

Blue Jays Soccer 2020

Team Information Packet

Included in this packet is very important information pertaining to the upcoming soccer season. The syllabus outlines the mission of the program. There is also a soccer schedule, a practice calendar for the beginning of the season. ***Please sign and return the syllabus acknowledgment sheet August 22nd***

Enclosures:

- Team syllabus
- ***Signature page***
- Parent/Coach Communication
- Parental Support

Commitments to both individual and Team goals are keys to the success of the program. We are very appreciative of parental support. This positive environment is our team goal and encourages competition, excellence, and unity.

Liberty High School Soccer 2020

Players' and Coaches' Syllabus

I. GOALS OF THE LIBERTY HIGH SCHOOL SOCCER PROGRAM

The Liberty Soccer Program is designed provide student athletes an environment for emotional, intellectual and physical growth through quality competition and coaching. The program is designed to instill in each individual student athlete a strong sense of TEAM COMMUNITY, while encouraging the same person to achieve his full potential as an individual player. Liberty Soccer places in high esteem a work ethic and healthy lifestyle that will forever form a part of the student-athlete's life. The qualities of commitment and effort are intrinsic and integral characteristics of the Liberty Soccer program. If we are successful in achieving the above-mentioned ideals, success in competitions and contests on both local and state levels will surely follow.

A. *Team Objectives*

1. Competing as a team to the best of our ability.
2. Abiding by the rules established by the Liberty Soccer program, Liberty High School, and the MSHSAA (Missouri State High School Activities Association).
3. Representing Liberty with PRIDE and RESPECT at all times.
4. Applying exceptionally high standards of the characteristics of teamwork and sportsmanship.
5. Building a strong sense of TEAM amongst a wide range of players and coaches.

B. *Individual Objectives*

1. Learning soccer skills to become the best soccer player possible.
2. Becoming a student-athlete that wants and values being a team player.
3. Developing the potential leadership within.
4. Developing a sense of pride in the sport of soccer that will be noticed by others.
5. Grasping the sense of responsibility one owes to himself, the team, the coach(es) and the sport.
6. Understanding and accepting the necessary commitment to strive for personal excellence.

II. EXPECTATIONS

A. *Good Grades*

1. Student-athletes must have passed at least 3 credits (6 credit earning classes) last semester.
2. A student-athlete must be enrolled in at least 3 credits this semester (6 credit earning classes).
3. A student-athlete in soccer is expected to organize his study time so as not to interfere with practice times. If this is impossible the student-athlete MUST meet with the Head Coach.

B. *Discipline*

1. Although discipline problems are few, if any do occur, the coach(es) will take appropriate action to rectify the problem(s). We will follow the guidelines set forth in the Liberty Public Schools athletic handbook, which can be found on the high schools athletic web page.
2. AT NO TIME IS ANY STUDENT-ATHLETE TO BE SUBJECTED TO ANY FORM OF HAZING. If any situation/hazing do occur, the guilty person(s) will be suspended until Head Coach, Athletic Director and Principal decide any further disciplinary action.
3. Stealing or lying are grounds for automatic dismissal from the team.
4. Discipline problems at school will not be tolerated. This also includes skipping of classes and excessive tardiness.

C. *Effort*

1. Nothing less than the best should be expected from yourself in the classroom, at practices, and on the soccer field. It is important in soccer that effort be consistent both throughout the practices and throughout the season, for this will promote the best possible improvements as an athlete.
2. Hydration/Nutrition is critical (especially during the heat). It is so vital that student-athletes drink plenty of liquids (preferably water) and eat healthy. If a player has not taken care to be fully hydrated/nourished it is a coaching staff/trainer decision to allow him to practice/compete and could be considered an un-excused absence. This is an implicit part of effort that makes a dedicated player better.

D. *Attitude*

1. Always have the mind set of success; believe that you are able to give the best performance of your soccer career on any given day.
2. Always be gracious losers and humble winners.
3. Always support your teammates and coach(es) in their efforts.
4. Always display good sportsmanship characteristics.

III. LIBERTY SOCCER RULES

A. *Eligibility/Practices*

1. Soccer student-athletes must provide the school a completed medical physical by the first day of practice. Anyone failing to turn in a physical cannot participate in any school sport.
2. Attendance of practices is a requirement of being on the squad. **All unexcused absences from practices will translate into missed games.** If a student-athlete accumulates **two un-excused practices** he will meet with the coaching staff regarding his continued membership to the team.
3. Injuries are a part of athletics; however it is the student-athlete's responsibility to document an injury by a trainer or doctor in order to miss practice (unless told by a coach to rest). A student-athlete **should not** take it upon himself to sit out of practice without the above consent. Injured players must see the trainer for rehabilitation. Please notify the coach if rehabilitation will interfere with training.
4. Players must be on time for practice. This means proper training attire & footwear on, shin guards on, jewelry off, and shirts tucked in when practice begins. Practices will begin at 3:45 p.m. once school starts. Practices will last for 2 - 2 ½ hours depending upon the team level (generally ending at 5:45 - 6:15p.m.). Please make arrangements to be picked up after practices are concluded. Problems of late rides will be dealt with individually.
5. Players should be prepared for all weather & training conditions. Players must have soccer shoes, running shoes, and shin guards for all practices. (No Shin guards= Unexcused Practice)
6. Players must be in school all day to be eligible to play in a game that evening. You must have prior approval from the schools Director of Athletics if missing for a Dentist or

- Doctors appointment.
7. Players must also be at home games by the time designated by their coach or they may miss the opportunity to play. Players that are not on the bus when it departs will not play and the coaching staff is not responsible for them if they or someone else chooses to drive them to the game unless prior approval was granted for special circumstances. Players are expected to travel home with the team unless cleared ahead of time for a very good reason.
 8. All student-athletes are expected to perform all practices as stipulated and described by the Head Coach or the Assistant Coach(es). If a student-athlete is sick or unable to practice or compete, **they (not their parent)** must notify their respective coach prior to the practice/competition through a voice mail or e-mail.
 9. When student-athletes have scheduling conflicts, they must speak to the Head Coach in order to resolve it. (SAT and ACT tests - please try to arrange them so as to not interfere with the soccer schedule. College visits - please try and arrange them so as to not interfere with the soccer schedule. Jobs and other personal requirements (i.e. family vacations) - once season starts you are expected to be at practices - any individual problems see Coach Rottjakob before season begins!
 10. MSHSAA eligibility guidelines state that you may **not** participate with any other soccer team. This includes indoor and recreational games and practices. If you infringe upon this rule you will be removed from the team and any game you participate in after the infringement we will be forced to forfeit. There are some ODP exceptions.
 11. Student-athletes are required to notify their instructors at least the day before and prior to class concerning soccer games that require them to miss class time. Student-athletes are responsible for assignments given and due when they are absent due to soccer games.
 12. Players must have a positive attitude toward teammates, coaches, and the team at all time. Being realistic and understanding roles on the squad will often times foster this positive attitude.
 13. All players are expected to represent in the most favorable manor: the Liberty community, LHS, Blue Jays Soccer, the coaching staff, and most importantly themselves and their parents. Blue Jays Soccer is a class act and we must prove that every day on the field, on trips, in the community, and in the classroom.

B. Drug & Alcohol Policy

THE USE OF ALCOHOL, DRUGS AND ANY TOBACCO PRODUCT IS PROHIBITED AT ALL TIMES. SCHOOL POLICY FOR SUSPENSIONS, WILL BE FOLLOWED IF THE NEED ARISES. THIS POLICY STATES HOW LONG AWAY FROM THE TEAM THE INDIVIDUAL HAS TO SERVE. THE COACHING STAFF WILL DETERMINE IF AND WHEN PLAYING TIME WILL BE EARNED.

Remember we are striving for excellence and these substances have adverse effects on performance potentials. The coaching staff has no tolerance for those that break these training rules.

C. Covid-19

1. Refer to MSHSAA's statement as to the risk factors as to participation.
2. Players are required to wear a mask or gaiter when arriving to practice, have it available if not involved in an activity and when departing practice.
3. Players must practice social distancing when they arrive to practice and throughout practice.
3. Players must use provided hand sanitizer when they arrive and depart practice.
4. Players should have their own water at practice and games. NO SHARING!
5. If a player has any symptoms of Covid-19 or are not feeling well, contact one of the coaching staff and STAY HOME!

IV. PROCEDURES FOR EMERGENCY INJURIES TO STUDENT-ATHLETES

If a student-athlete suffers injury during practice or game, the Head Coach, Assistant Coach, Athletic Trainer will administer any necessary first aid.

If the injury appears to be serious, the Head Coach or Assistant Coach will follow these outlines procedures:

1. Telephone an ambulance and contact the student-athlete's parent(s)/guardian(s) with details.
2. The Head Coach or Assistant Coach will accompany the injured student-athlete in the ambulance if parent is unavailable and there is another member of the coaching staff present for supervision of remaining athletes.
3. The Athletic Director and Principal will also be notified immediately.
4. An injury report will be filled out.

V. PROCEDURES FOR TRYOUTS

1. The number of players trying out will determine if and how many players will be cut from the squad. Reasons for cuts are workable numbers for coaching and we can't promise playing time. Tryouts will be concluded and initial teams formed by Wednesday or Thursday of the first week.
2. It is important that players' give 100% during tryouts, which should come naturally if the player loves the game and is trying out for himself.
3. Things that help players get noticed by coaching staff:
 - a. Hustle during and between drills.
 - b. Play hard and work hard everyday at practice.
 - c. Don't relax when you think the coaching staff isn't looking.
 - d. Play at speed and don't worry about making mistakes.
4. Things players should not do to get noticed by the coaching staff:
 - a. Have discipline problems at school or with the team.
 - b. Do things outside of school that they should not be doing.
 - c. Give coaching suggestions.
 - d. Just go through the motions.
 - e. Using inappropriate language. (We will not tolerate bad language. It is supposed to be a straight red during games.) If this is the ruling we will use the same policy at practice.
5. All players are rated and evaluated based on the following performance standards:
 - a. Ball mastery (dribbling, shielding, receiving, passing, shooting)
 - b. Defensive principles
 - c. 1v1 skills
 - d. Team play
 - e. Hustle & Attitude
 - f. Conditioning
6. Criticism – Remember the coaching staff is here to help you improve your game. Do not take constructive criticism personally.
7. Be a team player – Success for any team starts with individuals willing to do what it takes for the team. Team play is what wins the tough games. If you are not willing to be a team player, don't come out for the Liberty Soccer Team.

VI. PROCEDURES FOR COMMUNICATION

To insure that athletes are informed (of any changes to the schedule of practices/games, for players to contact their respective coach due to illness, or any educational/athletic related reasons) coaches will be using personal cell phones to communicate with your daughter. These numbers are to be used sparingly. Coach Rottjakob – 678-6061, Coach Nash – 739-4197, Coach Springer – 896-0857, Coach Bikoko – 588-3865. Most Changes to schedule will be posted on Twitter @libsoccer and @LHSBlueJays.

Liberty High School Soccer 2020

DEAR PARENT(S) AND STUDENT-ATHLETE

Please detach this page and include your signatures. This form indicates that you all have read **the Liberty Soccer and Coaches' Syllabus** and understand the procedures and expectations for the upcoming Soccer season. Please have your son return this page to a member of the coaching staff **on Saturday, August 22nd**.

Parents' or Guardian Signature(s):

Signature

Date of Signature

Signature

Date of Signature

Student-Athlete's Signature (after reading below):

Acceptance of Role and Agreement to Adhere to School and Team Rules

I (print student-athlete's name) _____, a member of the Liberty High School Soccer Program, agree to adhere to school and team policies and understand that should I violate any rule(s), I may be subject to suspension from the program. Should at any time during the season my behavior and/or attitude reflect that of a player unbecoming of the Liberty High School Soccer Program, I am aware that in the best interest of the program I may be disciplined based on the seriousness of the action. I recognize the mission of Blue Jay Soccer and am aware that at any time during the season academic requirements are not being met I may be suspended so that ample time may be given to the academic priority. I have been informed of the rules set forth by the program and my respective coach(es) and I accept my role in the proudest manner possible and will fulfill my role to the best of my capabilities. My behavior and modeling will set an example for others. **If I try to turn this in before August 22nd it means that I have not read it and will run a 3 mile run for not paying attention to details.** Finally, I recognize that I must respect and support the TEAM INTERESTS of the Liberty High School Soccer Program at all times.

Signature of Student-Athlete

Date of Signature