

# ***Skyridge Soccer***



Est. 2016

## ***Parent/Player Handbook***

## **Coaching Philosophy:**

Working with our youth during their high school years is an exciting experience. We get to see the development of young soccer players preparing to move on to becoming adults. Education is the main reason the athletes attend school. A student is not required to take part in athletics, nor is participation required for graduation; therefore, athletics is a privilege. Consequently, when the high school ideals and standards are violated, this privilege can be revoked.

*We strongly believe that our job as coaches has two phases:*

*1. Professionalism:* to teach the basics and fundamentals, rules and laws of the game; to evaluate the talent on hand and then teach, condition, and mold to make a TEAM that understands the game well and is technically ready and able to compete within the region and beyond.

*2. Moral:* to be a role model and a positive influence in the lives of our players and install a sense of self-pride, confidence, and character so that they can function and be most successful in their lives beyond high school.

## **Team Philosophy:**

*“TEAM EFFORT AND INDIVIDUAL GROWTH ARE TRUER MEASURES OF SUCCESS THAN THE OUTCOME OF THE GAME”.* We want players, parents, and coaches who are passionate about soccer and willing to discipline themselves through work and practice. It is our task to perform well in practice and to achieve results during matches. Our ability to win will be a result of reaching those goals and objectives. We practice and train to win every game that we play; however, we do not operate at “win at all cost”.

## **Values:**

- Compete with dedication and sportsmanship.
- Treat *all* people in the soccer community with respect.
- Conduct team affairs with honesty and integrity.
- Grades, Grades and Grades.

## **Goals:**

- Improve each player's technique and tactical ability. Develop each player physically and prepare them to be mentally strong.
- Promote soccer in the community for future players.
- Instill life skills such as hard work, teamwork, fair play, and winning/losing gracefully, as well as overcoming adversity.
- Competing in a competitive environment with sportsmanship.
- Winning Region and State competitions.

## **Coaching Staff:**

Head Coach: Jerry Preisendorf

Assistant Coach: Bill Bodine

Assistant Coach: Jhoan Alvizo

Assistant Coach: Megan Mower

Assistant Coach: Toby Peterson

Trainers and Guest Coaches will be invited to training sessions as well.

### **UVU Summer Team Camp: (June 15-16, 2016)**

With this being the first year, Skyridge High School Coaching staff would like the players to participate in the UVU Summer Camp. This camp will give the girls many benefits, such as training from the UVU staff, games, interactions with future teammates, and the opportunity to showcase their talent in front of the coaches before the season begins. This camp is not mandatory, but strongly encouraged. ***We will have morning trainings the week before the UVU camp at Olympic Park from 8am – 9:30 am Monday thru Friday (June 6-10) in preparation for this camp.***

### **Pre-Season Conditioning:**

We will begin our preseason conditioning Tuesday, July 12, 2016 at the High School. Please be ready by 8am at the field. Conditioning will be held Monday thru Thursday. Attendance is optional, but *strongly encouraged*. We are looking for dedicated players who will be there, on time, and ready to work hard. This conditioning will consist of long distance running, sprints and plyometrics; and will last 35-60 minutes. Our goal is to meet everyday, rain or shine. If bad weather is present the coaching staff will evaluate the conditions and proceed accordingly.

### **Tryouts:**

**Tryouts will begin on Monday, August 1, 2016 at Skyridge High School. Tryout schedule will be announced during the last week of conditioning. Time to be determined.**

*\*\*\* Physical exam form, tryout checklist form, Code of Conduct form and Concussion awareness form must be handed in before a player can take the field for tryouts.*

***Deadline for all forms is Friday, July 29, 2016 at 5pm***

***\*\*\*(NO EXCEPTIONS) \*\*\****

criteria for team selection will be based on:

1. Individual technique (shooting, passing, control, defense...).
2. Tactical knowledge and positional understanding.
3. **Timed Run: 2 miles in less than 14:30 on the designated route, this is the coach's requirement to play in games, and should be completed during preseason conditioning. It is not a requirement to make the team, but it is a requirement to play. This will only take place when a coach is present, and they will follow the athletes on the route.**
4. Speed and physical strength (work rate, pure speed...)
5. Individual awareness, ability to anticipate and adjust.
6. Communication and Team play (on and off field)

Team selections will begin immediately. The Skyridge coaching staff and/or Volunteers will make team selection.

### **Provisional Team:**

We want all players to continue to play soccer, even after high school. It would be our wish that any player that does not make a high school team continue to enjoy the game. We are working on getting a provisional team to compete at the state level in a Provisional League.

### **Team Policies:**

**A total of 36-44 players shall participate in the program, with changes in that number being up to the coaching staff.**

The High School soccer program will consist of a pool of these players, and each will have the opportunity to compete for the Varsity team or the Junior Varsity team.

The day before matches, 18-20 players will be chosen to participate in either the Varsity or Junior Varsity match. Players will be expected to play in the predetermined match as selected by Coach Preisendorf with the help of the assistant coaches.

breaks. Consistent play for the team requires the least amount of substitutions possible, as they interfere with the tempo and flow of the match. Active participation at practice will lead to the proper development of each player; however, participation *does not* guarantee game time.

***NO CLUB GEAR at Practices:***

***Each player that makes the team is now a “Skyridge Falcon”, and we are asking that no “Club” gear is be worn at high school practices and games. Each player will have training gear and the opportunity to purchase “Spirit Gear” to help facilitate this.***

**Player Responsibilities:**

- Players must be prepared by bringing the following: protective equipment, positive attitude to each practice, and we advise each athlete to bring their own water.
- Each player is asked to represent the team, coaching staff, and school in the best possible manner at all times. This includes: **Appearance, Academics, Sportsmanship, Behavior, Respect, Language, and Attitude.**
- Practices are mandatory (but may be excused by a coach for really good reasons). The practice time missed will be made up with extra conditioning, and could result in less playing time.
- Players must earn game time through practice, you must be present and participate at the practice prior to each game to start a game and playing time will be reduced, and if you are not a starter your playing time will be lessened accordingly.
- Players must always respect coaches, trainers, referees, opponents, administrators, and above all, parents

## **Guidelines and Expectations:**

Playing time is based on a number of factors at the coach's discretion, but the most weighted of these is how players perform in practice. Attitude, coachability, and skill follow close behind. As coaches, we get to see these students EVERYDAY. They EARN the right to play; it is not handed out based on personalities, classification, time served, or parental influence. We teach, practice, and demonstrate our expectations before putting players in their assigned positions.

*ATTENDANCE* is expected at all games, practices and most importantly school. Unexcused absences from practice or *school* may result in a reduction of playing time at games or suspension. If you do not attend school on the day of a game, you will not play. Injured players are requested to attend practice for learning purposes. Absences at games and practices will be excused for the following reasons, and will result in less playing time: Player injury, illness, family emergency, conflict with religious activity, or any matter which is approved by the Coach. Proper respect also needs to be shown to school staff (Teachers, Counselors, Administrators and other Students). Most practices start at 3:30 pm and it is expected that each player is ready to practice at 3:30pm, if a player is late, they will LOSE the privilege of practicing that day and will be sent home, which will also effect playing time. There are reasons on being late, such as school, doctor's appointment, and so on.

*SUSPENSION* of a player may be determined by a Coach anytime due to a serious act of defiance to the Coach, intentionally striking, verbally attacking another player, excessive cards or attitude. Showing disrespect towards School Administrators, teachers or any other official with the school will also be looked at. School and Region Officials may also determine it.

*EQUIPMENT & UNIFORMS* are provided for the use of Players and Coaches for development and competition.

properly used. Perpetrator must pay for intentionally damaged equipment. Players are responsible for bringing equipment to and from field after games and practice. "Check-Out" will occur.

*PLAYER EQUIPMENT* is required every time we meet for practice.

- i. Shin Guards
- ii. Shoes (cleats and running shoes for indoor)
- iii. Water Bottles
- iv. Items for injuries
  - a. Required Equipment from Players' dues will be: team shorts, team socks, and team practice shirt, this is Skyridge High School and therefore Skyridge High gear is what we want to be worn.



## GRADES/SCHOLASTICS/PHYSICALS/TRAVEL FEE.

Coaches will strictly adhere to the following policy:

To be eligible to participate in Association sanctioned activities, a student:

A. Cannot fail more than one subject in the grading period leading up to tryouts and the beginning of the season.

B. Must obtain a minimum grade point average of 2.0 in that grading period.

- A student who has failed to meet the minimum requirements set forth shall be ineligible for participation throughout the next grading period.
- Eligibility under this rule is determined when grades are posted. Grades are “posted” when the school registrar enters all grades electronically and are available to students, parents and teachers.
- In no case may the posting date be more than 5 school days following the last day of the grading period. Grade changes after that time cannot restore lost eligibility.
- Grades during the last grading period of the school year may be checked on a regular basis. Suspension from practice(s) and/or game(s) may be applied upon determination of such problems.
- Drug and alcohol use will not be tolerated. This includes the use of tobacco and steroids. Any such use may jeopardize an athlete’s membership on the team and will be handled according to school and district policies and/or by law enforcement agencies. Any athlete that practices must have a current physical with the school and coach.
- Physicals must be obtained and kept current. Forms are available at the office or on the Skyridge High School website.
- A Transparency form must be filled out by the parents and players and handed in to the finance office to pay your fees.

- 2 – Pair of shorts (white/gray)
- 2 – Pair of socks (white/gray)
- 1 – Home Jersey and Short
- 1 – Away Jersey and Short
- 2 – Training Tops

A \$100 participation fee is required for Varsity and J.V. players, and **NO** travel will be allowed before payment is made.

***Equipment players must return:***

- Jerseys (home/away)
- Practice Equipment

**Letter Policy:**

1. All athletes that have participated for at least three years, and who have done so with at least 80% attendance each year will letter after completing their senior year.
2. Any varsity athlete that completes the season and plays in 7 varsity games, and/or plays 350 combined minutes in varsity games during the season will earn a varsity letter.
3. Coaches may take into account extenuating circumstances such as injury.

**Fundraising**

We welcome any suggestions in this area.

**Advertising Banners**

Please contact that Athletic Director. The school has a program that allows for banners to be sold and a part of those proceeds go to the school and to the program.

## **Concussion Awareness**

The National Federation of State High School Associations (NFHS) which writes rules for nearly all of the sports under the jurisdiction of the Utah High School Activities Association (UHSAA) included a rule regarding concussions in all of its rules books that essentially states, “Any player who exhibits signs, symptoms or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the contest and shall not return to play until cleared by an appropriate health-care professional.”

## ***Important Dates:***

May 13<sup>th</sup> - Registration due for UVU Camp  
June 6-10<sup>th</sup> - Training in Preparation for UVU Camp  
June 13-16<sup>th</sup> - UVU Camp  
July 12<sup>th</sup> – Pre-season conditioning  
July 29<sup>th</sup> – Tryout forms due  
August 1<sup>st</sup> – Tryouts

## **Preseason Games**

August 10<sup>th</sup> WESTLAKE – Varsity at 3:30pm and JV at 5:15pm  
August 12<sup>th</sup> @ Maple Mountain – Varsity at 4pm and JV at 5:30 pm

# CODE OF CONDUCT

I (we) understand the rules that have been read and discussed in the Parent's Handbook. I (we) know soccer to be a physical sport that requires mental and physical conditioning, and expect the Coaches to train the teams to be fit to participate at a high standard of play. In addition to those rules set forth in the Parent's Handbook, I (we) further consent to abide by the following rules as set forth by the Team and School.

1. I (we) will not have Possession and/or consume alcohol, tobacco, steroids or other illegal substances.
2. I (we) will not demonstrate Behavior, which is detrimental to the reputation of the Team, School or Coach at anytime.
3. I (we) will not demonstrate Violence, Threats, Fighting, and will not misuse equipment

*Parent/Guardian*

*Signature:* \_\_\_\_\_

*Date:* \_\_\_\_\_

*Player*

*Signature:* \_\_\_\_\_

*Date:* \_\_\_\_\_