

DRAGON

SOCCER



2007-2008

HANDBOOK

Soccer Handbook

This handbook is written to outline the goals, expectations, and rules of the Dragon Soccer Program. It is written as an aid to minimize misunderstandings and eliminate miscommunication. It is NOT intended to eliminate communication between players and coaches, but to make certain the lines are open and there are as few “gray” areas as possible. If you experience one of these gray areas, I encourage you to come see me immediately so there will be limited misunderstandings. Together we can make the athletic experience a great one.

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Thank You Parents

While your son may not tell you, he is appreciative of all the sacrifices you have made in order to support his passion for the game of soccer. He thanks you for the rides to and from practices and games as well as the cheers from the sidelines. Your weekends became his weekends and your life became his. You have spent a small fortune on training and tournaments, hotels and gas, uniforms and cleats, and soccer balls. And you do all of this to make your son happy. Therefore, THANK YOU!

Philosophy of our Soccer Program

The primary goal of our Soccer Program is to facilitate our players in becoming better students, better citizens, and overall better people through their athletic endeavors. To achieve this, we must teach more than just fundamentals and focus instead on assisting the personal growth of the student athlete.

Through our Soccer Program players will develop or improve in the areas of: Responsibility, accountability, attitude, self-discipline, commitment, respect, self-control, pride, and team work.

It has been written that in sports 8% of success is because of innate ability and 92% by proper attitude. This is also the viewpoint of our program. Promoting good attitude and work ethic are of the highest importance for us. We expect our athletes to learn to control attitude, not be controlled by it. We will teach them to persevere to the end even when the result may not be what they were seeking.

We do not subscribe to the “win at all cost mentality”. We can not always win, but we can always be winners. Success is not reflected on the scoreboard, rather by hard work, honesty, determination, and the desire of the athletes.

To fulfill our mission we will:

- Have fun
- Provide the opportunity for players to play soccer at a level where they are continuously challenged
- Play with the highest level of intensity possible
- Persevere to the end regardless of the score or outcome
- Always present ourselves with dignity, poise, composure, and class
- Emphasize team work and team unity

- Introduce important values such as sacrifice, dedication, and accountability
- Always display a positive attitude and good sportsmanship

GOVERNING BODIES

The University Interscholastic League (UIL) of Texas

Round Rock High School is a member in good standing of the UIL. With membership, the Principal and Athletic Department agree to abide by all rules and regulations of the UIL.

One of the primary functions of the UIL is to sponsor and conduct post-season tournaments at the varsity level leading to the determination of district and state champions. When our varsity teams qualify for and enter such tournaments, we are subject to specific rules and regulations that govern each tournament.

14-AAAAA

Round Rock High School is proud to be a member of District 14 AAAAA. Its own constitution and the UIL govern District 14 AAAAA.

Round Rock Athletic Department

The Round Rock Athletic Department and the Principal set additional policies, regulations and rules. Under UIL guidelines, local athletic departments are allowed to set additional policies, rules and/or regulations as long as they are not less restrictive than those stipulated by the UIL.

TO THE PARENTS

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position we are better able to accept the actions of the other and provide greater benefit to children. As parents, when your child becomes involved in our program, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's program.

COMMUNICATION YOU SHOULD EXPECT FROM THE COACH

1. Philosophy of the coach
2. Expectations the coach has for your child as well as all the players on the squad

3. Locations and times of all practices and contests
4. Team requirements; i.e., practices, special equipment, out-of-season conditioning
5. Procedure followed should your child be injured during participation
6. Discipline that may result in the denial of your child's participation

COMMUNICATION COACHES EXPECT FROM PARENTS

1. Concerns expressed directly to the coach
2. Notification of any scheduled conflicts **well in advance.**

As your child becomes involved in the programs at Round Rock High School, they will experience some of the most rewarding moments of their lives. It is important to understand that there also may be times when things do not go the way you and your child wishes. At these times, discussion with the coach is encouraged.

APPROPRIATE CONCERNS TO DISCUSS WITH COACHES

1. The treatment of your child, mentally and physically
2. Ways to help your child improve
3. Concerns about your child's behavior

It is very difficult to accept your child's not playing as much as you may hope. Coaches take their profession seriously. They make judgment decisions based on what they believe to be the best for all students involved. As you have seen from the list above, certain things can be and should be discussed with your child's coach. Other things, such as those that follow, must be left to the discretion of the coach.

ISSUES NOT APPROPRIATE TO DISCUSS WITH COACHES

- Playing time at the varsity level
- Team strategy
- Play calling
- Other student-athletes

There are situations that may require a conference between the coach and the parent. These are to be encouraged. It is important that both parties involved have a clear understanding of the other's position. When these conferences are necessary, the following procedure should be followed to help promote a resolution to the issue of concern.

Call the Athletic Office at Round Rock High School (464-6120) to set up an appointment at least a day in advance.

If the coach cannot be reached, speak to the Athletic Secretary or leave a message. A return call from the coach will be arranged, or a meeting set up for you.

DO NOT CALL A COACH AT HOME!!!! A coach's time with family is severely limited during the season. **The family's privacy should be respected.**

PLEASE DO NOT ATTEMPT TO CONFRONT A COACH BEFORE OR AFTER A CONTEST OR PRACTICE. These can be emotional times for both the parent and coach. Meetings under these circumstances do not promote resolution.

IF THE MEETING DID NOT PROVIDE A SATISFACTORY RESOLUTION

Call and set up an appointment with the Athletic Director.

The Athletic Director will listen carefully to your concerns and mediate a resolution between you and the coach.

REMEMBER – Your concerns are important to us. Never hesitate to follow the above procedures to make those concerns known. Together we can work to improve our athletic programs.

COMMITMENT

When trying out for a team and after being selected to be a member of a team, Round Rock High School student-athletes are expected to attend all practices and games of that team. Practices will average two hours, **exclusive of prep time**, in duration. Weekend practices vary by sport and should be expected.

High School athletics demands as much if not more commitment than a club or recreational activity. Students should make themselves aware of the time commitment prior to trying out for the team and understand that **High School athletics will take precedence over club sports.**

TRYOUTS

Participation in athletics is a **privilege** given to those students who meet all requirements set by the UIL, State of Texas, and Round Rock High School. Prior to trying out for any team, a student must have all of the proper paperwork (current physical, emergency card, UIL consent form, steroid use policy, and Insurance waiver form) turned in advance. Students try out voluntarily and, for some teams, risk being cut. It is the student's responsibility to demonstrate to the coach that he/she can meet these expectations. Students cut from a team are encouraged to try out for another team if there is space on that team and the final cuts for that team has not been made. Students who are cut from a team will be informed as to the reasons for the cut by the coach.

After tryouts begin, **no athlete may leave one team (voluntarily or due to dismissal by the coach) and try out for another team without the consent of both coaches involved and the Athletic Coordinator.**

SCHOOL ATTENDANCE AND TARDINESS

Round Rock High School student-athletes are reminded at the beginning of each season of the requirements for good school and team citizenship. They are as follows: come to school every day, be on time for school and classes, attend all classes, do your homework, and behave at all times in a **mature manner**. The abuse of any of these citizenship requirements could result in suspension or dismissal from an athletic team.

DAILY TEAM ATTENDANCE

Athletes are to attend practice prepared and dress appropriately. Shirts need to be tucked in and socks must be pulled up, covering shin-guards. An athlete will not be allowed to practice if she is not dressed appropriately (shinguards, cleats, grey practice shirt, black shorts, and black socks) Athletes are required to **attend practice with both their tennis shoes and cleats.** Athletes should not assume that we will be inside on bad weather days and dress accordingly. **No jewelry is permitted during practice or games.**

It is extremely important that a coach be notified if a student-athlete is not going to be on time or present at a practice or game. Practice is where plans for upcoming contests are devised and perfected. The coaches in our program expect their athletes to be present and punctual at all team-related activities. **Suspension or dismissal may take place as a result of such absences or tardies.**

Student-athletes are excused from team activities for academic or religious reasons, family emergencies, illness or injury. **Prior notification by the student-athlete of the coach is required!!**

If a player is absent from practice and the absence is excused, they will be required to make up practice **BEFORE** the following competition.

Any athlete missing a competition or practice must also sit out the next competition if the practice has not been made up prior to the competition. If an absence is unexcused the athlete must sit out the next competition.

TUTORIALS

The athletic period will not be used to make-up work/tests from another class. Athletes may use their study hall time to do this after they have received permission from a coach, providing a pass from the teacher with permission to enter their classroom during another class period. If an athlete needs to attend **tutorials** during practice time after school, the athlete is required to inform the coach 24 hours in advance, providing a note from the teacher. **If notice is not given 24 hours in advance, the athlete will be required to make up the practice.**

SCHOOL DISCIPLINE OBLIGATIONS

A student-athlete with a school disciplinary obligation is required to fulfill that obligation before reporting to an athletic practice and/or game. Students that miss practice due to disciplinary action will not be given the opportunity to make up the missed practice time. The Department of Athletics, in conjunction with the High School Administration, reserves the right to remove a student from a team for excessive disciplinary problems and may reinstate the student upon sufficient evidence of improved behavior.

Athletes are expected to ALWAYS DEMONSTRATE RESPECT and comply with directives from **ALL COACHES** and **TEACHERS**. They are expected to display a positive attitude, good sportsmanship, pride and class at all times. Disrespect toward coaches, teachers, parents, teammates, opponents, or referees will not be tolerated and may result in removal from the program.

ACADEMIC ELIGIBILITY

Academics are your priority! If you don't pass you don't play. Coaches will periodically check with your teachers to inquire about both your grades and attitude in class. If you are struggling in a class, do not hesitate to ask for help. To prevent from falling behind, be proactive and seek assistance. If an athlete fails two grading periods, they may be dismissed from the program.

Academic Performance: Students opting to participate in athletics should keep in mind that academic achievement should be their main priority. Frequently, the most successful athletes are those who perform well academically in the classroom and are instrumental in promoting a positive learning environment at Round Rock High.

Summary of Round Rock High Eligibility Rules: Any student on academic probation is not eligible to participate in game situations in interscholastic sports and all other extra-curricular activities. The student-athlete can and should however continue to practice.

Students will be placed on academic probation for the following reasons.

1. A student must maintain a minimum grade average of 70 during the marking term in all courses.
2. To be eligible for the fall interscholastic/co-curricular activities, a student is required to maintain a minimum of 5 credits per year in school (i.e. a sophomore must have 5, Junior 10, and senior 15).
3. **Students/athletes are expected to maintain proper behavior in school. Ineligibility for improper behavior is at the discretion of the Principals or Athletic Director or Head Coach of the sport.**
4. A student may obtain a waiver one time a school year for any grade in an AP or Honors course that is above the grade of 60 and below that of 70. This waiver is a one-time event and the proper steps must be taken by the student-athlete to complete the proper paperwork to regain his/her eligibility.

PLAYING TIME

Perhaps the most emotional part of a student-athlete being involved in high school athletics centers around playing time. The student-athlete becomes involved in interscholastic athletics for the first time and finds that practices and expectations are much more intense and demanding. Factors such as practice attendance, attitude, commitment, and of course, athletic skill enters into the decision.

There are many decisions made on a regular basis by the Round Rock High School coaching staff. It is the coaches' responsibility to decide which athlete should start a contest, which should play what position, and how long each athlete should play. These coaching decisions, often difficult to make, are made only by the coaching staff and are approached very seriously after having

observed the student-athlete in practices sessions, game-like situations, scrimmages, and at times, games.

At the Varsity level, we look for our teams to compete against opponents at the highest possible level of execution. This is the highest level of interscholastic competition. Players, coaches, parents, staff, and the community want the Round Rock High School varsity teams to be successful on the field of play. **As long as the score is being kept, Round Rock High School should attempt to win as many varsity games as possible. In order to accomplish this, there are many instances when the most competitive, skilled team members will carry the major burden of the contest. However, teams cannot and will not be successful without committed substitutes, "role" players, or "second team" players. These players have to be ready at all times to step forward and shoulder the burden when called upon. It is these student-athletes whose hard work in practice each day prepares the team for the upcoming contest.**

Success should never be measured in wins and losses, but in the performance of our athletes. If they perform to the best of their abilities, they will always be successful, no matter what the final score may be.

SPORTSMANSHIP

Round Rock High School expects all parties at a contest to display the highest level of sportsmanship. Players, coaches, and spectators are to treat opponents, officials and visiting spectators with respect and the same "poise and class" that we do our own teammates. .

The UIL reserves the right to warn, censure, place on probation or suspend for up to one calendar year any player, team, coach, game or school official, or school determined to be acting in a manner contrary to the standards of good sportsmanship. Round Rock High School in turn reserves the right to impose the same penalties on spectators displaying poor sportsmanship at any of our contests, both home and away.

READMITTANCE TO ATHLETICS

Any athlete removed from athletics for disciplinary reasons, or an athlete who quits, may only be reinstated after a term of probation. This probation includes good grades and good behavior throughout the school system. Such a procedure will be initiated upon the student's request.

Other requirements may be set forth on an individual based as per request by the coach and or athletic director.

TRAINER AND TRAINING ROOM

Round Rock High School has an athletic trainer on site to evaluate and treat athletic injuries as they may occur. The athletic trainer provides medical coverage for athletic contests and practices, but is limited to being at one place at any one time. There is no athletic trainer on duty on non-school days except as scheduled by the Director of Athletics.

In case of an injury, the athletic trainer will evaluate and recommend to the parent/guardian the direction of care. It is imperative that all injuries be reported to the athletic trainer prior to seeing a physician. If a visit to the hospital or physician is necessary, a written medical note releasing the athlete for treatment or return to participation is mandatory. Athletes may report to the athletic trainer any time before or after school or during your athletic period for treatment or evaluation.

MEDICAL EXAMS/PARENTAL PERMISSION FORMS

All students who plan to participate in athletics must have written proof of a current physical exam signed by a physician. *That physical form must be dated after June 1, prior to the upcoming school year.* In order for the exam to be current, it is **required** that an annual exam be scheduled between June 1 and August 5 of each school year or prior to the start of the student-athletes sport starting date. Such an exam would cover a student for an entire school year. Medical Exam Forms are available in the Athletic Trainers office.

Emergency card, insurance waiver, and UIL Consent forms, which contain important emergency and insurance information, must be completed and signed by the athlete and parents and are available in the Athletic trainers office as well.

Athletes will not be allowed to participate in practice without the completion of the Medical Exam, Emergency card, insurance waiver, and UIL Consent forms.

INSURANCE

A non-contributory, supplemental insurance program is provided for all participants in interscholastic sports. In general, coverage begins after limits of the family insurance have been exhausted. It is the obligation of the athlete and his family to complete the necessary forms to qualify for benefits. Details regarding insurance coverage can be obtained from the Athletic Director.

CARE OF EQUIPMENT

Students have an obligation and responsibility for all equipment issued them.

Each student is responsible for the proper care and retention of their equipment from the date of issue to the date of return. Equipment should be stored in a locked locker and a locker-room at all times when not in use. Students will be charged the current replacement cost for any missing or vandalized equipment. Payment for the equipment is required at the time of the loss, either prior to the next season of athletic involvement or graduation, whichever comes first.

No student will be allowed to try out for another sport until all outstanding equipment has been returned or paid for.

If an athlete leaves the team during the season due to injury, academics, and discipline or of his/her own volition, it is his/her responsibility to return all school equipment.

Athletes can only wear game day equipment (shorts, jerseys, socks, warm-ups and bags) at games, not to school.

BUILDING AND FACILITY ACCESS

A school staff member will allow **no student access** to any of the athletic facilities without proper supervision. Students may not use the gymnasium or weight room unless there is a staff member present.

SECURITY OF PERSONAL BELONGINGS

All personal belongings should be **locked** up in a locker or team room while the student-athlete is trying out, practicing, or playing. All students should use the lock that is assigned by the coaching staff to them for their athletic lockers and should never leave their locker unlocked or open while showering. Round Rock High School cannot be responsible for loss of personal belongings. Personal locks will be removed from all lockers.

LOCKER ROOMS AND SCHOOL FACILITIES

Student-athletes are expected to respect the locker facilities, showers and general areas of the athletic wing at both Round Rock High School and while visiting other schools. We expect the student-athletes to take pride in their facilities and those of opponents by using trash barrels and keeping these facilities in good condition. Any type of vandalism will not be tolerated! We are not your parents and you will pick up after yourselves!!!

DIRECTIONS TO AWAY CONTESTS

The Athletic Office has directions to away games on file. Students or parents may get these prior to a contest.

TRANSPORTATION

The school provides bus transportation, or a suitable substitute, to all "away" contests. All team members are expected to travel to and from these contests using the provided school transportation. A coach may give permission for student-athletes to ride home from a game site with their parent or guardian after a signed consent form is presented prior to leaving for the event by the parent and the student-athletes grade level principal. The consent form must be turned into Coach Walker at least 24hrs prior to the event.

Round Rock High School

ATHLETIC CODE OF CONDUCT CONCERNING USE OF ILLEGAL OR CONTROLLED SUBSTANCES

Participation in athletics in the Round Rock ISD is a privilege, not a right, granted to students by the school district.

The privilege of participation in athletics may be withdrawn at any time if a student athlete is found to be in violation of the standards of conduct established by the district or by the coach of a particular sport.

The consequences for the use of illegal or controlled substances by students involved in athletics will be in accordance with the guidelines listed below. This policy is intended to be a minimum standard of consequences for athletes involved in the use or possession of, or under the influence of, illegal or controlled substances (alcohol and drugs). Stricter consequences may be applied depending on the extent and circumstances of the involvement by an athlete.

1. Any athlete involved in the use or possession of, or under the influence of, a controlled or illegal substance at any athletic event or trip in which he/she represents RRISD as a member of an athletic team will be suspended from participation in athletics for a period of one (1) calendar year.

A second offense will result in permanent removal from all athletic teams.

2. Any athlete involved in the use or possession of, or under the influence of, a controlled or illegal substance at a school function or on school premises will not be allowed to participate in any school sponsored athletic competition and practice for a minimum of six (6) weeks. Suspension will begin immediately for sports in season and will carry over to the next sport season until the six-week suspension from competition and practice has been fulfilled. The six-week suspension from competition and practice will begin at the start of the sport season for athletes involved in sports not currently in season. Disciplinary action will carry over from sport to sport and year to year until the athlete has missed six weeks of competition and practice. The student will also be required to have the opportunity to continue his/her athletic participation within the program by "Running 30 miles within a three- week (15 school days) period of time". Failure to do so will result in the immediate removal from the team and all other teams for the rest of the school year

A second offense at a school function or on school premises will result in suspension from athletic competition for one (1) calendar year.

A third offense will result in permanent removal from all athletic teams.

3. The discipline and/or dismissal of athletes involved in the use or possession of, or under the influence of, illegal or controlled substances at times other than when the athlete is on school premises or under school supervision will be at the discretion of the coach of the sport in which the athlete participates. The principal, campus athletic coordinator, and head coach of the sport must be involved in any decisions concerning the consequences of inappropriate behavior while not on school premises or at a school function.

In cases involving athletes from different sports for the same offense the Principal, athletic coordinator, and head coaches of the sports in which the Athletes participate will be involved in determining any disciplinary action.

USE OF TOBACCO

Any athlete involved in the possession or use of tobacco on school premises or at a school function will be suspended from athletic competition and practice for three (3) weeks.

A second offense will result in suspension for the remainder of the school year.

A third offense will result in permanent dismissal of the athlete from high school athletics.

During the school year (beginning with the first day of scheduled school sponsored activities and ending on the last day of scheduled school sponsored activities) a student shall not, regardless of the quantity, use, consume, possess, buy-sell, or give away any beverage containing alcohol; any tobacco product; marijuana, steroids; or any controlled substance. It is not a violation for a student to be in possession of a legally defined drug specifically prescribed for the student's own use by his/her physician.

OUT OF SEASON SPORTS INVOLVEMENT

Participation in out-of-season clinics, camps, leagues, or other related sport activities is strictly up to the discretion of the student-athlete and his/her parents. While such participation will undoubtedly improve ones knowledge and skill, it is the individual's decision on whether or not they wish to become involved in such activities. Participation in such activities will have no bearing on a student-athlete's participation on a Round Rock High School athletic team. **The Department of Athletics encourages all students to take full advantage of the activities we offer and become involved in more than one sport.**

HAZING

Hazing means any intentional, knowing, or reckless act occurring on or off campus directed against a student, by one person alone or acting with others, that endangers the mental or physical health or the safety of a student for the purpose of pledging, being initiated into, affiliating with, holding office in or, maintaining membership in any organization whose members are or included other students.

Students shall have prior approval from the administrator for any type of "initiation rites" of a school club organization. No student shall engage in any form of hazing; no student shall encourage or assist any other person in hazing. The act of hazing and failure to report known hazing can result in criminal penalties as well as school disciplinary action.

SEXUAL HARASSMENT

It is the policy of Round Rock High School to promote and maintain a working environment and educational atmosphere for students, which is free from sexual harassment.

It is illegal and against the policies of Round Rock High School for any person, male or female, to sexually harass another person. Administrators and supervisory personnel have a duty to maintain the school environment free of sexual harassment or intimidation.

SUMMATION

Round Rock High School has made a commitment to athletics. We firmly believe that a sound athletic program is the other half of education. The Athletic Department is anxious to have as many students as possible participate in interscholastic sports. If you decide to join us, we are confident it will be a decision you will not regret.

SOCCKER CODE OF ETHICS

I have read and agree to abide by the guidelines of The RRHS Dragon Soccer Program. I understand that playing soccer at RRHS is not a right, but a privilege. I understand that if I do not abide by this program's rules and expectations, my privilege of being a member of this program will be revoked.

1. Respect and follow the guidelines presented in this handbook.
2. Respect and cooperate with my coaches and teammates.
3. Be sincere and loyal at all times to my coach, my team, and school.
4. Work hard 100% of the time and strive for improvement.
5. Put my team's success ahead of individual glory.
6. Maintain good sportsmanship.
7. Make opponents respect us not hate us.
8. Be responsible for all athletic equipment trusted to my use and return it to the school in the best possible condition.
9. Remember winners never quit and quitters never win.
10. Remember "The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather a lack of will."-Lombardi

"Winning is not a sometime thing; it's an all the time thing. You don't win once in a while; you don't do things right once in a while; you do them right all of the time. Winning is a habit..."-Vince Lombardi

Athlete's Signature

Parent Signature

Date

