

SANDWICH SOCCER

RULE BOOK 2023





SANDWICH HIGH SCHOOL SOCCER



MISSION AND GOAL STATEMENT

We set these rules in hopes to establish a foundation of citizenship and responsibility within our team. We want our student athletes to be able to gain more than just athletic skills from our program. The goal as a head coach is for our students to walk away from our program with a strong sense of what it takes to be successful in life. In order to be successful in sport, school, and life it is of the utmost importance to develop positive work habits on a daily basis. We also want our student athletes to understand what it means to be a part of a team. These athletes must understand that their decisions affect a group of people and not just themselves. These characteristics are a foundation for the decisions we make.

TEAM POLICIES, RULES, & EXPECTATIONS

1. **Good academic standing/good grades and appropriate behavior in school and at all school functions are very important and essential in order to maintain eligibility for competition.** Any student athletes ineligible for a week are then required to participate in the after-school study group in place of practice for the entirety of their ineligibility. (Refer to school policy in order to determine eligibility)
2. **Academics come first.** Student athletes in need of extra help after school are encouraged to pursue it. Student athletes who receive help must provide proof of their work with that teacher to the coach (e.g. pass or note from a teacher). Student athletes will be excused for the time missed when that proof has been provided. Abuse of this rule may result in disciplinary action by the coach or dismissal from the team (e.g. forged passes/notes).
3. **Students must have an up-to-date physical turned in to the school office in order to practice or play.**
4. **Student athletes will always address others with respect.** Student athletes will refer to a coach or adult with proper titles, for example "Coach" or "Mr.". Players will address each other in a positive manner. Student athletes are encouraged to address peers who are not meeting team expectations with a positive approach with the intent to help and motivate a teammate.
 - a. **Every student athlete will refer to the game officials with the same respect as a coach.** For example, when asked a question or to do something by an official, the student athlete will reply with "Yes sir," or "No sir," etc. Student athletes will approach an official with respect. For example, "Excuse me sir/ma'am."
 - b. **Student athletes will not speak negatively to their opponents during a game.** This leads to "trash talking," which will not be tolerated.

5. **Student athletes will win and lose with dignity.** That means not inciting the opponent's fans and NEVER losing one's temper in public view. Such displays of poor sportsmanship will be handled by coaching staff and will not be tolerated.
6. **The coaching staff of this team has been hired to coach this sport to the best of their ability under the Head Coach's Philosophy.** Under no circumstances will it be tolerated for a student athlete, parent, or fan to tell the coaching staff how to coach or how practices should be conducted. This suggestion of defiance and disbelief in the ability of the coaches is unwelcome.
7. **When a coach is talking, student athletes are not.** It is absolutely essential that student athletes focus 100% of their attention and concentration on the coach(es) that is/are talking. Student athletes can raise their hand if they have a question or a comment, otherwise be absolutely quiet, concentrate and pay attention.
8. **Cell phones should not be used during practice or games.** Cell phones should not be heard or seen during a practice or game. Student athletes may quickly use their phones during a practice water break. Failure to appropriately regulate cell phone use will result in a fitness consequence.
9. **Safety is a number one priority of the coaches.** Unsafe behavior will not be tolerated at any time and if done willfully may result in dismissal from the team or disciplinary action by the coach.
10. **Student athletes represent the team and program in school, in the classroom, and public as well.** Student athletes must set a good example. Be a leader.
11. **Attendance:** Student athletes have an obligation to themselves, the team, and the coaches to be on time. If a student athlete is going to be late they must contact the coach in order for the possibility to be excused. Being late to practice without a note from a teacher or parent will lead to a fitness consequence. Practice will begin promptly at 3:15 PM each day unless stated otherwise.
 - a. **Definition of Absence:** A student athlete is considered absent if they do not attend and engage in roughly half the scheduled practice .
 - b. **Definition of Tardy:** A student athlete is considered tardy if they show to practice late without notice or unprepared by 3:15 PM but still participated in roughly half the practice.
 - c. **Excused absences:** These include deaths in the family, family vacations (within reason and with proper prior notification to the coaching staff), employment conflicts (within reason and with prior notification to the coaching staff), emergency medical treatment, religious commitments on the day(s) of worship, and school field trips (not to exceed two during the season). For an athlete to be excused from practice they must provide notice 48 hours prior to the missed practice or game.
 - d. **Unexcused absences:** These will include but not be limited to, haircuts, regular dentist or medical appointments that could be made any other time, going home to study, getting a drivers' license, 2-hour detention, work without prior notice, "needed at home", etc. Coaches demand dedication and commitment from our student athletes. Detailed schedules will be provided that should allow student athletes to schedule around their team responsibilities. Student athletes

will not be allowed to play in the game following their unexcused absence. If a student athlete is kicked out of practice for behavior issues they will receive an unexcused absence.

- e. **3 Unexcused absences:** Three unexcused absences will result in the dismissal of the student athlete from the team.
- f. **3 Tardies:** Three tardies will result in a student athlete not being able to participate in the next game. Student athletes will still be expected to be in attendance and to warm up and participate with the team.
- g. **5+ Tardies:** Any student athlete tardy to more than five practices will be dismissed from the team. (This will be handled on an individual basis by the coaching staff).
- h. **20-minute or 2-hour detentions:** Any student athlete that serves a detention must bring a pass to practice from that teacher or administrator. Missing a game or practice due to a detention will result in loss of playing time and a fitness consequence as dictated by coaching staff. 20-minute detentions will be treated as tardies whereas 2-hour detentions will be considered an unexcused absence.
- i. **Extenuating circumstances:** The coaching staff will handle each case on an individual basis. The absence policy is set as a guideline, but if common sense dictates that a deviation needs to be made, it will be made.

12. When missing practice, communication is vital. Coaches need a written note, phone call, or text from the student athlete's parent/guardian explaining their absence. NO EXCEPTIONS. *Teammates are not excusable modes of communication.* Student athletes are expected to contact the coaches directly in person or using Remind or Google Classroom and not to use teammates as messengers for their absences or tardies. In the case of an emergency, a note, call, or text from a parent will be accepted notice. Failure to provide any proof of excused absence will result in an unexcused absence. Refer to the list above for more information.

13. Missing practice for any reason other than an illness is unacceptable. If a student athlete goes home sick from school they must tell the office secretary or their parents to inform the coaches.

14. Missing practice for work must be negotiated with coaches. Sandwich Soccer Coaches are supportive of the student athletes who hold jobs during the season and are willing to work with them within reason. Students are provided with a detailed schedule at the latest a week before the season starts while soccer game schedules are found on the school website months in advance. For an athlete to be excused from practice they must provide notice 48 hours prior to the missed practice or game. Please note, while an athlete may be excused from practice or games, if absences begin to accrue there may be a direct effect on playing time.

15. All injuries must be reported to a coach. Student athletes must let the coaches know of an injury so that proper action can be taken. If a student athlete sees a doctor they must bring a note to the coach and athletic trainer. Student athletes cannot return to practice or games until cleared by a doctor by providing the physical trainer and/or school nurse with a doctor's note. Similarly, student athletes that

visited a doctor and claim to be injured to the point where they cannot play or practice must provide a doctor's note.

- 16. Injured or ineligible student athletes are expected to attend practice and games:** unless other arrangements have been made.
- 17. Any lost or stolen equipment will be the responsibility of the student athlete to whom it was issued.**
- 18. Stealing from the team, team members, the school, or other competing schools will not be tolerated.** This behavior will result in immediate dismissal from the team.
- 19. Dress code:** Student athletes are expected to dress appropriately no matter what the occasion. Follow the dress code included in the Student Handbook.
 - a. During regular school days student athletes are expected to follow the school dress code.** If a coach is informed of a student athlete violating this dress code then he/she will be given a fitness consequence during practice.
 - b. When attending both home and away games student athletes are expected to dress in team issued uniform.** We will dress looking like a team. This includes no jewelry or watches. Failure to meet this expectation will result in a fitness consequence during the following practice.
 - c. As a method of team cooperation and spirit, student athletes should and will be encouraged to wear team regalia on game days.** Regalia includes jerseys, hoodies, and/or team shirts that promote the soccer program.
- 20. Playing Time:** The varsity line up will be chosen at the discretion of the coaching staff.
 - a. A student athlete must earn the right to be in the starting lineup.** He/she can do this by attending all practices and working hard, behaving in and out of the classroom, displaying good sportsmanship at all times, being respectful to self and others, and by being academically eligible. Skill, effort, and leadership will also be taken into consideration.
 - b. If an athlete is subbed out of a game and the overall team play improves then the substitution may lead to the subbed player gaining playing time.** Conversely, if an athlete is subbed out and the level of play declines then another substitution will likely take place. Coaches abide by the idea that a coach will never take out or keep out a student athlete of a game if they make the team better.
 - c. Coaches may change the line-up at any time.** These changes may be due to athlete disciplinary actions and/or team strategy.
 - d. Coaches will look for opportunities to allow for younger/less experienced teammates to get playing time.** If the team is facing a significant deficit in a game substitutions will likely take place.

- e. **The coaches reserve the right to suspend any student athlete from competition and practice for not contributing during set-up and tear down of activities, poor attitude, or lack of effort.**

21. All practices are closed to parents, alumni, and fans. This prevents any outside interference from what we as coaches are trying to accomplish. If a parent or guardian does need to talk to a coach they must come after practice. An exception is made for any emergencies.

22. Practice Equipment:

- a. **Practice equipment includes:** shorts and/or sweat pants, T-shirts and/or sweatshirts, shin guards, and soccer cleats. Cleats designed for any other sport are not permitted and are not considered soccer equipment. A water bottle is recommended. For both male and female athletes a shirt must be worn at all times.
- b. **All student athletes will be required to wear proper cleats and shin guards for soccer games and practices.** Student athletes not equipped with the proper gear will then have to sit out of and not engage in practice that day. This will result in an unexcused absence.

23. Home Games:

- a. **All student athletes will be required to meet in an area designated by the head coach 50 minutes at the latest before the beginning of the game.** Attendance will be taken and tardies will be counted.
- b. **Every student athlete, regardless of year in school, will be required to set-up and tear down before and after a game.** No one will leave until the whole team is dismissed as a group by the coaching staff.
- c. **Eating large amounts of food before and after a game or practice is not recommended.** A small sandwich and a piece of fruit is suggested. Water is the suggested beverage for the best performance.
- d. **Student athletes will be expected to sit on the bench/team area and not be in the bleachers/near parents/etc.** Student athletes are not allowed to talk to parents, relatives, friends, or boy/girlfriends before or during the game. This includes during junior varsity games.

24. Away Games:

- a. **Be on time for the bus.** All student athletes must be at school at least 15 minutes prior to the departure time. The bus may leave student athletes that are late to the bus pick-up time.
- b. **We urge all athletes to ride the bus to and from away meets/tournaments.** However, an athlete is allowed to ride back from games or tournaments with their parents/guardian. Parents/guardians must sign a transportation list prior to leaving with their athlete.
- c. **The bus will be clean before any student athlete leaves.** It is the responsibility of the seniors to make sure the bus is clean and orderly before going home. It is recommended that student

athletes bring food to away games to replenish themselves on the way home. No garbage will be left on school buses. If ANY garbage is found the entire team will be punished with a fitness consequence the following day at practice.

- d. **Small coolers that fit into a duffle bag can be brought to games.** Food will be eaten in an appropriate area designated by the hosts and the team will dispose of its own garbage.

25. Conduct

- a. **Student athletes will respect teammates, managers, statisticians, opponents, equipment, coaches, officials, themselves, and others with whom they come in contact.**
- b. **The SHS soccer team is a class act.** Those who can't be a class act will not be part of our team.
- c. **Student athletes will be academically responsible and do the best they can do in the classroom.** Education is more important than sports. However, both can be done well if one's time is managed properly.
- d. **Any student athlete who continually argues with a coach or game official and/or refuses to do any reasonable request made by a coach will automatically be terminated from the team.** Under no circumstances should a teenager be allowed to speak inappropriately to a person of authority. If there is a disagreement between a student athlete and a coach, the parents or guardian of that student athlete must contact the coach involved with the situation.
- e. **Hazing, bullying, or any other type of disrespect towards teammates is not tolerated.** This includes time spent in the locker room before practice, during practice, after practice, at tournaments, and on the bus. If there is any suspicion of hazing whatsoever the suspected student athlete will be dismissed from the team.

26. Chain of Command - If a parent or guardian feels that their son or daughter has been mistreated by a teammate or coach they should follow these steps:

- a. Contact the coach involved
- b. Contact the Athletic Director (AD)

27. 24 Hour Rule – A parent is not to approach a coach to discuss a judgment-related situation that has provoked an adverse emotional response or a hostile situation until at least 24 hours after the fact. This includes any coach's decision to discipline, changes in the lineup, or any other concerns related to a coach's judgment. For parents, it is important to separate competitive emotions from the best interests of their child's sports development. The intent of this rule is to move an emotional and confrontational discussion away from the presence of the players, and to allow the parties to "cool off", compose themselves and put the provoking incident or situation that occurred in perspective before meeting to discuss it.

IMPORTANT NOTE: This rule does not apply to something serious but rather to disagreements, questions, or concerns a student athlete or parent may have with a coach.

Sandwich High School Soccer 2023



Complete this form and turn into Coach Schielein

As a student-athlete, I, _____, understand the commitment necessary
Print full name
for a successful season. I will comply with the rules and regulations. I understand I will be penalized, and even dismissed from the team for failure to comply.

Student Signature

Date

As a parent or guardian of _____
Print student's full name

I approve of them playing soccer for SHS. I am aware that injury is always a possibility and that we have read the rule book and pledge to support the Sandwich High School Soccer Program and Sandwich High School along with all its rules and regulations.

Parent Signature

Date