MHS BOY'S SOCCER PHILOSOPHY, OBJECTIVE, PRINCIPLES, AND GUIDELINES

Master Agreement

The following should serve as a guide for you this coming season. You will be asked to review it and submit an electronic acknowledgment that you have read it. Regardless of whether you have submitted your acknowledgment, you are on notice that these are the expectations of this team.

1. **Attendance:**
   - *a. Be On Time:*
     - i. You should attend all soccer sessions (team meetings, practice sessions, and games), be on time for the full session, and stay for the full session. If you are in a situation where you are going to be absent, late, or leave early, you should contact Coach Dümmar before the session begins.
   - *b. Definition of On Time:*
     - i. On-Time - Practice: On time for practice means when the whistle is blown for the start of practice (e.g. 5:15 p.m.) you are ready to practice with cleats on, taped, etc. If not, then you are late for practice. It is highly recommended that you arrive fifteen (15) minutes prior to the start of practice so that you can be fully dressed with all gear on (cleats, shin guards, etc.). Practice will start on the dot (e.g. 5:15 p.m.). If you are late, please directly see Coach Dümmar before you join the practice.
     - ii. On Time - Game: On time for games means you are game ready 45 minutes before the match starts fully ready to walk on the field with the team. It is highly recommended that you arrive one hour prior to the start of the game so that you can be fully taped, dressed, have your cleats on, and walk on the field with uniform ready in order to start the teams dynamic stretching routine 45 minutes before kickoff. If you do not walk on the field with the team, fully ready to participate (taped, dressed, etc.), 45 minutes prior to the start of the game, then you are late.
     - iii. You should be on time to the game in order to start the game.
     - iv. If you are late, please directly see Coach Dümmar before you join the game warm-up.
   - c. *Absentee Excuses*: We want you to be balanced, healthy, and happy - but also committed. Work, homework, routine doctor appointments and all other activities should be planned around soccer.
     - i. If scheduled appropriately, there is more than enough time for a high school student/athlete to devote adequate time to studies and to sports while respectfully participating in all family functions, attending all classes, doing all homework, and attending all soccer sessions. If they are not scheduled appropriately, then there will be breakdowns and problems.
     - ii. Far too many times we have seen unnecessary activities planned, such as doctor's appointments, scheduled during soccer sessions (this includes PT appointments). With regards to doctor's appointments, when the immediate health of the athlete is not at issue, doctor's appointments should be scheduled around soccer. By scheduling appropriately, the student athlete can properly support his family, the team, and care for his/her non-serious health issues.

iii. If you're sick, please discuss this with the coaching staff before practice. Excessive sick days will be handled on a case-by-case basis.

iv. Missing two (unexcused) sessions can and may result in expulsion from the team.

d. *Captain-Planned Events*: Please note that sometimes the captains may want to plan a team get-together.

i. Unless otherwise instructed, these are captain-planned events and are not planned by the coaching staff. Roll will not be taken.

2. **Practice Schedule(s):**

a. Normal Practice Schedule: We will plan on practicing Monday through Saturday, six days a week. The beginning of the season may involve a minimum of ten (10) two-a-day practices. You should plan on attending the practice schedule times shown on the attached season calendar (please see the attached "season calendar" which shows which days and times we will be practicing).

b. Start of Practice: *You should arrive at the practice 15 minutes early.* For example, if practice was scheduled at 5:15 p.m., you should arrive at 5:00 p.m. and be completely dressed and ready to start practice when the whistle is blown to start at 5:15 p.m.

c. Cleanup time: When practice ends, the next five minutes is cleanup time. If practice ends at 7:15 p.m., then we hope to be cleaned up by 7:20 p.m. and your athlete is released. Each member of the team is expected to help clean up. Cleanup includes but is not limited to taking down nets, disc cones, poles, balls, pennies, and other equipment and putting them in the shed.

d. Special Practice/Session Schedule(s):

i. Two Practices Per Day:

(1) There may be approximately ten (10) two-a-day practices this season. Typically, there will be a morning and late evening session.

(a) Morning Sessions: These sessions will generally occur from 7:00 a.m. to 8:30 a.m. (please see the practice schedule for exact times and details as they may vary).

(b) Evening Sessions: The late evening session of practice will generally occur at the following times: 7:00 p.m. to 8:30 p.m. (please see the practice schedule for exact times and details as they may vary).

(2) On these days, the mornings will be outside on the practice field and the afternoon/evening session will typically be a classroom setting (film, plays, tactics). It is imperative that you attend both sessions, that you are on time, and that you don't leave early.

ii. Potato Harvest:

(1) Practice is planned to extend through potato harvest and several games will be played during the harvest. It is understood that this is traditionally when some families go on vacation. I wish we could all take a break and go on vacation, **but we can't**. This is typically the week directly before our district tournament. You are

expected to be at all practices and games, as well as any other training session during this harvest period.

e. Change of Practice Session Times:
   i. A season practice outline will be given out at the start of the season at the parent meeting. This practice outline will be strictly adhered to.
   ii. I understand that the coaching staff only changes practice times or adds special additional practices in extraordinary circumstances, depending upon the needs of the team.

3. **Tryouts**: You must attend tryouts in order to be eligible to immediately and initially make the varsity team, unless you have previously arranged something with the coaching staff and they have expressly told you otherwise. If you miss tryouts, there is no guarantee that a spot will be saved for you on any team. If you make the JV team, you may be afforded the opportunity to work up to a varsity spot-but there is no guarantee.

4. **Game Day Travel:** Generally, you should travel to and from away games on the bus with the team.
   a. <u>If we have a bus</u>:
      i. *Traveling To The Game:* You should understand that the school district rule states that you MUST travel to the game on the bus. The ONLY exception is when permission has been given from the coach *<u>and</u>* when you have obtained a written note from a school administrator (Principal, Vice Principal, or Athletic Director). If you violate this rule, your choice to not ride the bus will disallow you from playing in the game.
      ii. *Traveling Home:* All players are required to stay for both games. Varsity players may not leave until the JV game is over. During the JV game, please plan on the varsity players and coaches watching the JV game, working on I-soccer, or having a team talk post-game. All players, both varsity and junior varsity, are excused upon the completion of the J.V. game. Per district policy, players must be checked out by the coach to travel home with their parents.
   b. <u>If we do not have a bus</u>:
      i. You should to arrive at the game *<u>one hour before start time</u>*. You need to be fully dressed and ready to warm up no less than 45 minutes prior to the start of the game.

5. **Team Season Schedule/Calendar:**
      a. Please check the team season schedule/calendar online for all regularly scheduled team sessions (practices, games, meetings, etc.). The daily practice online contains the official time.

6. **Game Day Attendance:**
   a. I understand that school rules state that I will attend a full day of school the day of the game. Any exceptions must be cleared through the school office before the day of the game.

7. **Communication:**
   a. I understand that the primary method of communication for the season will be through our team Groupme page for live information and the web page for static information (www.bobcatsoccer.org).
   b. Parents, if you don't have a GroupMe account, please get one so we can make sure you get all the team announcements. Don't worry! Our social media is private. Only those on the team (players and parents) have access to it and can see what is posted. You can set up your social media pages so that it automatically sends you a text and/or e-mail of all the posts that are made in the boy's soccer page. Check our group social media pages daily, as we will be posting information and instructions there often.
   c. Our group social media pages are for information and questions regarding the entire team. If you have a concern regarding your specific player/athlete, you should use a private text message to the coach – social media is not a venue for you to air your personal grievance. Failure to abide by this policy may impact your child's standing and/or playing time on the team.

8. **Paperwork and Fees:** I will have all necessary documentation turned in and fees paid before playing the first game. Fees should be paid directly to the high school cashier and will not be accepted at practice, mail, or any other form. Please do not hand money or checks to any coaches at any time. The forms I must turn in and the fees I must pay are the following:
   a. *Forms*:
      i. Physical (every two years)
      ii. Signed Drug Testing Form
      iii. Concussion Testing.
   b. *Fees Paid in Full*:
      i. High school fees.
      ii. Soccer.com Fees – Spirit practice pack and game socks.

9. **Appearance and Conduct:**
   a. DRESS CODE / PROPER ATTIRE: MHS has a dress standard that must be adhered to. In addition, players will wear clothing that is supportive of the MHS Soccer Team and nothing that would distract from the principles taught in the Pyramid of Success.
      i. I will maintain team dress and uniform (practice, match, and game day attire) standards as set forth by the team captain or coach.
      ii. I agree that I will not text or use my cell phone during any team activity (practice, game, dinner, etc.), except for emergencies.
      iii. Hairstyles should be shorter rather than longer, clean and neat, avoiding extreme styles or colors, Players are expected to be clean-shaven.
      iv. No earrings should be worn.
      v. HOME GAME DAY ATTIRE: This is up to the captains.
      vi. AWAY GAME ATTIRE: This is up to the captains.
      vii. PRACTICE ATTIRE:

(1) You must be in a practice jersey each day at practice in order to practice, unless designated otherwise.
(2) Cleats and shin guards must be worn during all practices, including conditioning exercises.

b. Language: All student athletes agree to be honest, refrain from drug and alcohol use, refrain from using foul and/or vulgar language (e.g. swearing) and to be respectful and disciplined to their teachers, coaches, and school staff.

c. Curfew: The coach may ask the student athletes to <u>be home</u> by a certain time. The coach may also ask the student athletes to <u>be in bed</u> by a certain time. All student athletes agree to abide by the curfews as set by the coach. Unless otherwise instructed, each night before each game, each student athlete will be in bed no later than 11:00 p.m.

d. Cell Phone / Pre-Game Night: The night before each game, each student athlete will turn their phone or other similar device (e.g. ipad) into their parents no later than 10:30 p.m.

10. **Self Improvement (psychological, physical, tactical, and technical):**

a. I understand I have the responsibility to complete homework assignments, which may include setting and accomplishing personal goals, working online with I-soccer, watching film, memorization of plays, formations, tactics, and techniques.

11. **Dangerous Extra-Curricular Activities:**

a. Dangerous Activities: We ask the boy's to refrain from engaging in dangerous or high-risk activities during the season (e.g. long boarding). In the past, some boy's have been injured by fooling around and some of these injuries have been serious and have actually caused the players to lose their starting spots and/or simply taken the players out for the soccer season. We would caution you to use sound judgment and wise thinking when engaging in activities during the season because if you injure yourself it could impact your season and the entire team.

12. **Injured Player-As an injured player:**

a. I understand that injury is unfortunately sometimes part of playing sports. I understand that I should have insurance, if possible, and save money to pay for physical therapy if the need arises.

b. I understand that if I am injured, that I should still attend team sessions, as is permitted by my PT or doctor and as is reasonably determined by the coaching staff.

c. I understand that if I am injured, I should seek ***<u>immediate</u>*** treatment and follow through with the recommendations of my PT/doctor. I understand that I should immediately (the day of, if possible) begin appropriate treatment (e.g. physical therapy). Immediate treatment heals faster. During the season, you can't afford to take a week or two off to have something heal on it's own. Proper therapy speeds the natural healing process. We are counting on you to heal as fast as your bodily will allow. Your part in this process is to enable and encourage the speed of the healing process if appropriate.

d. I also understand that the coaching staff may suggest that I go to a particular medical professional (e.g. P.T.) that has a history of working closely with soccer athletes and with the team. This is not mean to be offensive, but these professionals are experts in working with our sport and it is our experience that your athlete will be able to receive proper treatment and return to play as soon as possible. You always retain your right to choose your own medical providers, but you need to communicate completely and openly with all treatments that are ongoing.

e. I also understand that the coaching staff may ask me to get a second opinion from a different doctor, after I have chosen to go to my own provider. Please do not be put out if the staff asks this to be done. It has been our experience that a second opinion can sometimes be very helpful to an athlete's diagnosis and health.

f. I understand that I should help the coaching staff with practice as my injury may allow. For example, my duties could include setting up obstacles courses, cones, poles, fields, filling water jugs for teammates and various other tasks, as assigned by the coaching staff.

13. **Varsity Letter-In order to letter:** Players will letter at the discretion of the coaching staff. The staff will make this decision at the end of each season. Generally, a player will have played in 10 varsity games and played in at least two district tournament games. Moreover, from the head coaches perspective, a player must adhere faithfully to the principles found in the teams pyramid of success.

a. A senior who has participated for at least three years and who does not meet the above requirement will be considered for a letter at the discretion of the coaching staff.

b. A varsity player that is injured before meeting any of the above requirements will be considered on an individual basis by the coaching staff.

14. **Filming and Photographs:**

a. I understand that filming will occur and photos will be taken at practices, games, and at soccer camp of me and I agree and give consent to MHS Coaching Staff to post to the internet and use these films and photographs taken of me on soccer websites for the purpose of promoting the soccer program and for educational purposes.

15. **Movement Amongst Teams:**

a. We follow a 1st team/2nd team/3rd team system model with our team. Being on the 2nd (JV) and 3rd team (Freshman) is where most of the players will be. This is an honorable position to hold and fulfills a critical role for the team. The first team is generally made up initially of a pool of players. Over the season we will gradually build this 1st team roster to include a total of 18 players. I understand that I must earn my right to stay on the squad I am placed on. I understand that I may be moved up or down (1st team -Varsity / Reserve – JV - Freshman) during the season depending upon (1) my adherence to the MHS pyramid of success and (2) my athletic performance. There will be movement amongst the squads up and

down. Count on it. Don't be put out. Don't gripe, gossip, and talk behind coaches back. Let this motivate you to work harder.

16. **District/State Tournament Roster:**
    a. I understand that prior to the district/state tournament the coaching staff will announce its district and state tournament roster. I understand that this roster will consist of no more than 21 players. I understand that this roster may be different from the varsity season roster. I understand that I must earn my way onto the district/state tournament roster and that merely being on the regular season varsity roster does not guarantee myself a spot on the district/state tournament roster. We will be taking additional reserve players with us to state. These players will fill one of the playable spots if a serious injury occurs.

17. **Penalties:**
    a. Penalties result from the consequences of our choices and they are an important part of leaning how to be responsible and accountable.
    b. Penalties for violation of these guidelines, the team objective, and the principles taught in the MHS Pyramid of Success will be determined on a case-by-case basis by the coaching staff.
    c. The application of penalties will not always be the same for each player but the coaching staff will be fair. Sometimes, even what appears to you to be similar violations may result in different consequences for different players. This is because every situation is unique and every person is different. The coaching staff will do their best to treat each individual as that individual deserves to be treated.
    d. Most of the time, the coach will take a few days to determine what the penalty is for any violation. Try not to worry about what the penalty will be; as the coach will do *what he/she feels is in the best interest of the team.*

18. **Social Media Policy:**
    a. In the ever-popular world of Social Media, one can quickly forget just how powerful this communication tool can be and the significant impact it can have on an individual, friends, family, teammates etc … not to mention, this is the most popular way for school administrators to do a "quick check" on you. Don't give them a reason(s) to discipline you.
    b. Social Media refers to the use of web-based and mobile technologies to turn communication into interactive dialogue. Examples of Social Media include, but are not limited to: Facebook, Instagram, Be Real, Tick-Toc, Twitter, YouTube, Myspace, LinkedIn, Podcasts, Blogs.
    c. As a student-athlete participating in sports at Madison High School, you are a representative of the school and are **ALWAYS** in the public eye whether you think so or not. As a student-athlete, you are held to a higher standard than other students on campus. Please keep in mind the following guidelines below as you participate on the various Social Media sites.
    d. **REGULATIONS:** Madison High School Athletics recognizes athletes' right to actively participate in social media however it maintains and will enforce the

following expectations of athletes

i. Student-Athletes will not post sexist, racist, obscene or profane material of any kind.
ii. Student-Athletes will not use social media to degrade, demean, or attack any person or school.
iii. Student-Athletes will not post material relating to acts in violation of any Federal or State laws, or team rules.
iv. Student-Athletes will not post material, which reflects negatively on themselves, Madison High School or their respective teams.

e. **SANCTIONS:**
   i. Severe punishments can be handed down for a quick "Tweet" or "Facebook" post.

19. **Parents:**
   a. Parent Roles: Parents have three roles on this team. They are very important to understand. We will have training meetings to discuss these. They are as follows:
      i. Role #1: **Be committed to reaching excellence and success by supporting and allowing your child to adhere to the principles taught in the pyramid of success.**
      ii. Role #2: **Provide unconditional love and support to your child and team-includes coaching staff**.
         (1) No performance strings attached.
         (2) Be your child's and the team's best fan,
      iii. *Role #3:* **Non-Role-Don't Coach:** This is an extremely important role. It is not a parent's job to coach.
         (1) This non-role is just as important as the prior two roles. Success cannot be achieved without it.
         (2) A parent should not coach – period. No Monday morning quarterbacking.
         (3) A parent should not backseat the coach.
         (4) No power struggles with the coach.
         (5) Why? By clearly spelling out what parental behaviors constitute "coaching," we hope that you now understand that this conduct crosses a line and intrudes on our roles as coaches for the team. The first stage of this argument is based on the idea that it is, at best, extremely difficult to coach your own child. By the very nature of the parent-child relationship, your son or daughter sees you as mom or dad, not as coach. As a consequence, most "normal" children have a very difficult time taking instruction from a parent about the sport. They respond with defensiveness, oppositional behavior and anger.
         (6) The second stage of this argument is based on the timing of the parent's instructions. The fact of the matter is that most parents don't have a clue as to the disruptive effect their pre-game or during game instructions have on their child. The coaching that these parents engage in, regardless of how technically accurate it

may be, is way off base, timing-wise. Most athletes CANNOT constructively use pre-game or during game information from their parents. This information is distracting at best and gets the athlete thinking too much, Thinking takes the athlete completely out of the performance and sets them up to make mistakes. Besides, it distracts their focus from the game and the team game plan the coach has given to them.

(7) Last minute parental instructions invariably tighten the athlete up. Since it is impossible to perform your best when you're physically tight, the athlete's performance quickly goes "south."

(8) Coach Dümmar's program is a year round program covering fall, winter, spring, and summer. Without supporting the leader and "a disciplined effort by all, much of our united strength will be dissipated by pulling against ourselves. Let us not be victimized by a breakdown from within." (John Wooden).

b. Parent Training: The coaching staff may schedule a few meetings throughout the year. We would strongly encourage you to attend these training meetings. We will discuss the proper role of "the parent" on this team. Most parental – coach – player issues come from a misunderstanding of the roles of parent, coach, and athlete. When properly understood these issues can be substantially minimized. Parental training is essential for this team to have success.

c. Open Door Policy: The coach will see parents and athletes at his office when an appointment has been made.

i. *24 Hour Rule*: I understand the coaches "24 Hour Rule," which is that the coaching staff does not talk to parents, entertain feedback, or hold meetings for 24-hours after a game. I understand that if I have a concern, I will set an appointment to discuss the issue with Coach Dümmar. I agree that I will meet with Coach Dümmar to resolve concerns as soon as possible, excluding game day.

ii. *No Field/Practice Rule*: I understand and agree that I will not approach the coach to discuss a concern at the field location directly before, during, or directly after practice. If I have a concern, I will set an appointment with the coach to meet with him at his office.

iii. *Student-Athlete Must Attend.* I understand that my child must be physically present and be an active participant in any appointment with the coach.

d. Parent Commitment: I understand and agree that by allowing my child to be a player on this team:

i. I agree to support my child, the coaching staff, and this program by abiding by my parental role(s) as set forth above.

ii. I understand that my attitude, support, and behavior towards the coach and team affects my athlete, the team, and the coaching staff and I agree to support this program and my child's commitment to the program taught in the MHS pyramid of success.

iii. I will not engage in criticism of any coach or any of the players in front of

any of the student athletes (players), including my own child.

iv. I understand that only team members or official personnel are invited to be in the team area and that no other persons, including parents or friends, are allowed to frequent or sit in the player area unless they are on the official roster and are invited to do so by the coaching staff. I understand that violation of this rule will result in a penalty for the entire team from the referees (yellow card).

MHS BOYS ATHLETIC ACKNOWLEDGEMENT

1. Student-Athlete: I understand the objective, principles, and guidelines discussed herein. I understand the program regarding the MHS pyramid of success. I understand that the violation of the objective, principles, and/or guidelines discussed herein involve penalties which potentially include but are not limited to (1) extra conditioning time, (2) being required to sit at practice or game, (3) being moved down to a lower squad, (4) denial of my varsity letter, and/or (5) expulsion from the team, pursuant to the sole discretion of the coaching staff.

2. Student-Athlete: I understand that I do not have to become a member of this team. By exercising my agency, I have voluntarily chosen to become a member of this team. By choosing to become a member of this team, I commit to live by the teams guidelines and principles taught in this pyramid of success. I agree to take responsibility for the consequences of my choices. As defined in the MHS Pyramid of Success, Team Objective, Principles, and Guidelines, I hereby commit to **LIVE AND PLAY LIKE A CHAMPION** every day at all sessions both on and off the field.

3. Parent/Guardian: I understand that I do not have to allow my son to become a member of this team. I understand that my son does not have a "right" to be on this team; that he is not entitled to a starting position, a specific spot on any one team, nor entitled to a set amount of playing time. I understand that there are other outlets for my son to play soccer, such as the local club soccer league. By exercising my agency, I have voluntarily chosen to allow my son to become a member of this team. By choosing to allow my son to become a member of this team, I commit to support my son in his efforts to live by the team's guidelines and by the principles taught in the team's pyramid of success. I agree to take responsibility for the consequences of my choices and, per the MHS pyramid, to support the coaching staff in helping my son to take responsibility for the consequences of his choices.