



# Santa Monica High School Athletics

Pursuing Victory with Honor ~ Win with character. Lose with dignity.



## Girls Soccer Program 2019-2020

Congratulations on being selected to be a part of this year's soccer program! Participation in Samohi Athletics is a privilege and not a right, and while in the class, players will be expected to abide by the following rules and regulations as well as uphold our principles of **Communication, Commitment, and Competition**. **These principles lead us to our goal of team Connection.**

### Player Eligibility Rules:

**1. Grades** -Your academics are the top priority. Players must maintain a minimum 2.0 GPA. It is the students' and parents' responsibility to check Illuminate regularly. Anyone below the 2.0 requirement will not play or practice, will be assigned study hall during practice, and may be dropped from the class at the semester. A parent meeting may be requested.

**2. Grade for the class** - While soccer is a non-academic class, players will receive units toward graduation and a letter grade that is based on:

#### Weekly Participation - 50%

All players are expected to be on time, dressed, and *actively* involved in the practice session or game. Don't be afraid to make mistakes; it's part of the learning process...just do your best and have FUN!! Here is a list of 10 things that require zero talent:

- |                  |           |                  |                    |                    |
|------------------|-----------|------------------|--------------------|--------------------|
| 1. Being on time | 2. Effort | 3. Body Language | 4. Passion         | 5. Doing Extra     |
| 6. Work Ethic    | 7. Energy | 8. Attitude      | 9. Being Coachable | 10. Being Prepared |

Players will receive 2pts per day. **Players, both healthy and injured, are not permitted to use phones during practice or games. Phones must be put away prior to the start of practice or a game.** If a player is not wearing appropriate soccer attire (tshirt, soccer shorts, cleats or running shoes), a point will be deducted from their daily grade. If unable to participate/play due to missing attire, player will receive a zero and will need to make up the practice.\* Points lost from missing a game cannot be made up.

If injured, players are still required to dress out every day and do a modified workout. Players will create a spreadsheet with exercises and reps to be completed during practice. Players will need a coach to sign off at the end of practice to receive credit for that day. If under physician care and rehabbing, workout should be tailored to specific exercises prescribed by PT. Again, phones are not allowed during practice time, even if injured.

All players unable to practice with the team for any of the above reasons must still be situated as close to their team as possible so that they are still engaged and aware of theme and coaching points for that particular practice session. The mind should be engaged even if the body isn't.

On home and away game days, as well as at every practice, players will be assigned on a rotating basis to set up field and/or return all equipment to the locker room or shed. Detailed description of responsibilities will be posted in locker room.

#### Coachability and Sportsmanship - 20%

Listens and follows instruction from coaches and captains with a positive attitude. Respectful to teammates, coaching staff, opposing team, and officials. Grade given once a month. A point earned each day. A *minimum* of 3 points will be deducted for each incident. Coach(es) will meet privately with student(s) to discuss incident prior to docking points. *Coachability and Sportsmanship points can not be made up.*

## Homework/Classwork/Uniform/School Forms - 20%

Throughout the year there will be several forms handed out at practices or sent via email to be filled out, signed, and returned on time. In addition, there will be classroom/chalk-talk session and players will be asked to watch videos, given short readings, and assigned essays to develop them as players and young ladies. Uniforms need to be washed and returned in their entirety (players may keep socks) at the end of the season to avoid being placed on the obligations list.

## Final Exam/Tests - 10%

Players need to be students of the game and be knowledgeable regarding the CIF-SS and NHFS rules of the game. Additionally, there will be several set plays and tactical team specific aspect that players will need to understanding prior to competition. Tests will be given prior to the first competition. There will also be a final exam at the end of the year covering general knowledge of the soccer as well as topics covered in the Spring.

## 3. Communication

Missing practices or games without a valid reason is unacceptable. Every player has a role and responsibility to the team. Commitment to your team must be a priority. **A Player, not their parent, is responsible for communication with their coach.** If you are going to be absent, please email, call, or meet with the coach at least 24hrs or asap prior to missing games or a practice. Absences will affect a player's grade and playing time unless it is excused by the coach and made up\*. All absences, *excused and unexcused, must be made up.* If a player misses a game(s) (non emergency) they are subject to sitting out one or more of the following games. There are tournaments and playoff games during season. Please plan on attending all of your team's games, even if unable to play. A detailed list of all games and playoff dates is provided in August at <http://samohisoccer.com/index-girls.html> to allow you and your family to plan ahead.

There are many factors that go in to playing time such as ability, performance, practice, attendance, attitude etc. It is solely up to the discretion of the coaching staff. All players have the right to know their status regarding playing time and will be notified accordingly. The player should talk to the coach if they are unclear about their status. In addition, players will be given ways they can improve/increase their impact on their respective team.

Any concerns should be addressed directly between the player and the coach via email anytime except during practice or on game days.

\*To make up a practice, players must notify coach one day prior when they will want to make up practice(s). Make up practices must take place after school or at lunch. For students who miss more than 5 consecutive practices, a research paper and/or alternative assignment will be assigned to make up for days missed. Examples of assignments include: readings to increase soccer IQ and/or research paper based on their injury including cause of injury, treatment, and rehab.

Weekly emails will be sent out every Sunday. Please make it a point to check your email regularly. Our website will also be updated regularly with the latest information. The link is: <http://samohisoccer.com/index-girls.html>

Every effort is taken to provide everyone in the program with the most accurate information in a timely manner. In the event of a last minute change, coaches will communicate to parents and players through Remind 101. The specific team number and message to join the team Remind 101 group will be emailed to players and parents once teams are set in September.

In all other cases, regularly checking weekly emails and our soccer website (link above) are the two best ways to stay in the loop.

## Parental Role

Parents are a vital part in the success of our program in supporting their daughter(s) and the program as a whole. There are various ways that you can support be involved from cheering at games, filming games, supporting our Parent Liaisons and fundraising events. Parents have the right to know their daughter's status on the team at any time. Players will be informed directly where they stand and expected to pass on that information to their parents. **This year we will need a parent or parents to film Varsity games. This will allow us to grown as a team by watching film. Please let Coach Chapman if you are interested in helping film.**

We want all players to have the best possible experience while in the program. We are experienced, professional staff with several certificates, coaching licenses and years of experience. Our main focus is on player development and personal growth

on and off the field. The staff welcomes your thoughts and suggestions outside the realm of coaching. We will respond to emails within 24 hours. Please refer to the Samohi Player and Parent's Guide for communication protocol. If you need a clarification or have a concern (non-playing time related) you must contact the main source first, in most cases this will be the team coach (please cc Coach Chapman). Then, if not resolved a meeting with the Athletic Director. Lastly, if the issue is not resolved, please contact the Administrator in charge of Athletics.

#### 4. Transportation

All players and parents are expected to abide by the district adopted transportation policy to and from all games and soccer related events (practices and tournaments). If no transportation is provided by the school, players and parents must sign the Extracurricular Athletic Practice Transportation Form to participate in off-campus soccer events. If parents wish to transport players (that are not their child) **to** a practice or game, they must fill out a Volunteer Form and be cleared by the district (background check, live scan, etc). It is a lengthy process but is good for the duration of your child's high school career. **All players are expected to ride the bus to all away games.** However, parents may transport other players home at the end of a game as it is no longer a school sponsored event. A signed permission form must be filled out and returned to the coach to keep on file. At away games, a sign out sheet will be at every away game. I encourage parents to carpool when transporting players **from** a game.

#### 5. Behavior

Postings on any networking sites (Snap Chat, Twitter, Facebook, Instagram, etc.) of any pictures/comments deemed to be inconsistent with the behavior expected of a Samohi girls soccer player will not be allowed. Violations will incur suspension and/or dismissal from the team. **All players are expected to abide by the Samohi Student Athlete Code of Conduct, Code of Ethics, and Hazing Policy. All can be found in the Parent/Student Handbook.**

The Girls Soccer Program was founded in 1981. The coaches, alumni and current players are proud of the legacy that has been established. We value academics, athletics and character. Dignity, perseverance and integrity are characteristics that we value in our players as they grow up to be young women. In order to continue our tradition, coaches, players and parents must commit to doing what is best for each team and program as a whole.

Please refer to the Santa Monica High School Player and Parent's Guide as a resource for student-athletes and parents concerning the polities that govern interscholastic athletics at Samohi.

We are very much looking forward to a fun and successful 2019-2020 season!

-----Cut and return bottom section to your coach-----

I have read and agree to the above rules and regulations of the girls soccer program

Player Name: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian name: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian signature: \_\_\_\_\_ Date: \_\_\_\_\_