

Beckman Girl's Soccer

2016-2017



Parent/Player Handbook

www.beckmangirlssoccer.com

WE COMPETE!!

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SCHOOL PHILOSOPHY

The Athletic Program at Beckman High School is committed to excellence. Athletics is an extension of the school day and participation **is a privilege, not a right**. Our coaches are charged with the responsibility to teach the value of cooperation, enthusiasm, industriousness, loyalty, and friendship in a team dynamic. By joining a Beckman High School athletic team, you become a representative of both the team and Beckman High School. It is expected that you will act responsibly and do nothing to jeopardize the privilege of your athletic experience. **Remember:** Your personal conduct is a direct reflection of not only yourself, but your teammates and your school.

Because our student athletes represent our school in highly visible positions on the field and off, all our athletes are viewed as exemplary role models. A proper code of conduct applies at all times and includes your actions on and off campus. All athletes are expected to understand and follow the CIF Code of Ethics referenced later in this handbook.

About Coach Scott

Coaching Philosophy

WE COMPETE!!

The essence of my coaching philosophy is based in my desire to prepare athletes for the mental and physical demands of competition. Quite simply, my goal is to teach, to develop in each athlete a unique toolkit for competition, and for life, because isn't life the ultimate competitive environment?

Vision

WE WILL STRIVE FOR EXCELLENCE!!

We will continue to graduate confident young women who are committed to excellence in all endeavors.

Our Core Values:

Moral character

Through sport, young people can develop morally; they can learn a basic code of ethics that is transferrable to a moral code for life. Our core values center on developing moral character and responsibility. We teach moral character through relevant prosocial values, specifically fairness, consideration, helpfulness, and social responsibility.

Community responsibility

Students are encouraged to put their knowledge, values, and training into practice by engaging in community service projects. Each athlete is required to perform a certain amount of both school and community service hours. Our student athletes learn that giving to others unselfishly has a dignity in and of itself and that no task is beneath an individual when it is done in an attitude of service to others.

Academic excellence

After the health and well-being of each individual athlete and their family, academics comes first. Our high school has a proud tradition and a long lineage of scholar athletes. Students are encouraged to work together to ensure that each achieves their mountaintop of academic excellence. We foster study groups and provide students with an opportunity to help each other in a team driven effort to maintain our standards for academic excellence and praise for the scholar athlete.

Demanding Goals

Our team members learn the valuable life lessons of goal setting and focused effort. We set demanding goals for ourselves and our program including outcome, performance and process goals. We will learn and employ the **SMART** method of goal setting.

Specific – Measurable – Attainable – Realistic – Timely

Discipline

We Work relentlessly on “self” and “team” discipline

We believe that team culture is the most important ingredient of a team environment, without it, “the cake don’t bake!” We take the high school soccer experience and add a learning component through classroom sessions and on field training which help to teach our players both “self” and “cooperative” discipline. Among other qualities, we teach athletes the art of conflict resolution, and work with each athlete to develop a “toolkit” that will serve them throughout the succeeding challenges of their lives.

Team Rules & Expectations

Attendance

Student athletes are required to be in attendance the entire school day to be eligible to participate in after school athletics. Any appointments made during normal school hours that conflict with 6th period soccer must be approved by the Athletic Department in advance. This includes doctor appointments, make-up exams and ANY function that takes you away from your 6th period soccer commitment.

Doctor's appointments are not an excused absence from 6th period soccer, neither are make-up tests or other school related functions without the prior approval of the Athletic department.

Unexcused absences will impact your class grade and may result in a change in an athlete's status/role on the team. This may include parent meetings, loss of playing time, suspension or dismissal from the team or a failing grade in athletics.

Our policy on attendance and eligibility is simple and straightforward.

Miss a team training, you will sit for **a minimum** of the first half of the next game.

Miss two sessions in a week and you will sit for **a minimum** of one full match.

If you have been sick and as a result missed practice, you should fully recover and not expect to see a much playing time.

Miss a game, including preseason games for any reason and you will sit **a minimum** of the next game on your return.

If you are injured, you will see a "build-up" of playing time as you return to 100% based on the advice of our Athletic Trainer, this could include rehab time with a lower level program.

At times, I may ask you to sit out and rest an injury, when this occurs, you're playing time will be balanced to your fitness/health level as managed by your personal doctor and our athletic trainer.

The bottom line is that when athletes make a decision to miss training or match play for personal reasons, they are often effectively weighing their desire (or the importance) of their commitment to their teammates with the conflicting event. Each family/athlete will make decisions of this sort in varying fashion but always with the same golden rule as a consequence. As with most "rules" there are exceptions, each exception will be considered by the head coach on a case by case basis.

DETENTION SHOULD BE SERVED DURING ZERO PERIOD FOR ALL SOCCER ATHLETES!!

Bench Enthusiasm

Any player, manager, or assistant in the bench area should be completely focused on the match. Players are expected to give positive encouragement to their teammates. Failure of bench players to stay mentally and verbally connected to the game conveys the message that the player is not prepared to enter the game. Players are to wear colored bibs while on the bench.

CELL PHONES SHOULD BE TURNED OFF DURING PRACTICE AND GAMES!!
Parents are not allowed in the player area during training or games!!

Captains

Captains will be either appointed by the coaching staff, voted by the team, or a combination of both. They are the spokespeople for the team. Team captains will act as liaisons between the team and the coaching staff, each will represent positive role models, display excellent leadership skills and will act to assist players, parents, and coaches to the benefit of the team. Captains are important both on and off the field. A great deal of responsibility will be delegated to the team captains.

Classroom Conduct

Each student-athlete should carry themselves as a positive role model in each of their classes. Our athletes and our program earn the respect of their peers and the faculty by being respectful in all regards. The coaching staff is in regular contact with campus faculty. Any poor classroom behavior will be dealt with severely. **Each detention a student receives can/will result in loss of playing time and/or similar consequences.** It is a player's responsibility to inform the coach immediately of any detention, failure to do so will result in a one-game suspension. Note: Student athletes are assigned a Saturday school after their 3rd tardy in any class, this includes 6th period soccer.

Practice Attire

Player's MUST have shin guards on at all times during practice sessions. All players should wear their practice uniforms unless otherwise instructed. Players not properly dressed will not be allowed to train and will receive a non-suit. **NO jewelry of any kind should be worn during practice.**

Conflict Resolution

Each of us will work together to achieve excellence in the art of communication. The coaching staff will work to keep our communication with the team productive, informational, properly timed, consistent and honest. Regardless of our best efforts, conflicts will arise. When we do face conflict we will follow the "OLVE" model of resolution.

1. **Involve.** Involve all parties to the discussion. Bring forth discussion points in a clear and concise fashion.
2. **Resolve.** Resolve our differences of opinions expeditiously, rationally, and equitably.
3. **Absolve.** Absolve to put our issues behind us and not hold any grudges.
4. **Evolve.** Conflict can be useful in helping athletes to learn and grow. We will move forward from conflict stronger, smarter, more experienced and better for the process.

Communication you should expect from your coach

- Information regarding the coach's philosophy.
- The coach's expectations for your daughter, as well as expectations for all players on the team.
- Location and times of all practices and games.
- Team requirements, i.e., requested donations, transportation fees, ASB fee, special equipment, and off-season conditioning.
- Procedures and protocols that will be followed should your child be injured during their participation in athletics.
- Disciplinary situations that might result in your child being denied the opportunity to participate in Beckman Athletics.

Communication the coaches can expect from you

- Notification of any schedule conflicts well in advance.
- Specific concerns regarding the coach's philosophy and/or expectations.
- Concerns regarding the treatment of your daughter mentally or physically.
- Concerns about your daughter's behavior or psychosocial well-being.

Schedule an appropriate time to express any concerns directly to the coach. I am typically available for a meeting EVERY Friday afternoon from 3-4:30PM.

As your daughter becomes involved in the athletic program at Beckman High School, she will experience some of the most rewarding moments of her young life. It is important to understand that there also may be times when things do not go the way you or your child wish. Other things, such as the following issues, should be left to the discretion of the coach.

Concerns not appropriate for parents to discuss with coaches on the field

- Level of Play
- Playing Time
- Team Strategy
- Play Calling
- Discipline or playing time of other Student-Athletes

Schedule an appropriate time to express any concerns directly to the coach. I am typically available for a meeting EVERY Friday afternoon from 3-4:30PM.

Note: All scheduled meetings to discuss level of play, playing time, etc..will include the coach, the parent, AND the athlete.

Most of the above are situations that may require a private discussion between the athlete and her coach. These conferences are encouraged. It is important that both the student-athletes and their coaches have a clear understanding of each other's perspective. When these discussions are necessary, the following escalating procedures should be followed:

- Level 1) Have your daughter talk to her coach directly.
- Level 2) If necessary, a parent should request a meeting with your daughter and her coach.
- Level 3) If necessary, a parent should request a meeting with all parties and the varsity head coach.
- Level 3) If necessary, a parent should request a meeting with all parties and the assistant athletic director.
- Level 4) If necessary, a parent should request a meeting with all parties and the athletic director.
- Level 5) If necessary, a parent should request a meeting with all parties and the assistant principle.
- Level 6) If necessary, a parent should request a meeting with all parties and the principle.

Each progression should not be considered unless the prior level has been completed.

Again, no meeting will occur without the athlete present.

Specific CIF rules on academic eligibility¹:

- The student is passing in the equivalent of at least 20 semester credits of work at the completion of the most recent grading periods.
- The student is maintaining minimum progress toward meeting the high school graduation requirements.
- The student is maintaining a minimum unweighted 2.0 grade point average, on a 4.0 scale, in ALL enrolled courses.

Drugs, Alcohol & Tobacco

The use of alcohol, tobacco or other illegal controlled substances by Beckman High School athletes will not be tolerated at any time! The TUSD and CIF policy clearly states that players who violate the drug, alcohol and tobacco policy may be dismissed from the team for the remainder of the season and the athlete could face prosecution.

Grades & Eligibility

A student-athlete must have passed 20 units in the previous semester to be eligible to participate in athletics. If you are enrolled in a class, excel in it! ***Any student athlete with a B grade or lower in any class that is not getting help from their teacher or a tutor may miss training and playing time in order to focus on Academics!***

See your counselor regarding tutoring options.

¹ See CIF website @ <http://schools.pusd.us/dh/FILES/PDF/cifrules.pdf>

Hazing, Bullying, & Cyberbullying

Hazing

"**Hazing**" means any intentional, knowing, or reckless act, occurring on or off the campus of an educational institution, by one person alone or acting with others, directed against a student, that endangers the mental or physical health or safety of a student for the purpose of pledging, being initiated into, affiliating with, holding office in, or maintaining STATUS or membership in an organization.

Bullying

"**Bullying**" means intentionally hurting or scaring someone who is unable to adequately defend themselves. The behavior is usually repeated over time. Types of bullying include:

- Physical Pain – Punching, Pinching, Kicking, Tripping, of others
- Spreading Rumors
- Keeping Others Out of a Group
- Mean Teasing
- Organizing People to "Gang up" on others

Cyberbullying

"**Cyberbullying**" means bullying through electronic or social media. Types of cyberbullying include:

- Mean text, e-mail, or instant message including snap chat and other similar social media.
- Posting inappropriate pictures or messages online.
- Using another's user name or access to spread rumors or lies
- Creating false online profiles to hurt or embarrass someone

Hazing, Bullying, and Cyberbullying is a crime, verified incidents of hazing, bullying, and cyber bullying will result in an athlete's suspension from the program and all information will be turned over immediately to the proper authorities.

LANGUAGE

All abusive and vulgar language will be handled by the individual coach. If the language carries over to match situations, the player will be removed from the game either by the official with a red card or by the coach.

FITNESS TESTING

Conditioning

The coaching staff values and realizes the importance of physical fitness and conditioning for the well-being and safety of the players. Soccer, in general, is one of the most physically demanding sports, requiring tremendous endurance for an athlete to perform and succeed at the high school level and beyond. Therefore, players who meet team fitness requirements/goals will likely enhance their opportunity to earn playing time.

Inclement Weather

All players should bring running shoes every day in case of inclement weather. This includes game days. **Rain or Shine – we will always train!** In addition, if a game is canceled for any reason, expect to have practice.

ALL PLAYERS SHOULD BE ABLE TO MEET STANDARD TIMES/MEASURES SET BY THE COACHING STAFF IN THE FOLLOWING FITNESS CRITERIA:

Nike Sparq Testing:

Arrowhead Agility Test (Agility)
30m Sprint (Acceleration)
Vertical Jump (Power)
Yo-Yo Intermittent Recovery Test

Additional Testing:

Cooper 1.5-mile run
60 sec. sit-up
60 sec push-up
Timed Plank

Athletic trainer

Beckman High School provides for the professional assistance of an athletic trainer. The trainer can be found in the training room located between the boy's locker room and the wrestling room. All injuries should be reported first to the coach directly. If you miss a practice because you are injured or with the trainer, you will not be eligible to participate in training or match play until you are released by both your attending physician and our athletic trainer. Athletes are not to go directly to the trainer's office until they are excused by their coach.

Game Day

Game Conduct

Each student-athlete is a representative of our soccer program, therefore, you will act as a positive role model at all times. During all games, our players will respect all calls made by the officials, be positive towards teammates in their comments and criticisms (constructive), and remain positive towards coaching decisions. This extends to all our parents and fans alike. Failure to do so will result in your immediate removal from the game or practice and could result in your removal from the soccer program. All red/yellow cards will be reviewed by the coaches for possible further disciplinary action. All parent concerns or considerations should be handled off the field in a private, scheduled, and confidential manner with a coach.

Game Day Travel

Please pay careful attention to the game schedule as it is posted and updated on the Girls Soccer website. In addition, you will receive weekly schedule e-mails from your team parent and important "tweets" should our schedule change suddenly. If a game day departure time requires a student athlete to miss class, she should first check in with her teacher to turn in homework and determine what make-up work she may need to complete. When a bus is not provided or we are playing at home, all players should be at the game site at least one hour before kickoff and completely equipped for the match 45 minutes prior to game time. Failure to do so can/will result in a loss of playing time.

When a bus is provided, all players are expected to ride the bus to the game. In addition, ALL players are expected to ride the bus home from the game – MISS THE BUS TO/FROM THE GAME– MISS PLAYING TIME – NO EXCEPTIONS.

Game Day Preparation

In order to maximize game day readiness, the student-athlete should keep these concepts in mind:

- Proper Rest: A good night's sleep before each game day.
- Proper Nutrition: Avoid sugar and caffeine the day of the game. Avoid sodas & fatty foods on game day!
- Proper Timing: Eat no sooner than 2 hours before game time.
- Proper Hydration: Drink lots of water leading up to game time to maximize hydration during the game. A general rule of thumb is to drink fluids throughout the day equaling $\frac{1}{2}$ your body weight in ounces (i.e, if you weigh 120lbs. = 60 oz. of fluids). Complete hydration at least 2 hours prior to competition.

https://www.ncaa.org/sites/default/files/Nutrition%20for%20Soccer%20Student-Athletes_web%20version.pdf

Game Day Dress

Game Day attire will be at the discretion of the coaching staff and enforced by the team captains. All players are expected to participate in all dress codes set by the staff. Failure to comply may result in a loss of playing time.

Important Dates to Remember

Monday, August 29th, 2016 - First Day of School – Meet 6th period at the lunch tables to receive off-campus paperwork

Monday, September 12th, 2016 - First day of 6th Period Soccer

Friday, September 30th, 2016 - Rosters by Level Post (Girls Locker Room)

Early October (TBD) Parent/Player meeting

Early October (TBD) Beach BBQ all levels

Sunday, November 6th, 2016 – Dino Dash

Tuesday, November 29th, 2016 – First Pre-Season game

Holiday Break: We will either be practicing or competing in tournament play most every day except for Christmas Day, New Year's Day and Sundays.

Please notify me of any scheduled holiday absences before September 23rd, 2016.

All student athletes are encouraged to be in attendance over the winter holiday break for training and games.

Any student athlete not in attendance for holiday training sessions can expect to miss game time at the discretion of the coaching staff. This falls back to earlier comments about balancing your team commitment with your personal plans (see pg. 6 beginning with "*The bottom line is that when athletes make a decision to miss training..*"). If you have a concern about this holiday policy, please schedule a Friday appointment with me.

Please check the team schedule on our website (available August 29th, 2016), and make your holiday travel plans accordingly.

Tuesday, January 5th – First League Game (@ University).

Saturday, January 7th 2016 – Alumni Picnic @ Beckman

Health & Safety of Athletes

Warning to Students and Parents/Guardians

By its very nature, competitive soccer can be a dangerous sport. Athletes who participate run the risk of severe injury and even death

Students and parents/guardians must assess the risks involved in such participation and make their choice to participate with full knowledge of those risks. No amount of instruction, precaution, or supervision will totally eliminate all risk to injury. Just as driving an automobile involves choice of risk, athletic participation by high school students also may be inherently dangerous. The obligation of parents and students in making this choice to participate cannot be over-stated. There have been accidents resulting in death, paraplegia, quadriplegia, and other very serious permanent physical impairment as a result of athletic competitions. By granting permission for your daughter to participate in athletic competition, you, the parent or guardian, acknowledge that such risk exists.

Student athletes will be instructed in proper techniques to be used in athletic competition and in proper utilization of all equipment worn or used in competition. Students must adhere to that instruction and utilization and must refrain from improper uses and techniques.

If any of the foregoing is not completely understood, please contact your head coach or an athletic director for further information.

Note to Athlete and Parent: BY signing the Beckman High School Code of Ethics at the end of this handbook, you are acknowledging that you have read, understand, and agree to all information in this handbook including inherent risks of participation.

Concussion Protocol

Effective January 1, 2012, California state law AB 25, now Education Code 49475 went into effect. The law requires a student athlete who may have sustained a concussion during practice or a game to be removed for the remainder of the day. Any athlete removed for this reason must have a written note from a medical doctor trained in the management of concussion before returning to practice. If a concussion is diagnosed, the law requires a mandatory 7-day return to play protocol. For information on the CIF Concussion Return to Play (RTP) Protocol, visit the following link for detailed information:

http://www.cifss.org/manage/images/news_file/1429641495_CIF_Concussion_Return_to_Play_Protocol.pdf

Emergency Care of Your Daughter

Each coach will carry a medical release form (MRF) for each student athlete on their roster. It is the parent's responsibility to complete the MRF and turn it in to athletics. No athlete will be allowed to train or play without a completed and signed MRF. **YOUR DAUGHTER MUST HAVE INSURANCE TO PARTICIPATE IN ATHLETICS.** Should a serious injury occur, the coach, or on-site trainer (should one be available) will act first and foremost in the best interest of the health and safety of your daughter, including activating an Emergency Action Plan (9-1-1 call). If the parent(s) are not on site, a call will be placed to the parents and/or the emergency contact number(s) on the MRF as a top priority subsequent to the immediate health and safety of the athlete.

Lettering & Level of Play

Lettering

A Varsity Letter is a significant honor representing an athlete's commitment to her school and her team. To earn a Girls Soccer Varsity Letter, an athlete must complete the season in good standing with the coaching staff and the school administration and meet the following criteria:

- Must have played Varsity in a minimum of 16 halves during the season or 8 full games.
- Must participate in all other soccer related events such as team dinners, community service, awards ceremonies, and in-school functions.
- Play at least (4) full seasons in the Beckman Girls Soccer program, including senior year, regardless of the level of play or minutes on the field.
- Maintain a minimum 3.0 weighted GPA.

NOTE: LETTERS WILL BE WITHHELD UNTIL ALL UNIFORMS/EQUIPMENT ARE TURNED IN AT THE END OF THE SEASON! THE FINAL DECISION IN LETTERING IS AT THE DISCRETION OF THE COACHING STAFF. THIS MEANS THAT IF THE COACH FEELS THAT AN ACTION BY THE PLAYER MERITS A DECISION OUTSIDE THE ABOVE CRITERIA EITHER TO WITHHOLD OR PRESENT A STUDENT ATHLETE LETTER, HE/SHE RESERVES THAT RIGHT.

Playing Level & Time

Playing level/time is a coaching decision based on many aspects, including some of the following considerations:

- Fitness Level
- Technical Ability
- Tactical Knowledge
- Positive Attitude
- Personal Growth: What level of competition will push you without overwhelming you? Which level provides you with the most playing time in the safest environment?
- Team Needs

*Players are welcome to approach the coaching staff to discuss level of play or playing time, however, parents should not approach coaches on player level or playing time until after their daughter has met with the coaching staff. Have your daughter visit with their head coach **first**. In preparing student-athletes for life's lessons, this is a critical piece of their education. When you exclude your daughter from the process you are in essence removing her voice.

Other Items of Importance

Importance of our Booster Club

The Beckman girls' soccer booster club could very well be the most critical contributing factor to the success of our program. Our program is required to fund a significant percentage of our budget internally through donations and fundraising. The importance of our booster club is twofold; first, our booster club is one of the primary sources of funding for our soccer program; secondly, they are often the face of our program and our school throughout the community. The boosters coordinate fundraising, special team building events, budgets, team dinners, and so much more. Without a solid booster club with a clearly defined business plan, our soccer program will struggle

both on and off the field. Please consider investing your time and energy in the success of your child's high school soccer experience. Join the booster club today.

Seniors

We expect our seniors to fulfill our leadership roles. In building tradition, it is important that this group step forward as positive role models for the underclassmen in our program. As a group, you have the responsibility and privilege of being a force within your team dynamic and the community. We look to our seniors for leadership both on and off the field.

Team Dinners/Team Building Events

Even though coaches may not be in attendance, team dinners are an extension of practice – they are not optional! The same attendance policy for practice/games will be adhered to. Members of the Varsity Team are expected to be at all team building events.

Uniforms & Equipment

Taking excellent care of all uniforms/equipment checked out to you for the season is vitally important. You are responsible for turning in all uniforms/equipment at the end of the season. You must turn in the same uniform/equipment you were checked out. You will pay for any uniform/equipment you do not turn in. Please take care of the uniforms as if they were your own. They are expensive and difficult to replace individually. All uniforms will be turned in immediately on the school day following our final game of the season.

PARENTS – YOU ARE FINANCIALLY RESPONSIBLE FOR ALL ISSUED UNIFORMS AND GEAR.

Competition Schedules

Will post on the website by August 29th

Hard copies of the schedules will be distributed at the Parent Meeting. Check for weekly updates/changes and a full schedule of events for the year on the School and Booster Club Website @ www.beckmangirlssoccer.com

Beckman High School

GIRL'S SOCCER CODE OF ETHICS

Parents. Thank you for your support and contribution to the success of our Beckman High School Girls Soccer Program! We (coaches, athletes, administration, and boosters) are greatly indebted to you. We could not reach our full potential as a soccer program without your support, assistance, and dedication. Please ensure that your daughter understands the parent/player handbook and all policies presented hereto.

Student Athletes. You are amazing! Please ensure that your parent(s) understand the parent/player handbook and all policies presented hereto.

With that understanding, _____ has been selected to represent the Beckman High School Girls Soccer program. You therefore agree to conduct yourself according to the following code of ethical behavior:

- 1) I will follow all rules set forth in this handbook and will always be physically and mentally prepared to the best of your ability.
- 2) I will be sincere and loyal at all times to your team, your teammates, your coaches, and your school.
- 3) I will put my teams' success ahead of my individual glory.
- 4) I will work hard to maintain academic eligibility off the field and good sportsmanship on the field.
- 5) I will be responsible for all athletic equipment entrusted to my use and return it to the school in the best possible condition.
- 6) I will set an example in school, in my classes, at home, and on the field.

I WILL COMPETE!!!

This code of ethics has been written with the purpose of allowing me and my family the privilege of being a part of the Beckman Girls Soccer Program. We have read and fully understand all guidelines, expectations, and consequences set forth in this handbook.

Signed _____
Athlete

Signed _____
Parent

Date _____

This parent/player handbook along with the CIF Code of Ethics² has been written with the purpose of allowing me and my family the privilege of being a part of the Beckman Girls Soccer Program. By signing and acknowledging the CIF Code of Ethics form (attached) my daughter and I (family) have read and fully understand the Parent/Player handbook and all guidelines, expectations, and consequences set forth. I also acknowledge my understanding of the CIF "Code of Ethics"

² Please go to http://www.cifss.org/manage/form_files/13123235711_Code%20of%20Ethics%20-%20Athletes%2011.pdf and download a copy.