has to be developed.** The better person you are, the **harder you work**, the **greater your sacrifice**, the **more pride you will have**. You will not gain any pride by a half hearted performance. **The level of your pride is, therefore, directly proportional to the extent of your effort.**
  - a. Strive to become the best person, the best son/daughter, the best student and the best soccer player you can become. **It will, however, cost a great deal.** Any player or coach whose attitude or conduct is found to be detrimental to the unity of the team is subject to dismissal from the team.
4. **Cleaning up:**
  - a. After each training session and game, all players should clean up their garbage. They should also help with picking up the equipment.

All I ask is that you will give all you have everyday! We expect 100% attendance at all training and games. **During training you will:**

- a. Actively engage in physical and mental drills and exercises that will develop your individual athletic abilities.
- b. Actively engage in physical and mental drills and exercises that will **help your teammates develop their** individual athletic abilities.
- c. Actively engage in physical and mental drills and exercises that will help you work together with other athletes on this team.
- d. Actively give 100% of what you have at the moment. When you are tired, you are expected to give 100% of what you have. You will not be criticized for not giving what you don't have.
- e. At all times, maintain a **positive attitude toward training, the team, the coaches, the school and your fellow teammates**, even those with whom you are competing with for a position on this team. **Bickering or verbal abuse will not** be tolerated in our program!

- f. **Help coach your less experienced teammates.** During every drill, observe the techniques of your teammates and imitate the best and eliminate the worst. Verbally encourage one another to strive to achieve ones potential!

## Game Day

- Get to bed by a reasonable hour, eat a good, balanced meal and drink plenty of water throughout the day.
- Arrive at the field/school at the appointed time.
- If you need to be taped, see the trainer early!!!
- **No player will communicate with people in the stands during the game.**
  - If you are not playing at a particular time, you are to be either sitting on the bench or standing near it.  
**You are not to acknowledge the fans. Your attention is to be focused on the game.**
- **Players are required to run on and off the field during games.**
- **Players are expected to enthusiastically encourage their teammates during games.**
- **Pre-game**
  - Mentally prepare yourself to play. Quiet talking, listening to music and thinking about the game are acceptable. Eating food or snacks is NOT permitted in the bench area or near the field of play.
  - Be ready at the assigned time. Be sharp in pre-game warm up. There is no fooling around. This is the time to get serious and focus on the task ahead. Pre-game warm up is to be done as a team; everyone must be together and in unison. Push each other!
- **Only Captains will speak to the officials.** If you have a problem with an opponent, tell the coach or your captains. They will talk to the official. **Always address the officials as “Sir or Ma’am”**
- **Be a class player belonging to a class organization.**
- **Sideline organization and discipline is essential. All bags will be placed in a straight line, facing the same direction, behind the bench.** All warm ups, clothing, shoes, not being worn, **WILL** be placed in your bags!!!!!!
- Be sharp in everything you do. Remember, we have been working months, weeks and days for this game that takes 80 minutes to play. We must stay focused for 80 minutes.
- **POST GAME**
  - We will shake hands with the opposing teams, thank the officials, salute our fans, perform our cool down as a team and discuss the game as a team.
  - Coaches will dismiss the team.
- **Additional information for AWAY GAMES**
  - On the bus, treat the bus driver with courtesy and respect!
  - Do not leave garbage, papers, etc on the bus
  - Keep noise on the bus to a minimum. Quiet listening to music and thinking about the game are acceptable. **“A quiet thinking team on the way is a loud and happy team coming home.”**
  - **Be early for the bus. We leave on time.**
  - **Traveling as a member of the Canfield High School Soccer team is a privilege.** Wherever you are, you must remember that you not only represent yourself, but your soccer program and school as well. Act Accordingly!
  - **Everyone must ride the bus!** If you need to ride with a parent, you must have the school permission slip and it must be turned into a coach 24hrs prior to the game.

## Parental Support – the key to Peak Performance

The role that parents play in the life of a soccer player has a tremendous impact on their experience. With this in mind, I have taken some time to write down some helpful reminders for all of us as we approach the upcoming season.

1. **Let the coaches coach: Please DO NOT coach your child** or anyone else's child during the game. It is distracting to them. Moreover, what you tell them may be different from what the coach is saying. It is confusing for him/her and his/her performance usually declines.
2. **Support the program:** Get involved with boosters. **Volunteer.** Help out with fundraisers, car pools or anything to support the program and soccer in Canfield.
3. **Support and root for all players on the team:** Foster teamwork. Your child's teammates are not the enemy. **When they are playing better than your child, your child now has a wonderful opportunity to learn.**
4. **Encourage your child to talk with coaches:** If your child is having difficulties in training or games, encourage them to speak directly to the coaches. This **"responsibility taking"** is a big part of becoming a big time player and an adult. By handling off field tasks, your child is claiming ownership of all aspects of the game.
5. **Understand and Display appropriate game behavior:** Remember, your child's self esteem and game performance is at stake: **be supportive.** To perform to the best of his/her abilities, a player needs to focus on the parts of the game that they can control (their fitness, positioning, decision making, skill, aggressiveness and what the game is presenting them). If your child starts focusing on what he/she cannot control, the condition of the referee, the weather, the opponent, even the outcome of the game at times), he/she will not play up to his/her ability. **Do not yell at the officials or say anything bad to or about the other team.** If he/she hears a lot of people telling him/her what to do or yelling at the referees', it diverts his/her attention from the task at hand.
6. **Monitor eating, sleeping, academics and stress:** Be sure your child is eating the proper foods and getting adequate rest and keep an eye on the player to make sure that they are handling stress effectively from the various activities in his/her life.
7. **Help your child keep his/her priorities straight:** Be sure your child maintains a focus on schoolwork, relationships and other things in life besides soccer. Also, if your child has made a commitment to soccer, help him/her fulfill his/hers obligation to the team.
8. **Reality Test:** If your child has come off the field when his/her team has lost, but he/she has played his/her best, help them to see this as a "win". Remind them that they are to focus on "process" and not "results". Their fun and satisfaction should be derived from "striving to win".
9. **Keep soccer in its proper perspective:** Soccer should not be larger than life for you. If your child's performance produces strong emotions in you, suppress them. Remember your relationship will continue with your children long after their competitive soccer days are over. Keep your goals and needs separate from your child's experience.
10. **Have Fun:** That is what we will TRY to do! We will try to challenge your child to reach past their "comfort level" and improve themselves as a player, and thus, a person. We will attempt to do this in environments that are fun, yet challenging. We look forward to this process. We hope you do too!